

Sebastian Navarro

PSY 101: General Psychology (NA)

Dr. Maret

November 4th, 2019

### Losing My Religion Paper

In the Journal of Psychology and Theology, the journal article, “Losing My Religion: Spiritual Discouragement amongst Christian Therapists due to Spiritual Immaturity in Christian Clients”, talks about the spiritual discouragement among the Christian Therapists through their Christian clients who are spiritually immature. According to Google, the word immature means not fully developed. The word discouragement means a loss of confidence. As Christians, we understand that we are all not perfect and we all make mistakes. But there are some Christians out there who aren't spiritually mature and that affects the Body of Christ. The Christian therapists sees a constant pattern with spiritual, failure, and related occurring issues among the Christian clients. In response to resolve this issue, there's a religious orienting system is proposed that included both epistemological and theological techniques that will help the Christian therapist stop this occurring issue within their clients. They also break down many other factors such as transformation throughout the article.

In this article, they were methods that were found to help those Christian therapists who were discouraged by their Christian clients. Many techniques such as the Epistemological Theological Framework were discussed to interrupt the spiritual immaturity in the clients.

With spiritual immaturity, it has caused a lot of speculation within the Christian belief. The reason being is, many believe that since there is a constant pattern with spiritual immaturity, they started to believe that Christianity isn't real religion or belief. Almost to the end of the article, we also learned about transformation. With the lack of discipline, it basically explains the reason for Christians to be spiritually immature. "The idea here is that transformation is a matter of doing enough of the right sorts of disciplines, and "wham-o!" God changes us by fiat. The only available explanation of spiritual immaturity on this model is a lack of disciplined activity." These are the important aspects of this article because it explains the principle of spiritual immaturity and how it can affect the Christian community.

The things we therapists did in this was they found things that caused spiritual immaturity and ways to interpret those immaturities. The therapists found a form of self-care that is called epistemological-theological framework, this is used by the psychotherapist so they can interpret spiritual immaturity. The Christian therapist uses this technique so that they can see the theological beliefs that are relevant to interpret and explain the experiences of the Christian clients. They also found that transformation is also a reason on why spiritual immaturity occurs due to the lack of discipline.

I think that this journal article was worth reading. It was quite interesting. Reading that many Christians are experiencing spiritual discouragement due to spiritual immaturity means that there is a spiritual battle going on everywhere. It's not only the Christian therapist and Christian clients that are going through or experienced spiritual discouragement and spiritual immaturity. It's also in the churches of God. That spirit of spiritual immaturity operates within the leaders of the church and it can lead to discouragement to the people of God. Experiencing

that discouragement heavily impacts a believer as they believe it was a punishment from God. But those experiences can form and mold you into the person God wants you to be, to be mature in the spirit by going through those experiences. Through growth, healing, and prayer many believers can heal from these types of experiences.

As I read this, I honestly think that this topic of spiritual discouragement and spiritual immaturity is a very huge topic to talk about. It takes a lot of courage to speak up about this topic, as many believers rather not talk about these topics. The only reason why I said that is because I connected to this topic on a very personal and spiritual level. In my experience, these topics of spiritual discouragement and immaturity falls into the category of church hurt. At the age of fourteen, I was going through seasons of spiritual discouragement due to the spiritual immaturity of many leaders in the church, and it has heavily impacted my walk with the Lord. After four years, after many years of prayer, the Lord started to work in my life and has allowed me to share my story with other believers. I also believe it's very important that many believers find a way to open up and to start moving on from their past hurts because once we are blocked by our past hurts, it prevents us from what God has in store for us.

In conclusion, many spiritual discouragement amongst Christian Therapists due to spiritual immaturity in Christian Clients are due to the lack of transformation. Other methods were found such as the epistemological and theological features were also mentioned as a method to stop the occurrence of spiritual immaturity.