

15 Practical Steps to Build a Firm Faith Based on Jesus' Teachings

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Christian Reflections to Build your Faith, By Melkisedeck Leon Shine

Fortifying the Spiritual Foundation: A Christ-Centered Approach to Life's Challenges

In the face of life's inherent uncertainties and constant flux, establishing a resilient spiritual foundation is paramount. This article explores a framework for building such a foundation, grounded in the teachings and promises of Jesus Christ, drawing upon theological principles and psychological models to enhance its practical application. Key concepts include spiritual formation (the process of growing in Christ-likeness), theological anthropology (the study of humanity in relation to God), and pastoral care (providing spiritual support and guidance). We will examine how these concepts intersect to provide a robust approach to navigating life's complexities.

Reader Pool: How might the integration of theological concepts and psychological principles enhance the effectiveness of pastoral care programs in promoting spiritual growth and emotional well-being?