

Pursuing Transformation that Lasts

by Joel Pulis & Deborah Cunningham | Body Oak Cliff

In our experience, we have found the following principles to be foundational to the work of Faithwalking and embedded in the design, content, and experiences of our retreats, small groups, and coaching relationships.

Guiding Principles of Transformation

1. **Vision** – Change is possible. *[vs. cynicism]*
2. **Spirit** – God is already at work, leading the way. *[vs. it's all up to me]*
3. **Beloved** – I am loved and accepted as I am. *[vs. shame; worthless and uniquely flawed; earning favor]*
4. **Awareness & Reflection** – There's real power in learning to see what I can't currently see. What I "don't know I don't know" will limit me until it comes into awareness. *[vs. busyness & frenzy; oblivious; autopilot]*
5. **Look Deep & Press In** – We carry the past with us wherever we go. Ignoring the past is the surest way to repeat it. Superficial change is always temporary. *[vs. superficiality; surface]*
6. **Authenticity** – Healing and growth come through letting God and others see me in my current reality. *[vs. posturing; pretending; hiding]*
7. **Community** – We are formed in community, and must be re-formed in community. I need others and can't change on my own. *[vs. individualism]*
8. **Practice** – Information alone doesn't transform, embodied experience does. *[vs. intellectualism; spiritualism; dualism]*
9. **Failure** – Pain and mistakes are telling us something and can be a place of profound learning. *[vs. discouragement; shame]*
10. **Openness** – There's always something to be learned. *[vs. right/wrong thinking; closed]*

As you reflect on the list above, consider:

1. What stands out to you?
2. Which principles have been most impactful on your journey?
3. Do you feel resist toward any of them?
4. Is there anything you would add to the list?

