

FURNISHING
the
SOUL

*The Five Relational Dimensions
that Guide Spiritual Transformation*



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The Furnishing the Soul Project:

The Spiritual Lives of Students at Christian Colleges in America

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Alidade Research

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CCCU International Forum, Feb 26, 2010

QuickTime™ and a
TIFF (Uncompressed) decompressor
are needed to see this picture.

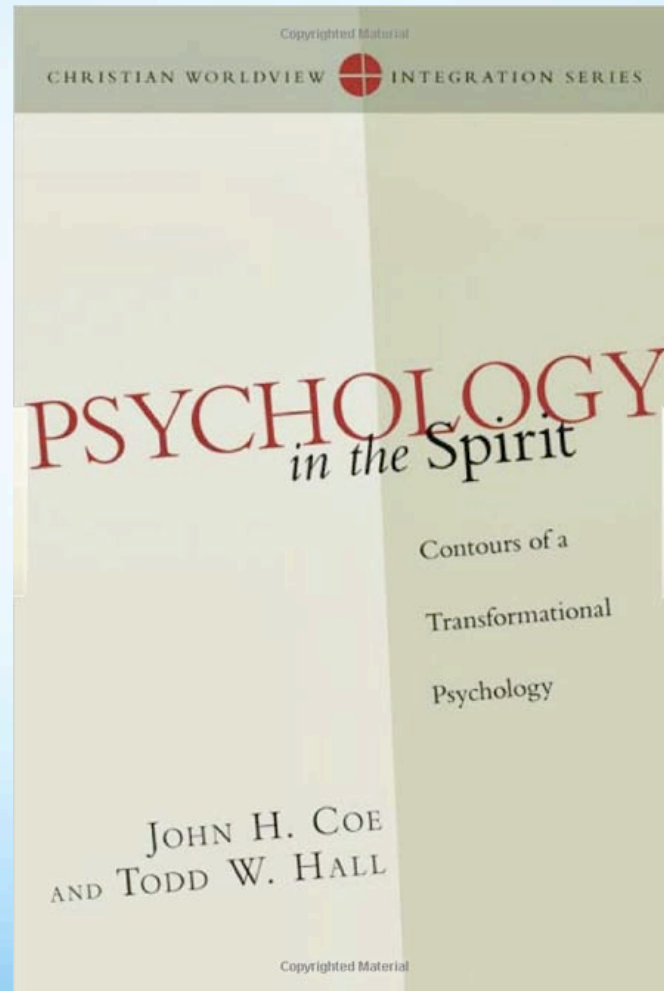
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Relational Spirituality Paradigm

- Christianity and Mental Health: A Relational Spirituality Paradigm (Journal of Psych & Christianity, 2004)
- Psychoanalysis, Attachment & Spirituality, Part I and II (Journal of Psych & Theology, 2007)
- Attachment to God and Implicit Spirituality (JPT, 2009)
- Relationship b/t Adult & God Attachment: A Coherence Analysis (Annie Fujikawa, Hall, Porter, Lee-Kim)
- Psychology in the Spirit (w/ John Coe; IVP, 2010)
- The Relational Revolution (IVP, in press)

Relational Spirituality Paradigm



The Five Relational Dimensions (5-Ds)

- 1-D: Created to Connect
- 2-D: The Knowledge Spiral
- 3-D: Attachment Filters
- 4-D: Spiritual Tipping Points
- 5-D: Furnishing the Soul



1-D: Created to Connect

We are “loved into loving”

Attached - Robert Karen, *Becoming*



2-D: The Knowledge Spiral

Explicit Knowledge

Implicit Rel. Knowledge

Linear

Nonlinear

Logical

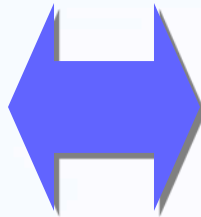
Holistic

Language Based

Nonverbal Emotion

“Knowing That”

“Knowing How”



2-D: Implicit Procedural Knowledge

QuickTime™ and a
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2-D: Implicit Relational Knowledge

QuickTime™ and a
TIFF (Uncompressed) decompressor
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3-D: Attachment Filters

QuickTime™ and a
TIFF (Uncompressed) decompressor
are needed to see this picture.

4-D: Spiritual Tipping Points

QuickTime™ and a
TIFF (Uncompressed) decompressor
are needed to see this picture.

5-D: Furnishing the Soul

QuickTime™ and a
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are needed to see this picture.

National Results

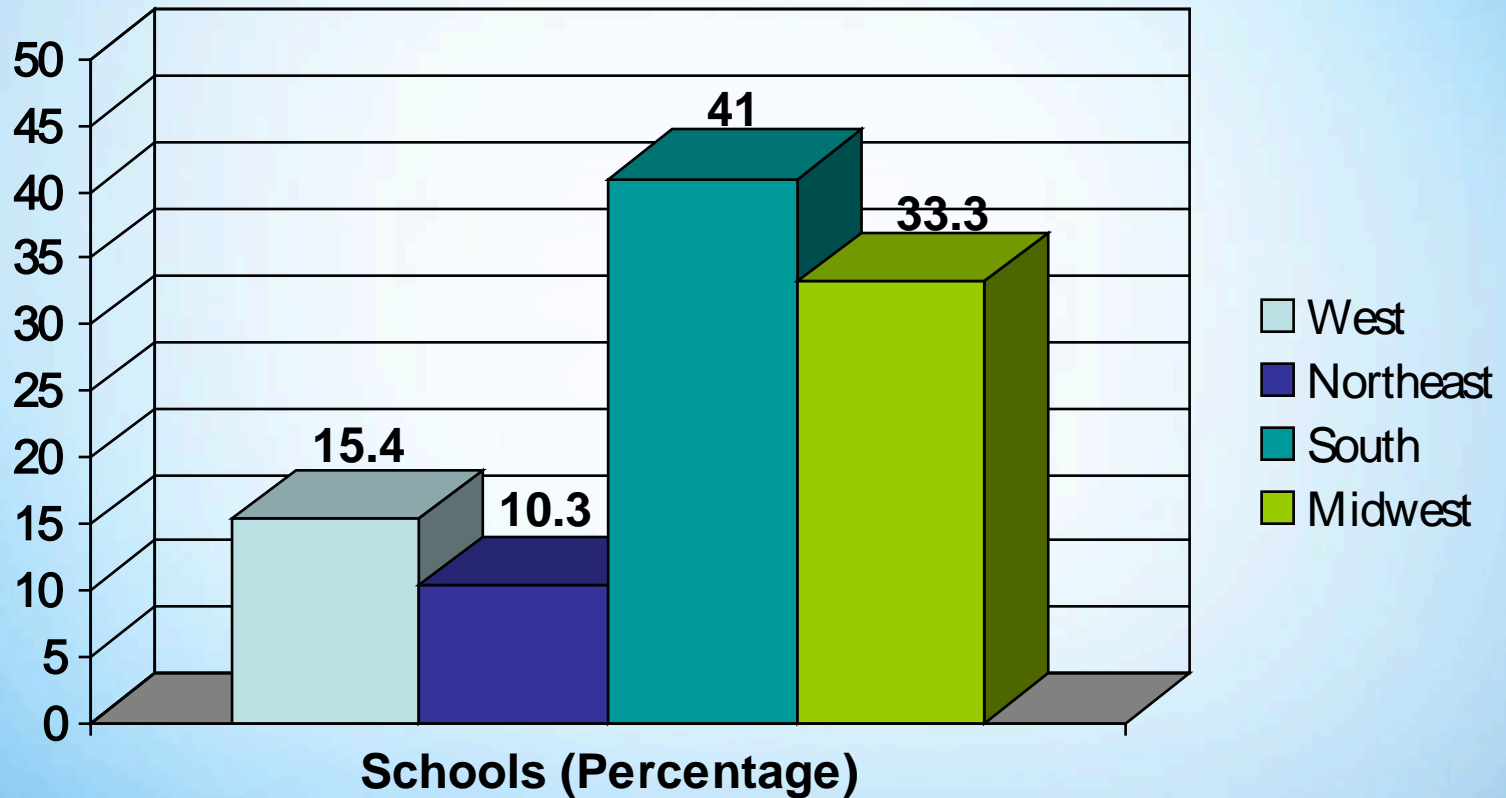
- Sample demographics
- National trends: strengths & growing edges
- Class rank differences/Longitudinal results
- Profile groups
- Impact of school programs
- Themes from open ended responses



Sample Demographics

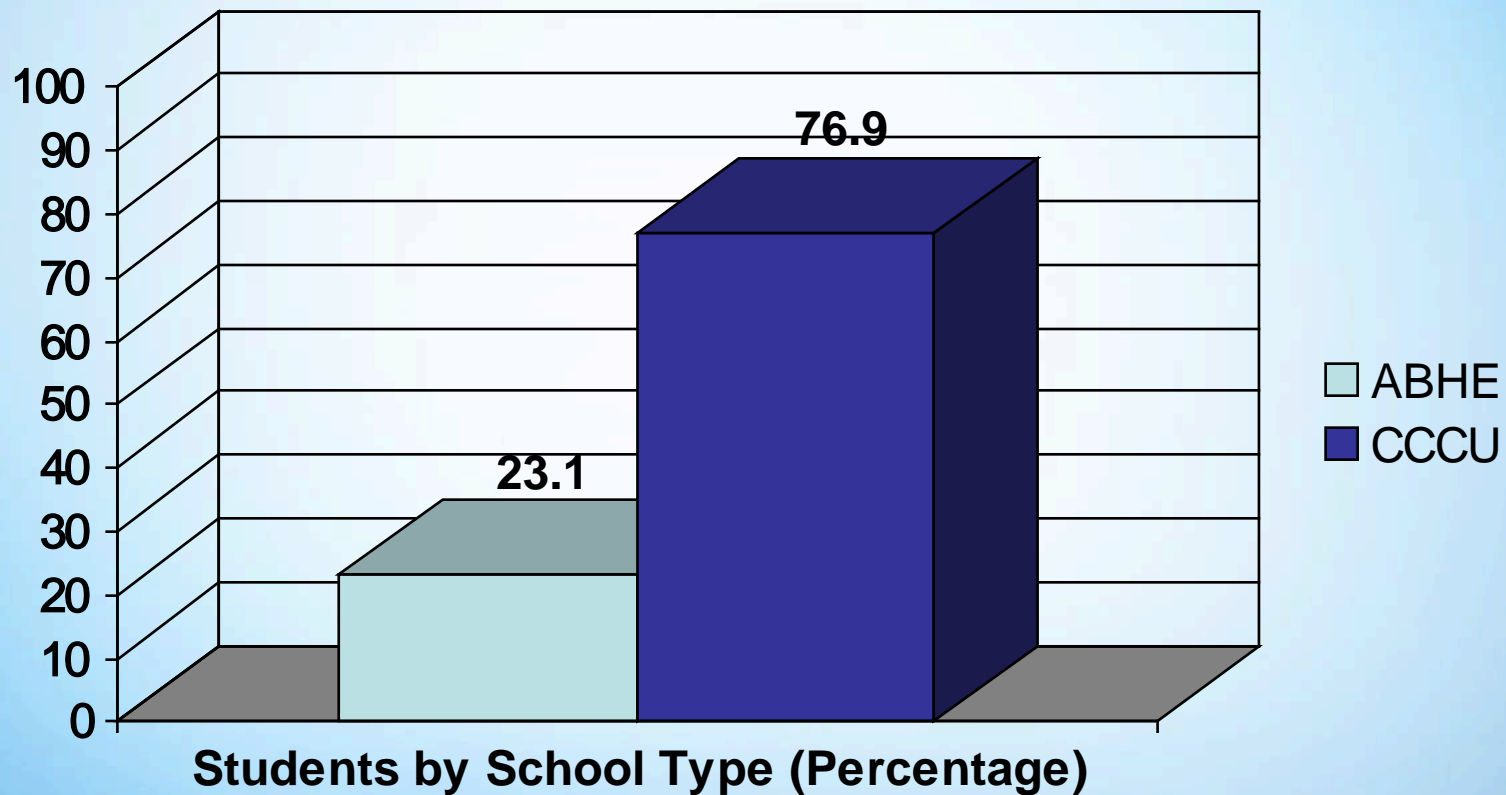
A scenic view of a beach with white sand, blue water, and a clear blue sky with a bright sun.

Sample Demographics - Regions



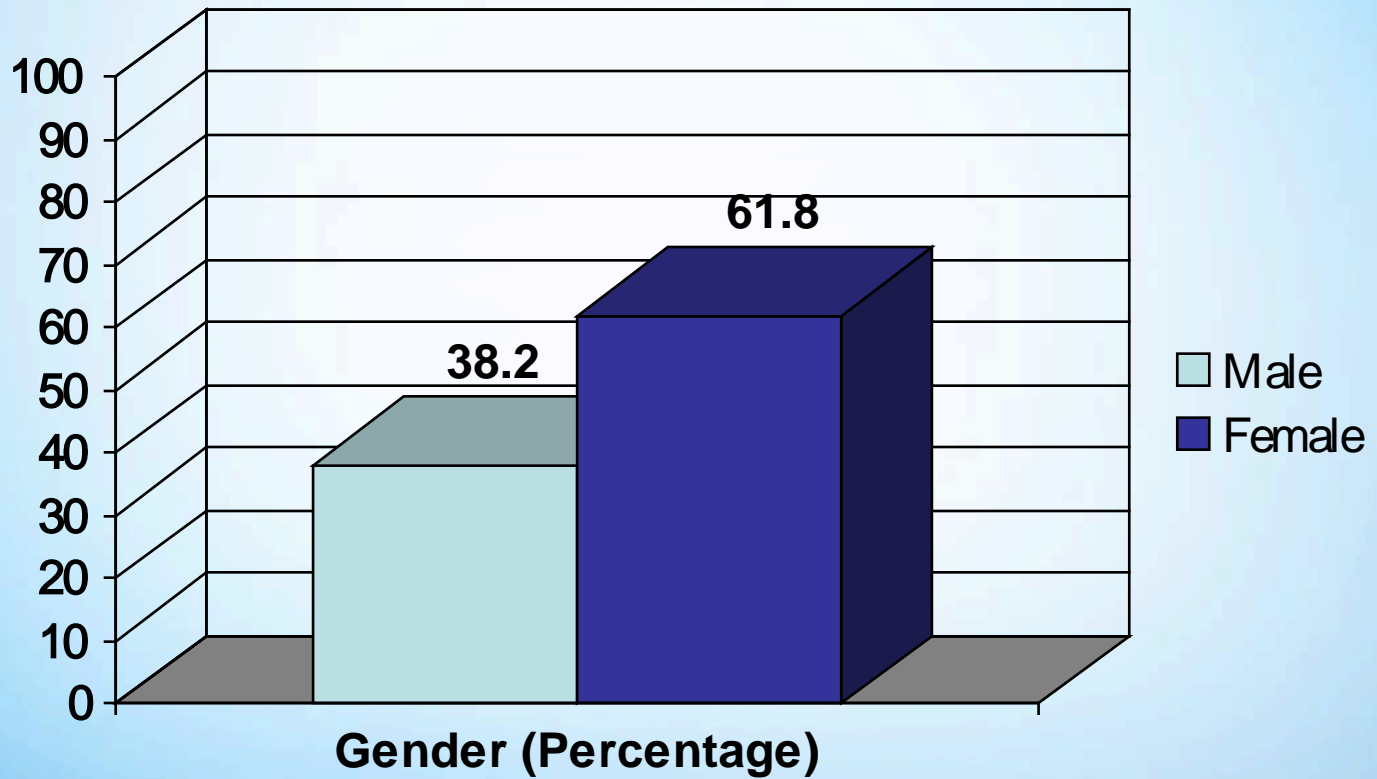
39 schools: 18 ABHE; 21 CCCU

Sample Demographics - Type of School



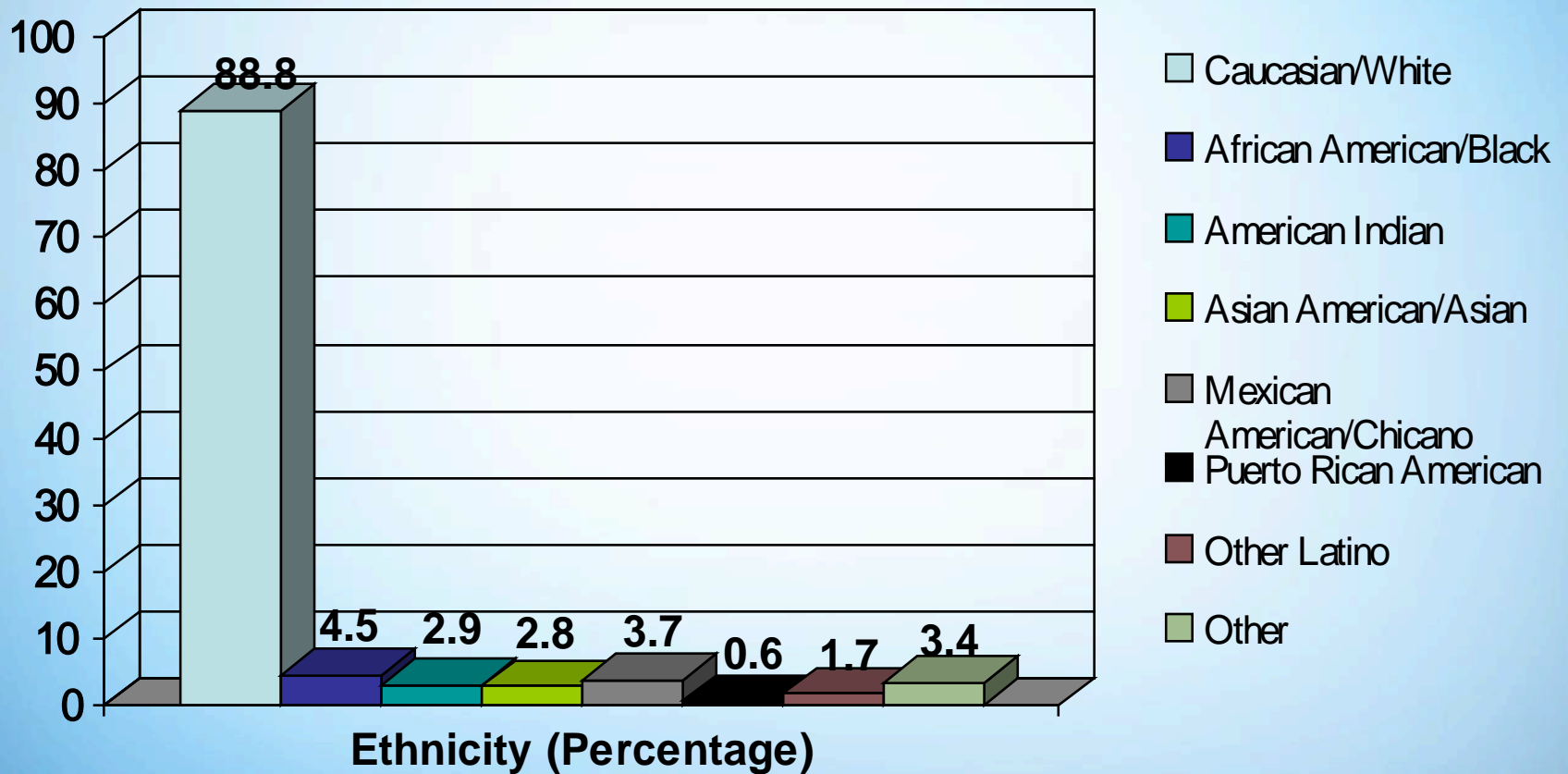
N = 3060

Sample Demographics - Gender



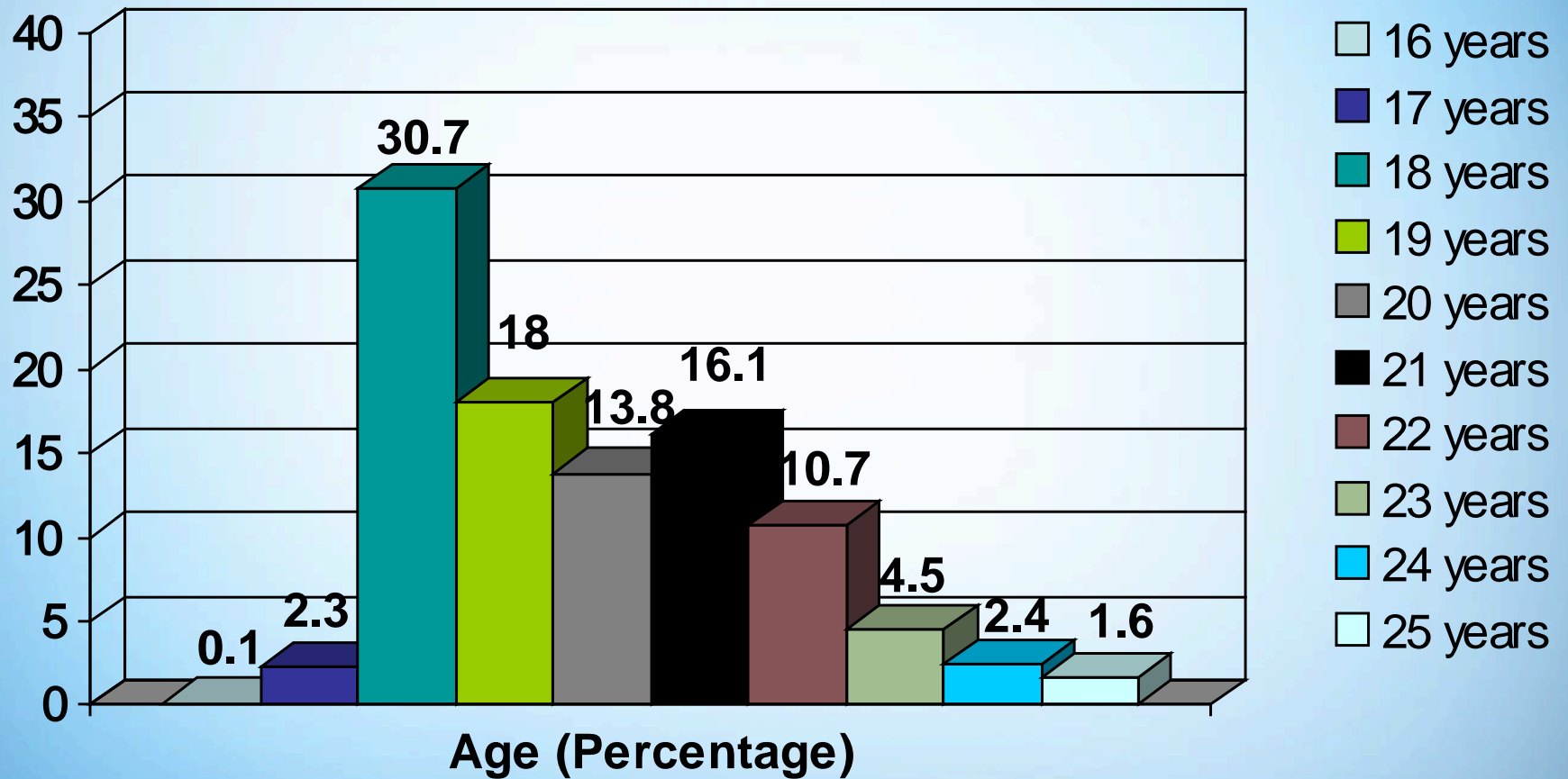
N = 2985

Sample Demographics - Ethnicity



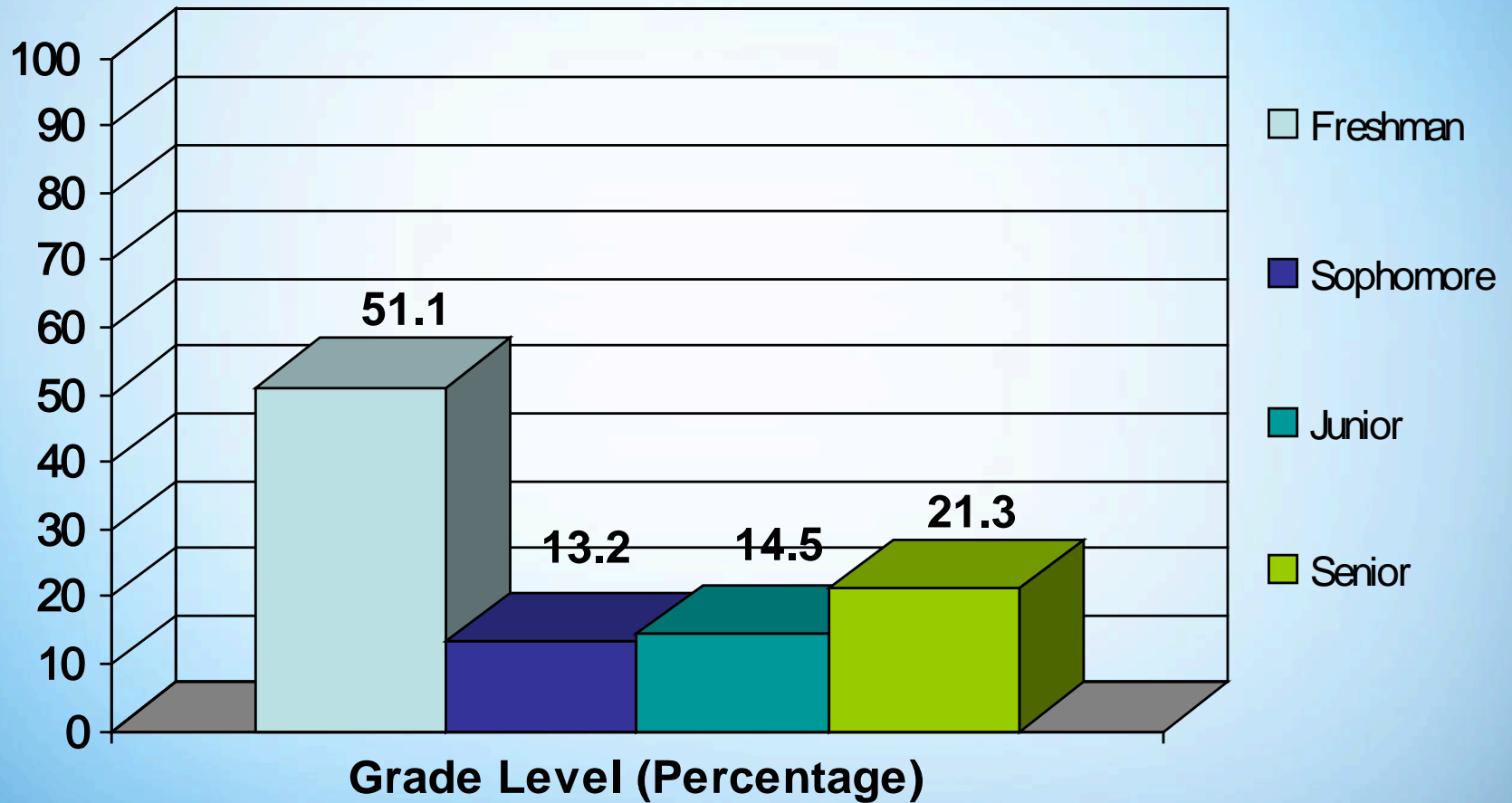
N = 3060

Sample Demographics - Age



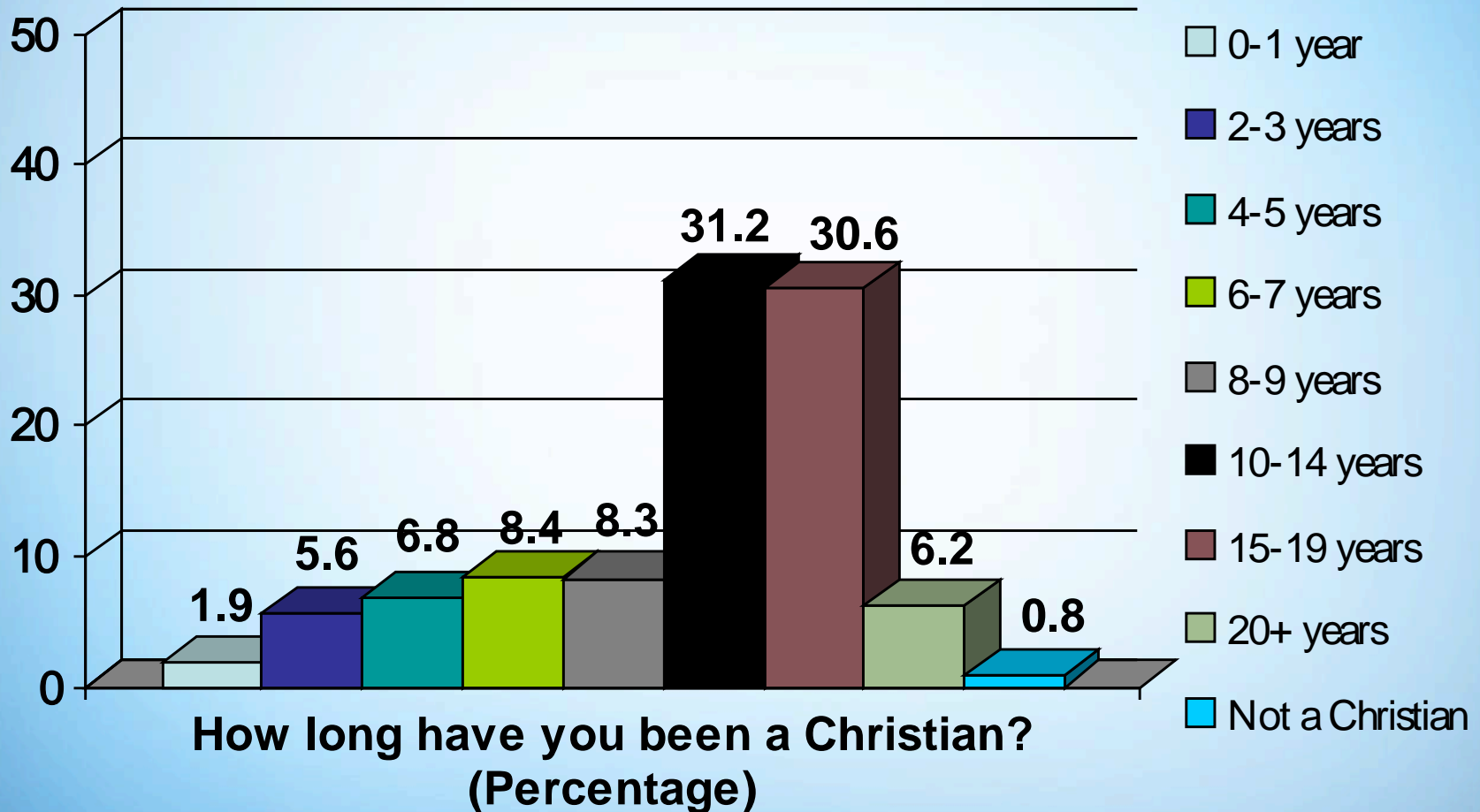
N = 3060; Mean age = 19.8

Sample Demographics - Class Rank



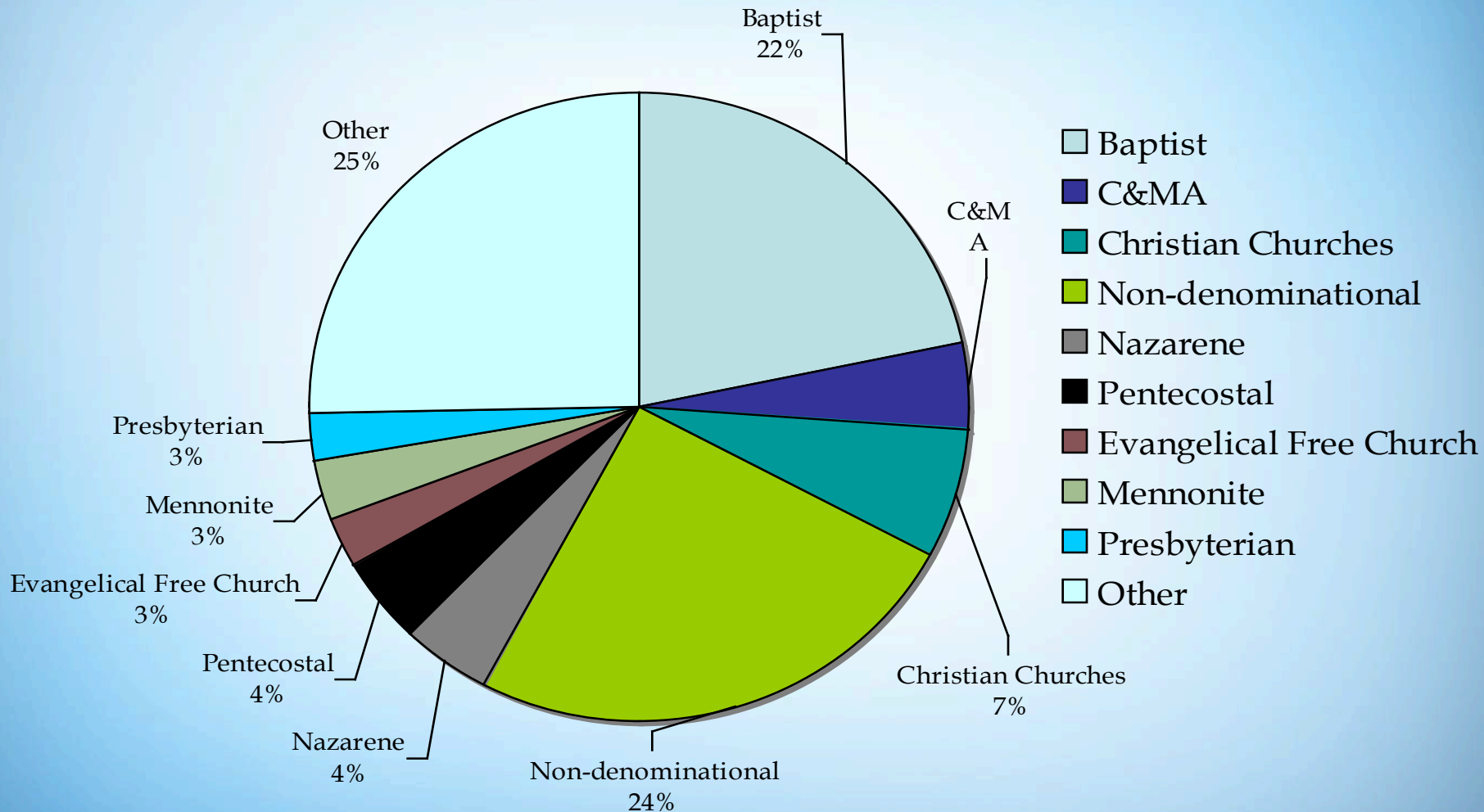
N = 2962

Sample Demographics - Years a Christian



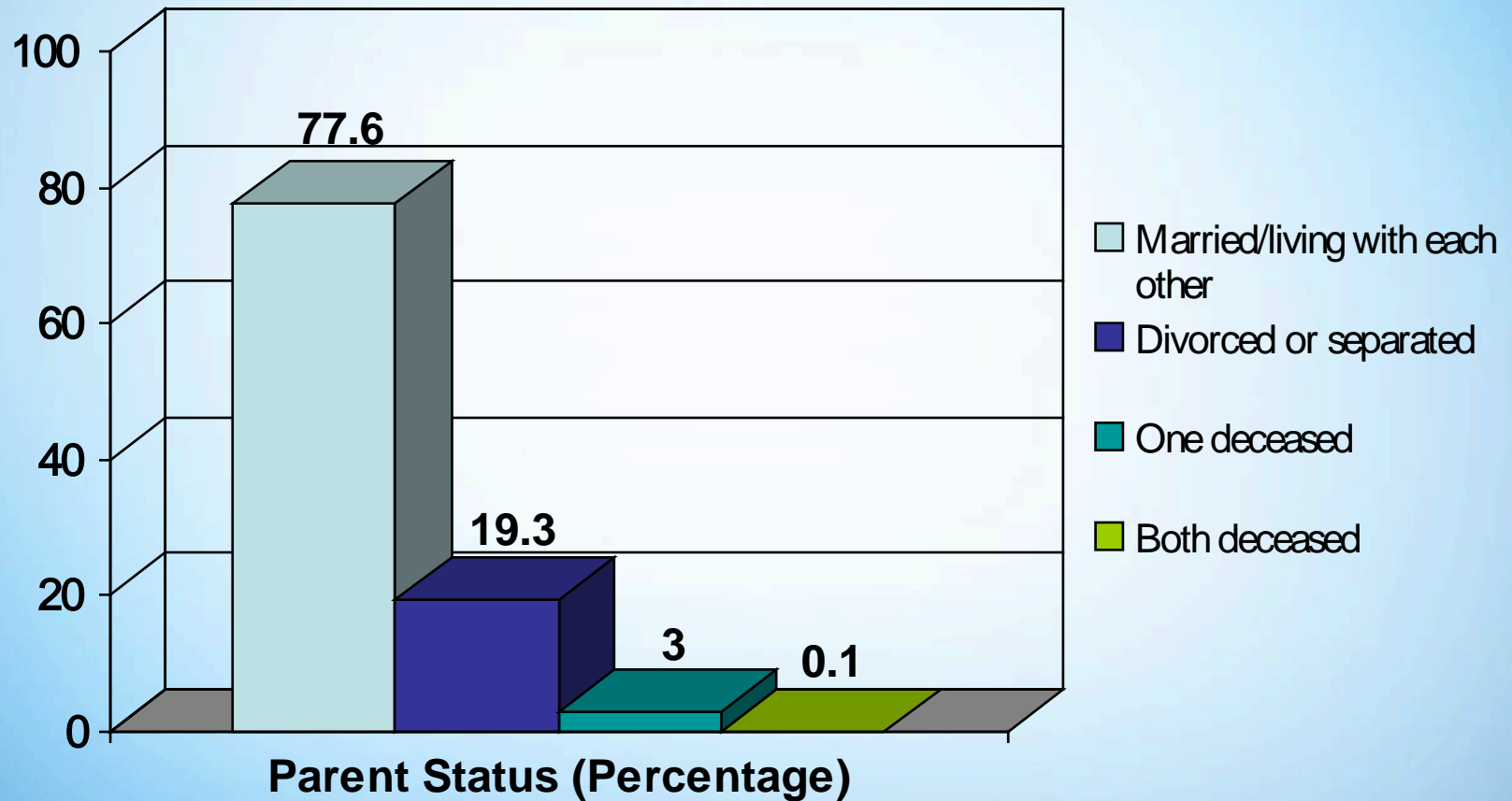
N = 3059; Mean = 10-14 years

Sample Demographics - Denomination



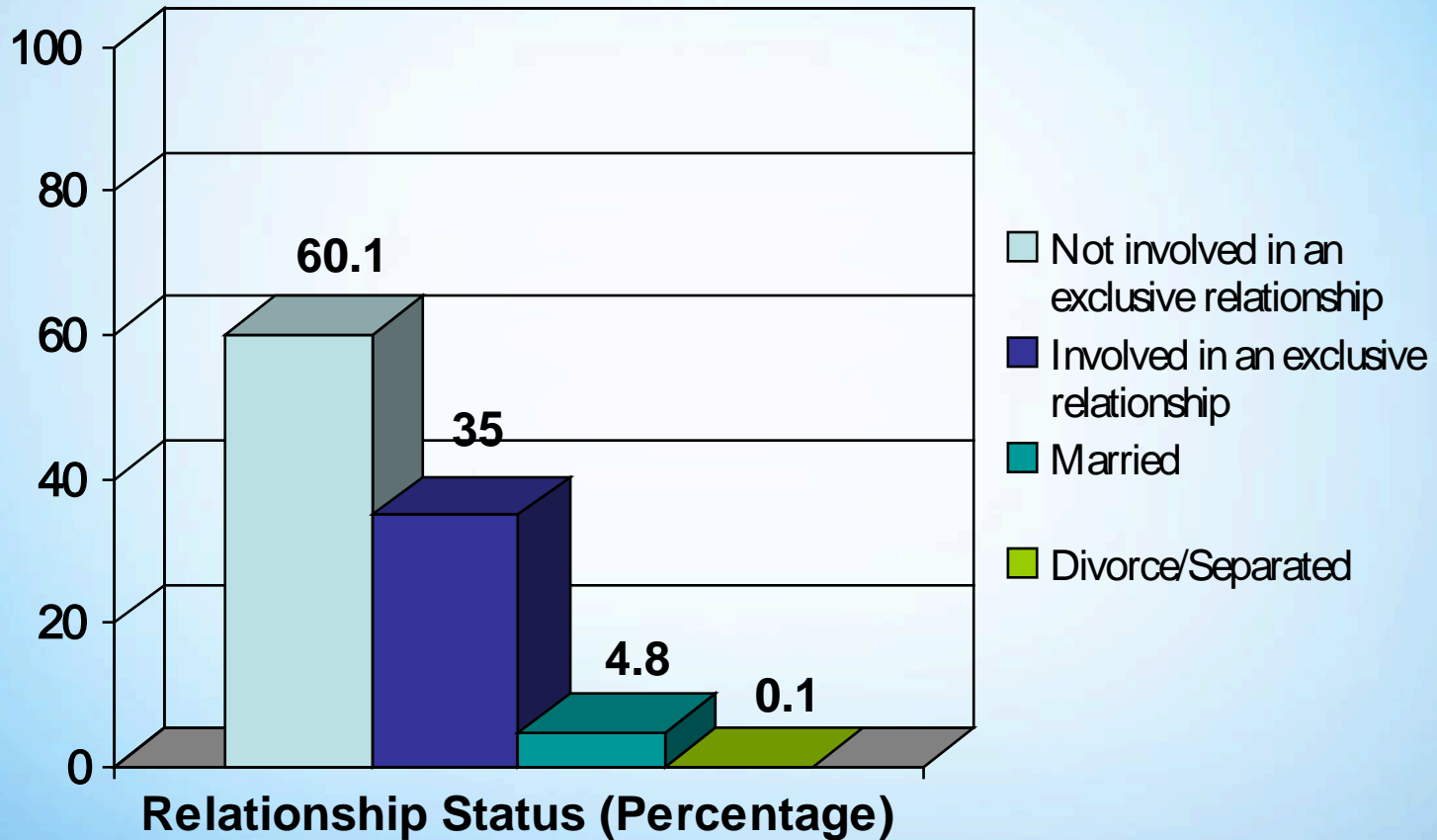
N = 2997

Sample Demographics - Parents' Rel Status



N = 3052

Sample Demographics - Relationship Status



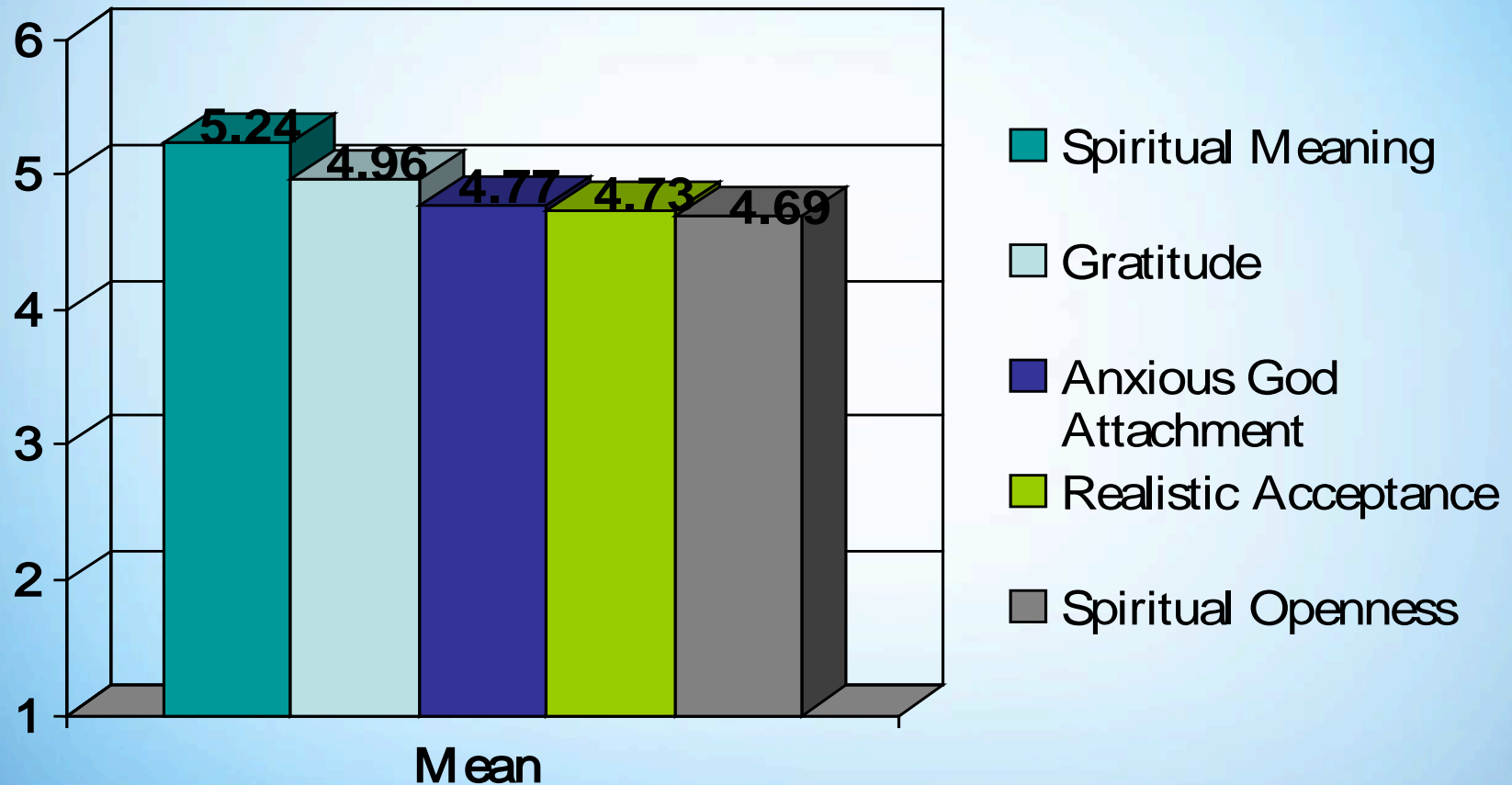
N = 3054

Strengths & Growing Edges on Furnishing the Soul Inventory (FSI)



FSI Subscales

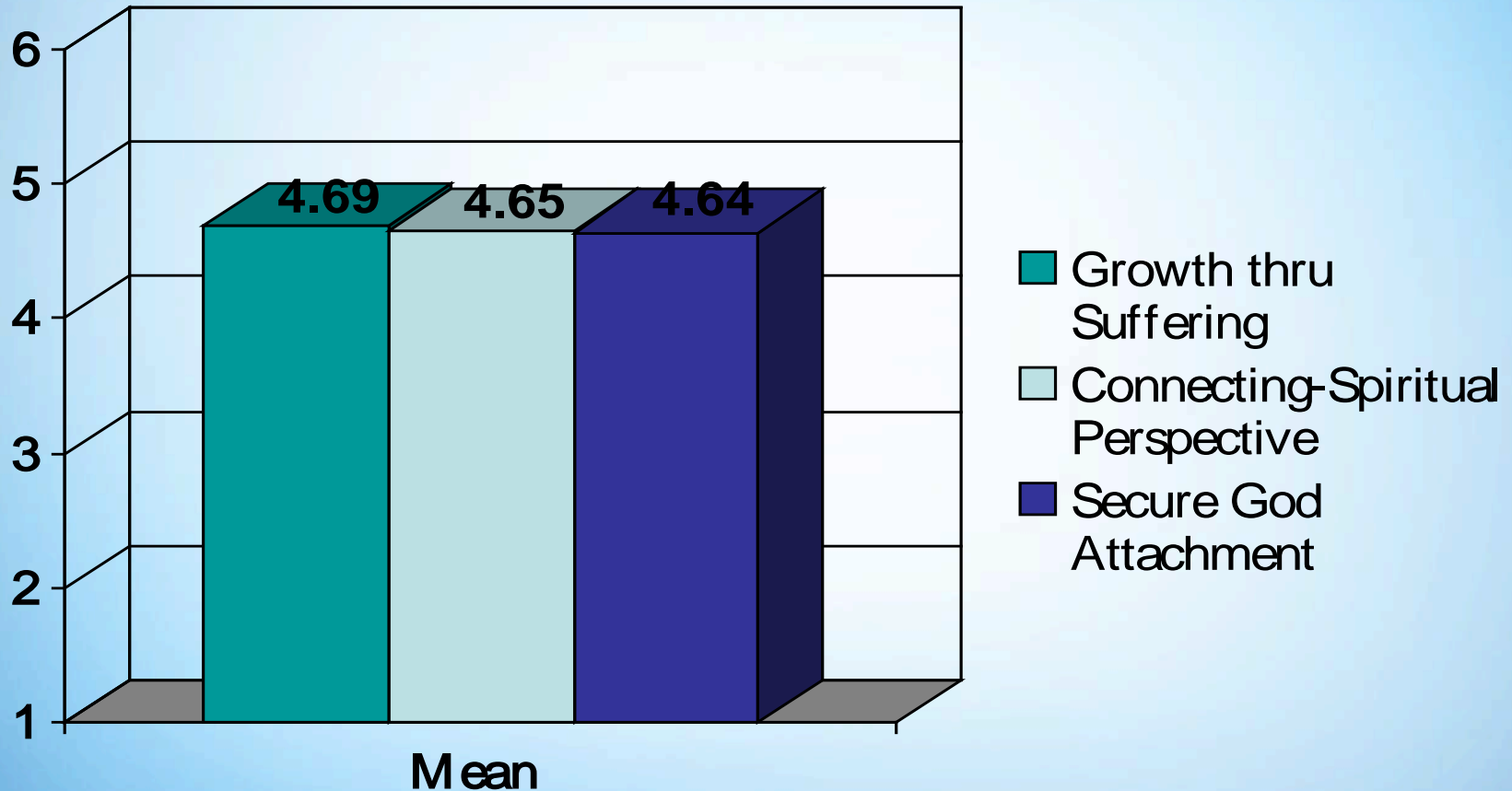
Highest (Healthiest) Subscales (“Mostly True of Me”)



1=Very False of Me; 6 = Very True of Me

FSI Subscales

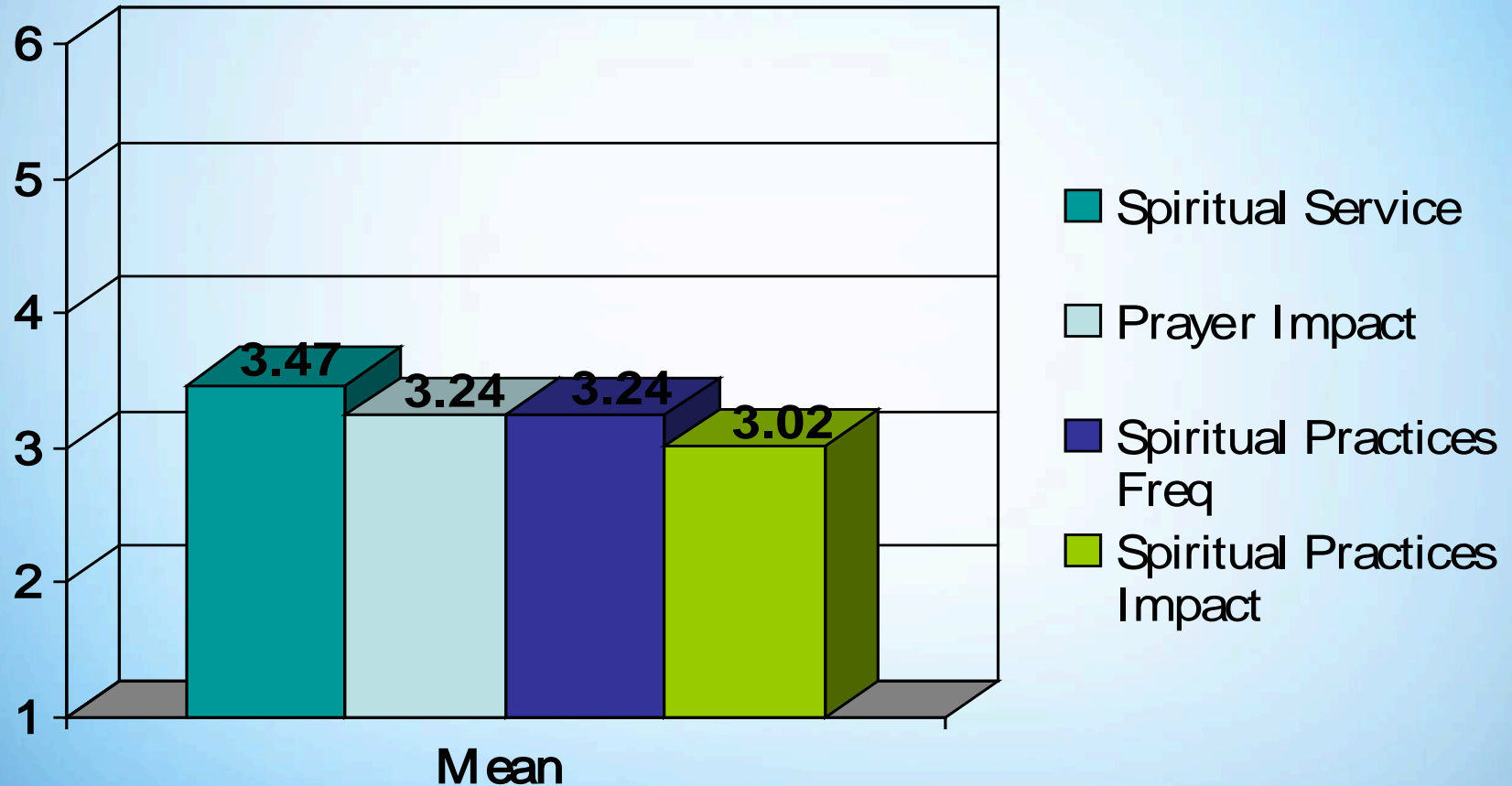
Highest (Healthiest) Subscales (“Mostly True of Me”)



1=Not true of me; 6 = Very True of Me

FSI Subscales

Lowest (Unhealthiest) Subscales (“More False Than True”)



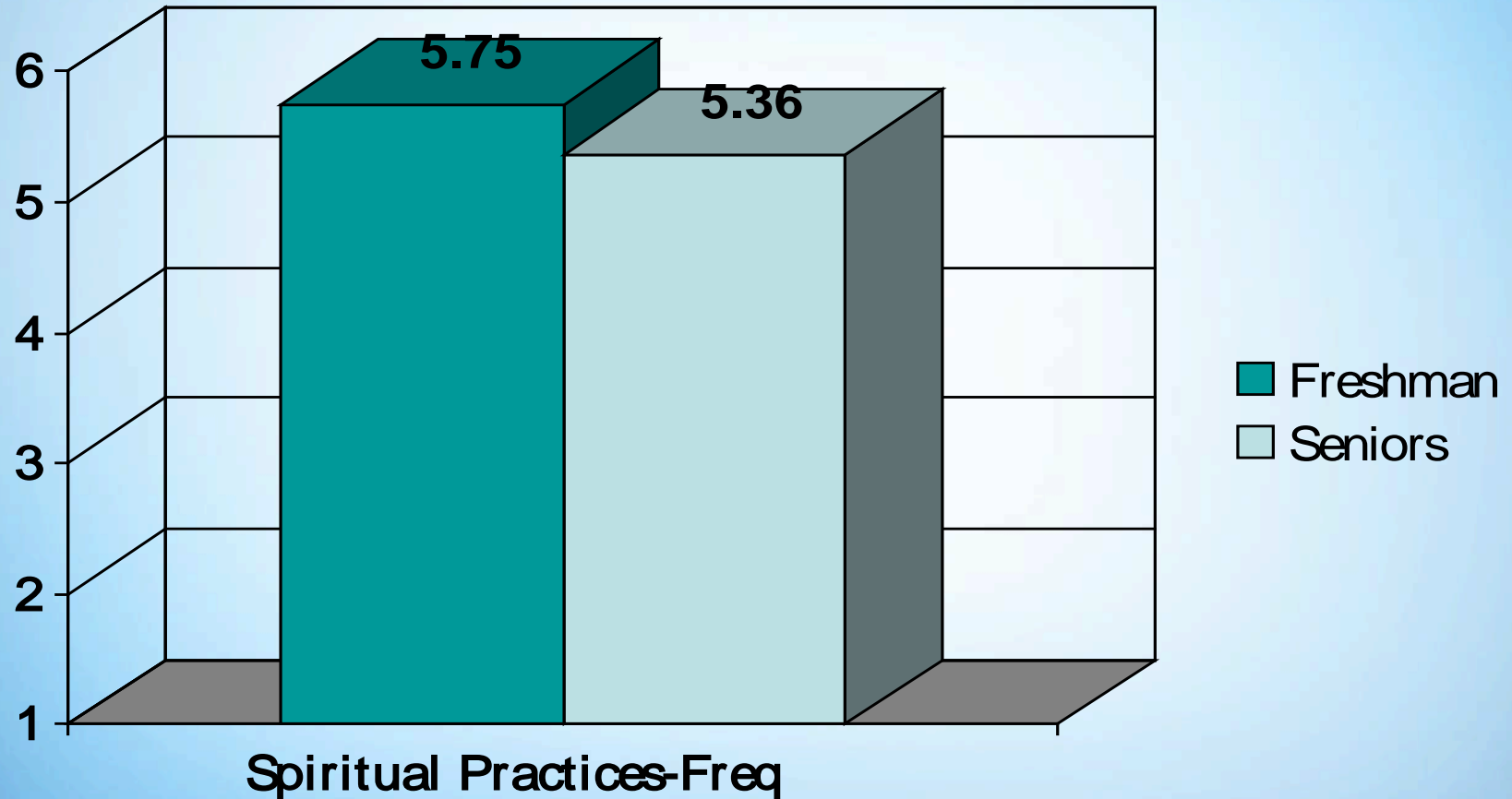
1=Not true of me; 6 = Very True of Me

Class Rank Differences & Longitudinal Trends

A serene beach scene with a clear blue sky, a vibrant blue ocean, and a wide expanse of white sand in the foreground. The text is centered in the upper half of the image.

FSI Subscales

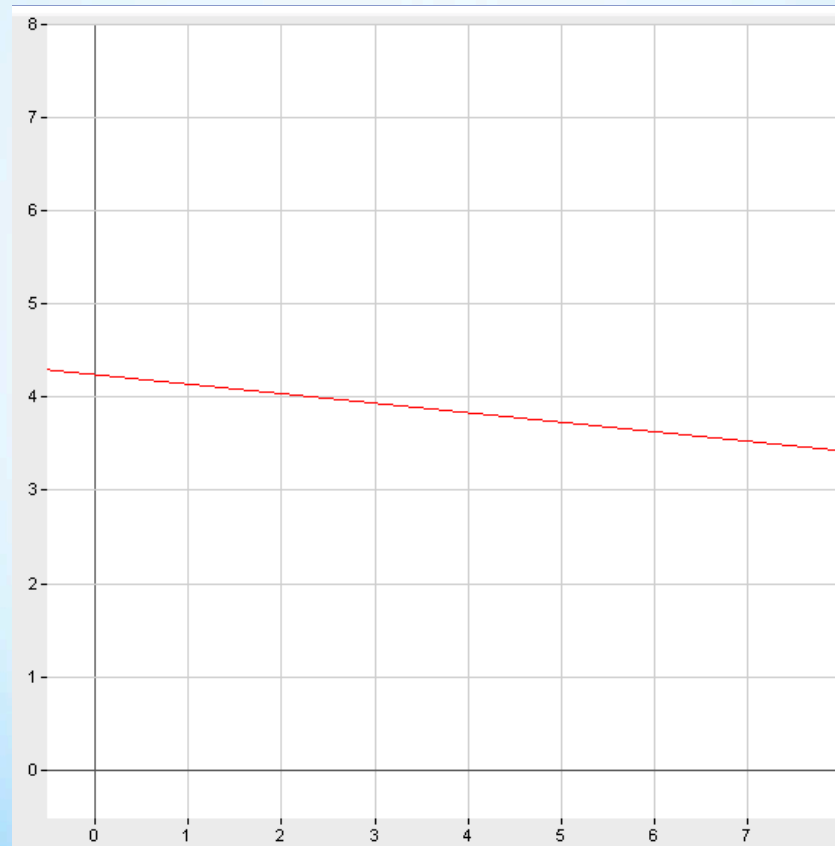
Class Rank Differences



1=Not true of me; 6 = Very True of Me

FSI Subscales

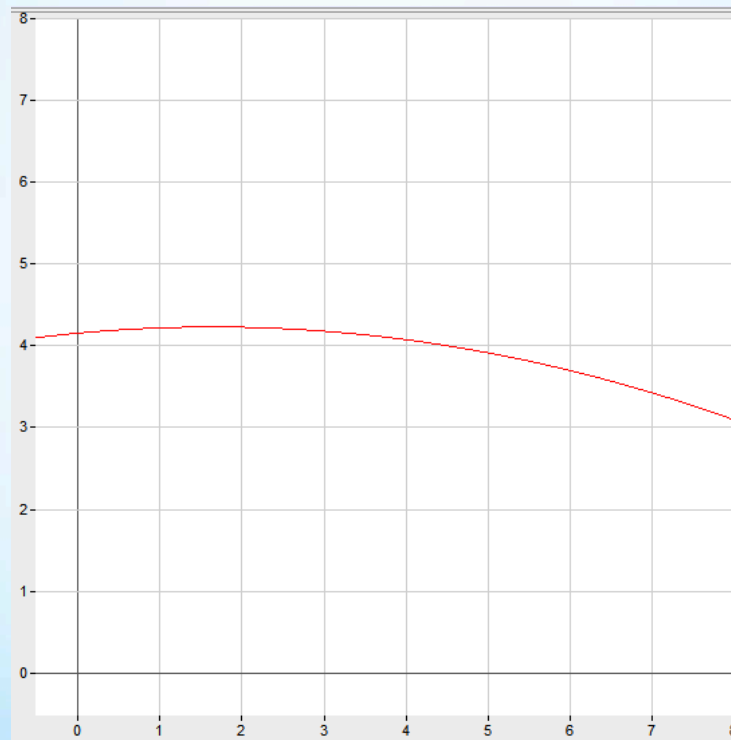
Longitudinal Trends Over 8 Timepoints, 4 Years



Spiritual Practices-Frequency

FSI Subscales

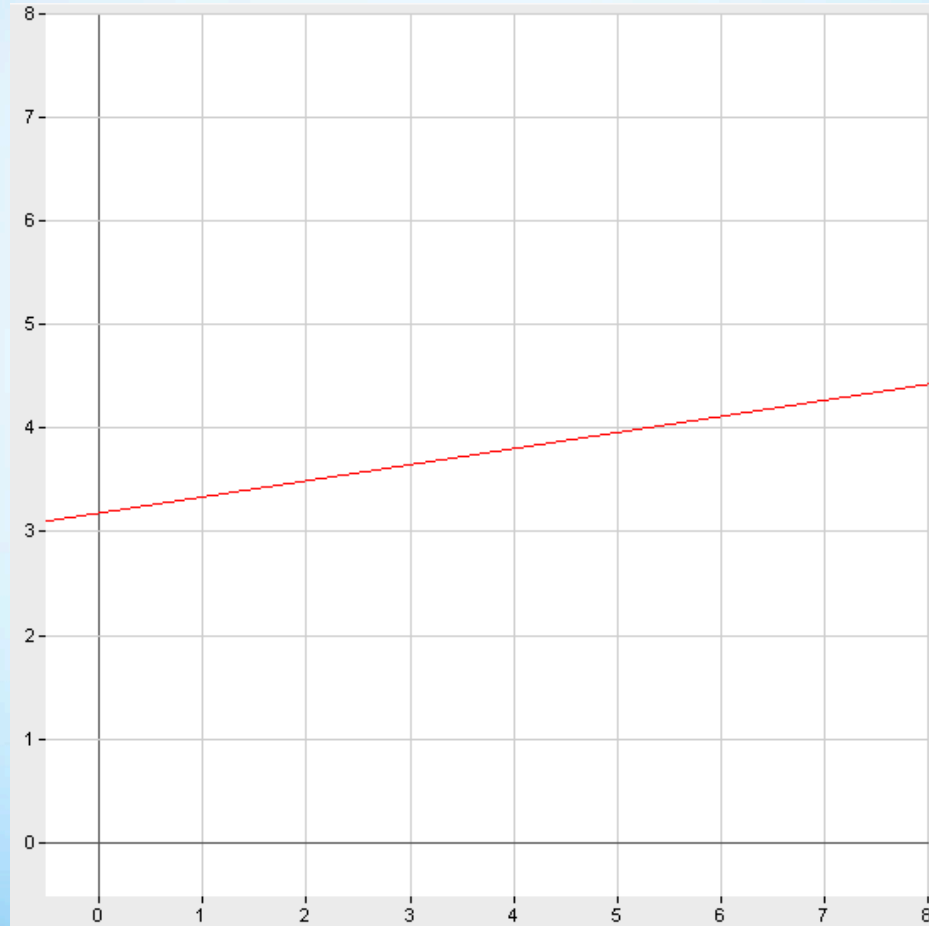
Longitudinal Trends Over 8 Timepoints, 4 Years



Commitment (proxy)

FSI Subscales

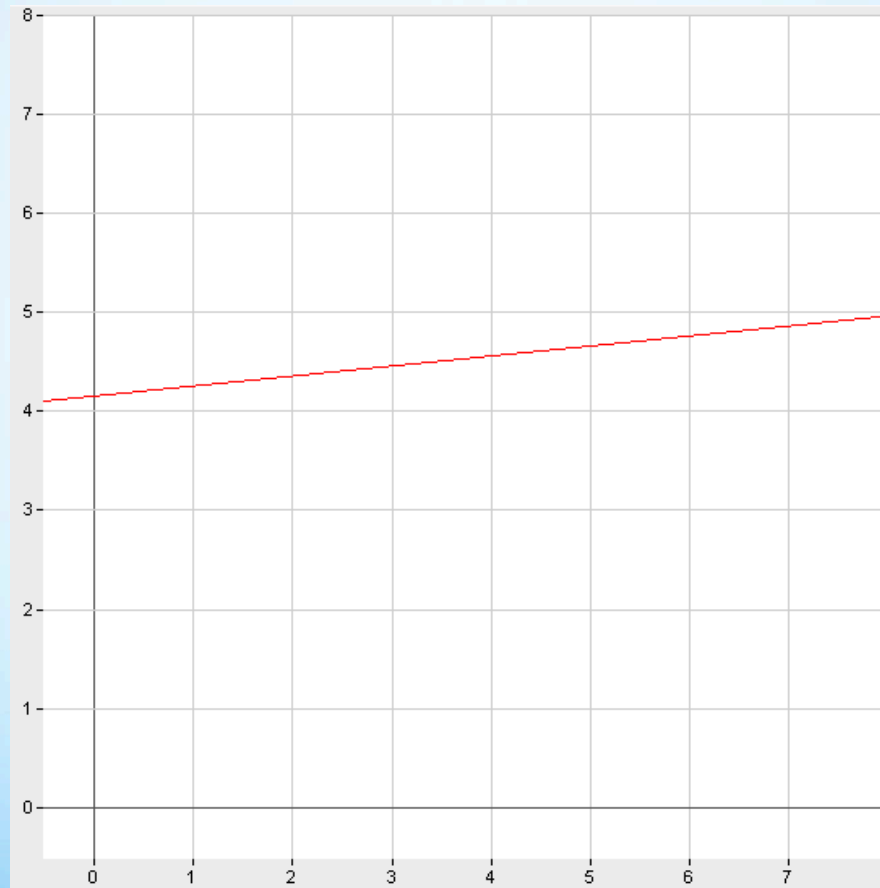
Longitudinal Trends Over 8 Timepoints, 4 Years



Anxious God Attachment

FSI Subscales

Longitudinal Trends Over 8 Timepoints, 4 Years



Proxy for Connecting-Intimacy (spir well-being)

Profile Groups

A scenic view of a beach with white sand, blue water, and a clear blue sky with a bright sun. The sun is positioned in the upper center of the frame, creating a bright glow and a soft shadow on the sand below. The horizon line is clearly visible, separating the white sand from the blue water and the clear blue sky.

Profile Groups (Cluster Analysis)

- Cluster 1 (21.4%): Highly secure, highly spiritually engaged
- Cluster 2 (15.2%): High distant attachment, moderately high spiritual engagement
- Cluster 3 (25%): Average security & spiritual engagement
- Cluster 4 (27.2%): High insecurity (mainly anxious), moderately low spiritual engagement
- Cluster 5 (11.2%): Highly insecure & very low engagement across the board (high risk group)

A Map of the FSI: Curricular/Co-curricular Impact on Spirituality Items

Courses	Teaching/ Worship	Service/ Ministry	Formal Counseling/ Mentoring	Cross- Cultural/ Diversity	Informal Relation- ships
Academic Courses	Chapel	Ministry	Spiritual Direction	Study Abroad Programs	Mentoring Rel. w/ Faculty
Bible/ Theology Courses	Praise & Worship Sessions	Student Leadership	Counseling through school	Experiencing Cultural Diversity	Rel. w/ Other Students
Faith/Integra- tion Courses	Bible Study/ Discipleship	Service Learning Projects	Working through Trauma	Diversity exposure events	Rel. w/ Staff & Admin
		Short-Term Missions			

School Impact on Spirituality

Highest School Impact Items (Moderately Positive Impact)

ITEM	Mean	Mean Rating Description
Relationships with Students	5.71	Moderately Positive Impact
Working through Trauma, Struggles	5.68	Moderately Positive Impact
Bible/Theology Courses	5.65	Moderately Positive Impact
Praise/Worship Sessions	5.60	Moderately Positive Impact
Academic Courses	5.55	Moderately Positive Impact
Study or Discipleship Group	5.54	Moderately Positive Impact
Relationships with Staff and Administration	5.53	Moderately Positive Impact
Short-Term Missions Trips	5.53	Moderately Positive Impact

1 = very negative impact; 7 = very positive impact

School Impact on Spirituality

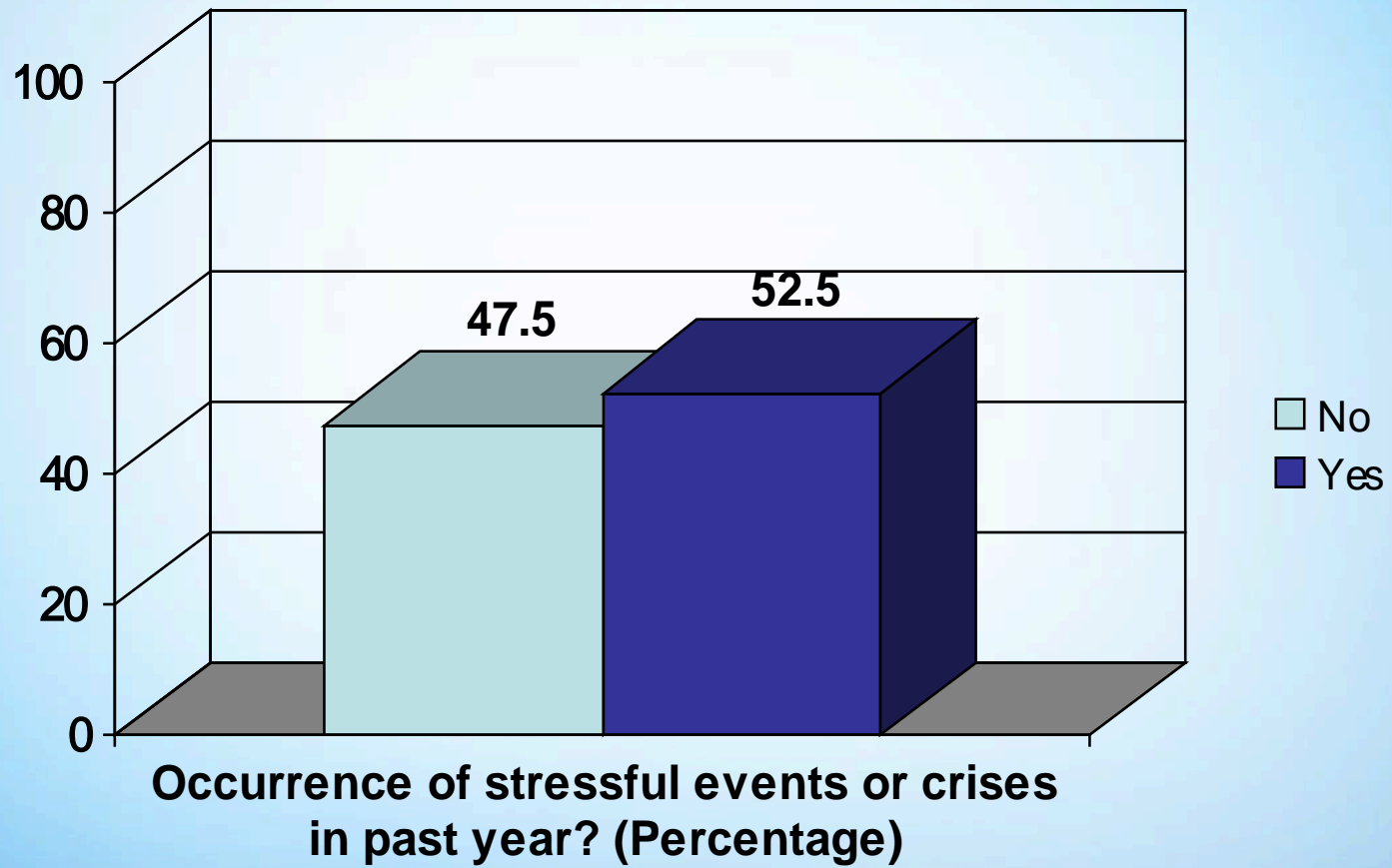
Highest School Impact Items (Slightly Positive Impact)

ITEM	Mean	Mean Rating Description
Mentoring w/ Faculty	5.49	Slightly Positive Impact
Integration or Faith and Learning Courses	5.47	Slightly Positive Impact
Service Learning Projects, Internships, Practicums	5.40	Slightly Positive Impact
Ministry Opportunities	5.38	Slightly Positive Impact
Chapel Programs	5.27	Slightly Positive Impact
Formal Spiritual Direction/Mentoring	5.25	Slightly Positive Impact
Student Leadership Opportunities	5.21	Slightly Positive Impact
Study Abroad Programs	5.12	Slightly Positive Impact
Exposure Experiences	5.08	Slightly Positive Impact
Cultural Diversity in School Community	4.99	Slightly Positive Impact
Counseling Sessions	4.67	Slightly Positive Impact

Themes from Open Ended Responses



Crisis in Past Year



N = 3009

Themes - Crises

Theme	Frequency
Death of relative	64
End of romantic relationship	54
Depression	45
Health Concerns - Family	32
Move	29
Relationship stresses - family	26
Death of non-relative	25
Overwhelmed by school	25
Beginning of romantic relationship	24
Health concerns - self	23
Relationship stresses - friends	23

Themes - Spiritual Struggles

Theme	Frequency
General interpersonal problems - non-family	47
Busyness	40
Sex/lust/pornography	29
Not reading Bible or praying	20
Doubts	18
Relationships with family	15
Self-esteem	14
Pride	12
Laziness	11

Themes - Positive Contributions to Spiritual Growth

Theme	Frequency
Relationships with Staff	46
Relationships with friends and family	25
Classes	21
Chapel	18
Theological Idea	14

Reflection #1

- Overall: students are relationally connected/secure, developing a Christian perspective on life, yet low on spiritual disciplines
- Need to think about/study how to help students be intentional and continue process of owning their faith



Reflection #2

- Crises/trials are common, & working through them is critical to spiritual growth: need to communicate theological framework and develop relational environment to help students process suffering
- Need to target most frequent crises/struggles: relational conflict, busyness, lust/sex/pornography



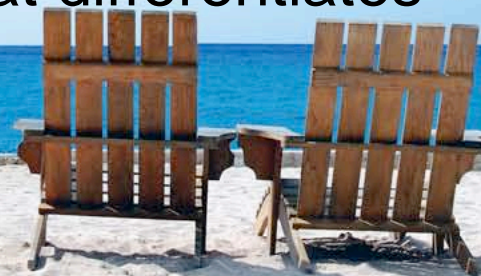
Reflection #3

- Students trending down/worse on spiritual disciplines, centrality of faith, anxious God attachment, but up on overall intimacy with God
- Probably “normal” developmental trajectory
- Need a more nuanced understanding of whether/how seniors faith is “deeper”



Reflection #4

- Five different profile groups have different needs
- Cluster 1: Further strengthen mature students and encourage toward leadership
- Cluster 2: Help develop relationships in which they feel seen/known to address distant attachment
- Cluster 3: Help average students find strengths
- Cluster 4: Focus on secure base (consistent care)
- Cluster 5 Proactively engage high risk cluster; most pathology
- Need deeper understanding of what differentiates mature from immature students



Reflection #5

- According to students, spiritual growth most facilitated by: peer relationships, working through trials, Bible/theology classes
- This & numerous findings highlight centrality of relationality/attachment & biblical worldview
- Biblical worldview, morality, and character are internalized through attachment relationships (“spiritualization of attachment”)
- Students need to be “loved into loving”



FSI Psychometric Information





Psychometric Information

- Theoretical model: “Relational Spirituality”
- See alidaderesearch.com for theoretical articles
- Psychometric development - study 1
 - Original sample; N = 371 college students
 - Exploratory Factor Analyses (EFA) on items within each subscale; pattern loadings ranged from .30 - .88
 - Confirmatory Factor Analyses (CFA) on items within each subscale
 - Alphas ranged from .74 to .91; mean alpha = .81
 - Correlations with 24 other measures of spirituality

Psychometric Information - Study 1 CFAs & Alphas

Connecting to God	CFI	RMSEA	Alpha
Intimacy	.97	.09	.90
Meaning	.94	.09	.87
Perspective	.93	.05	.87
Gratitude	--	--	.67
Aware of God	.85	.06	.85

Psychometric Information - Study 1 CFAs & Alphas

Knowing God	CFI	RMSEA	Alpha
Prayer	--	--	.87
Spiritual Practices	--	--	.90

Psychometric Information - Study 1 CFAs & Alphas

Feeling Secure With God	CFI	RMSEA	Alpha
Secure God Attachment	.88	.05	.88
Realistic Acceptance	.85	.06	.85
Forgiveness	.92	.12	.77

Feeling Anxious With God	CFI	RMSEA	Alpha
Anxious God Attachment	.88	.05	.76
Instability	.85	.06	.73
Disappointment	.85	.06	.89

Feeling Distant From God	CFI	RMSEA	Alpha
Distant God Attachment	.88	.05	.67

Psychometric Information - Study 1 CFAs & Alphas

Tipping Towards Growth	CFI	RMSEA	Alpha
Suffering	.92	.10	.92
Openness	.96	.08	.79

Psychometric Information - Study 1 CFAs & Alphas

Furnishing the Soul	CFI	RMSEA	Alpha
Commitment	.91	.07	.87
Prayer	.98	.08	.89
Spiritual Practices	.94	.05	.73
Community	.92	.07	.91
Loving Others	.96	.10	.74
Serving Others	.97	.07	.85



Psychometric Information

- Psychometric development - study 2
 - National sample; $N = 3060$ traditional college students from 39 schools
 - Exploratory Factor Analyses (EFA) on items within each subscale; pattern loadings ranged from .32 - .92
 - Alphas ranged from .60 - .90; mean alpha = .78

Psychometric Information - First Order Pattern Loading

Connecting to God	Low	High	Mean
Intimacy	0.54	0.82	0.72
Meaning	0.46	0.83	0.68
Perspective	0.39	0.83	0.56
Gratitude	0.47	0.74	0.6
Aware of God	0.69	0.79	0.74

Psychometric Information - First Order Pattern Loading

Knowing God	Low	High	Mean
Prayer	0.7	0.78	0.73
Spiritual Practices	0.53	0.79	0.65

Psychometric Information - First Order Pattern Loading

Feeling Secure With God	Low	High	Mean
Secure God Attachment	0.51	0.83	0.65
Realistic Acceptance	0.39	0.74	0.65
Forgiveness	0.37	0.71	0.56

Feeling Anxious With God	Low	High	Mean
Anxious God Attachment	0.36	0.92	0.65
Instability	0.54	0.77	0.67
Disappointment	0.67	0.83	0.78

Feeling Distant From God	Low	High	Mean
Distant God Attachment	0.35	0.86	0.54

Psychometric Information - First Order Pattern Loading

Tipping Towards Growth	Low	High	Mean
Suffering	0.34	0.75	0.61
Openness	0.41	0.68	0.59

Psychometric Information - First Order Pattern Loading

Furnishing the Soul	Low	High	Mean
Commitment	0.32	0.82	0.55
Prayer	0.68	0.78	0.72
Spiritual Practices	0.34	0.79	0.57
Community	0.36	0.88	0.61
Loving Others	0.4	0.55	0.46
Serving Others	0.43	0.71	0.56

Participating in the CCCU Furnishing the Soul Project



Benefits of Participating

- Group level report with norms
- Individual report with personalized feedback & curriculum (soul projects)



Benefits of Participating: Soul Project

- Spend 30 min talking to God about the following questions (disappointment w/ God)
- Are there specific circumstances in my life causing disappointment in my rel w/ God?
- How have these disappointments (if any) affected my rel w/ God & involvement in spiritual community?



Benefits of Participating: Soul Project

- What are my gut level expectations about God disappointing me?
- Spend 30 min in Reflective Scripture Reading; read passage 4 times: Matt. 11: 28-30



Signing up for the FS Project

- <http://www.alidaderesearch.com/ecards/cccu/>
- todd.hall@biola.edu



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