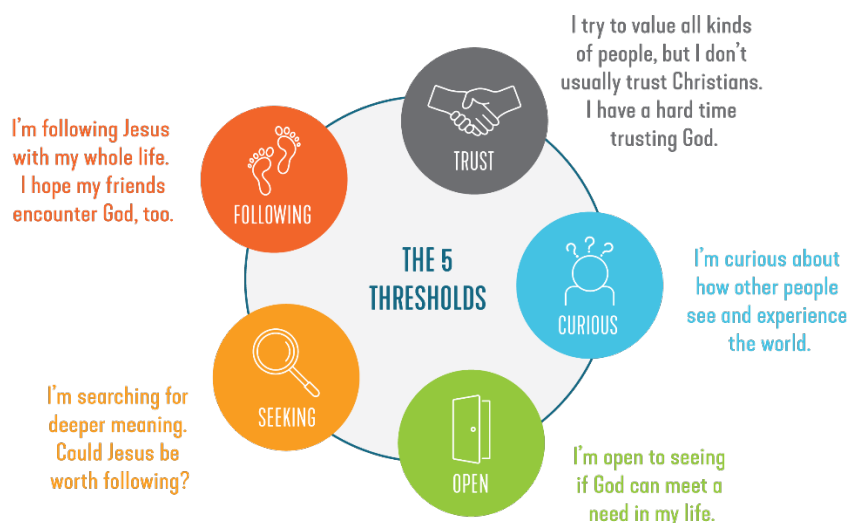


# Knowing Where Someone is Spiritually

## An Overview of The Five Thresholds

### Journey Toward Faith

The Five Thresholds are the five distinct stages of a person's journey going from disinterest in faith to considering Jesus. It's one of InterVarsity's best, well-tested evangelistic tools and is used in seminaries and churches across the country. Understanding the journey to faith, including learning the characteristics of each threshold, will help you learn how to recognize a person's particular threshold, celebrate steps together, and encourage others to move forward in their spiritual journey.



## Understanding The Five Thresholds

### Being a Good Friend in Each Threshold

The chart below can help you identify which threshold someone might be in and know how you can help them move from one threshold to the next.

| Threshold                                                                                               | Your Friend                                                | You                                                  |
|---------------------------------------------------------------------------------------------------------|------------------------------------------------------------|------------------------------------------------------|
| <b>TRUST</b><br>     | Our friends do not yet have a reason to trust a Christian. | Gain trust by loving genuinely and asking questions. |
| <b>CURIOSITY</b><br> | Our friends are not yet interested in our faith lives.     | Encourage questions and live curiously.              |

| Threshold                                                                                          | Your Friend                                                             | You                                                                                          |
|----------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------|----------------------------------------------------------------------------------------------|
| <p>OPEN</p>       | Our friends are not yet interested in changing their current lifestyle. | Practice patience, enduring prayer, nudge and challenge.                                     |
| <p>SEEKING</p>    | Our friends are not yet bringing their questions to Jesus himself.      | We help clarify their quest, we explain how to seek Jesus, and we invite them to join us.    |
| <p>FOLLOWING</p>  | Our friends realize that a decision needs to be made.                   | We invite them to consider following Jesus, and we help them think through the implications. |

### Who Do You Know?

You might be thinking, *All of my connections on campus are followers of Jesus! How am I supposed to use The Five Thresholds when I don't even know anyone who isn't already a Christian?* It's important to remember that everyone you know (including yourself) is a part of multiple networks of people. Learn to see your networks on campus through God's eyes. These aren't just random people you happen to intersect with, but God has put them in your life for a reason.

### Case Study

Here is a brief scenario. You can use these in a one-on-one coaching session or with a larger group.

1. Identify what threshold the person is in.
2. What would be your role to help them move to the next threshold?

| Scenario                                                                                                                                                                                                                                                                                                     | Answer                                                                                                                                                                                                                                                                                                                                |
|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| After doing an outreach event you meet Sang, an international student on campus. He describes himself as an agnostic and is open to learning about all philosophies and religions. He says that he believes that all paths lead to "ultimate truth," and he decided to study in America to learn more paths. | <p>OPEN</p>  <p>Sang seems to be in the <b>3rd Threshold: Open</b>. Sang is looking for paths to truth, but we don't know open to change he is. The 3rd Threshold is where our friends' discontentment is unearthed. Something's gotta give.</p> |

#### RESPOND

Your role is to lovingly invite them to move out of the academic realm and start examining their own lives, personal needs, and questions. Help them to acknowledge areas of personal struggle and encourage them to invite God into those struggles. Pray with your friends to invite God into the parts of their life where they want to see change happen.

## Worksheet

- [Pray for your Non-Christian Friends](#)

## Related Resources

- [6 Discipleship Cycles using The Five Thresholds](#)
- [Coaching the Five Thresholds](#)
- [Inviting God into Shared Networks](#)
- [I Once Was Lost](#) by Don Everts and Doug Schaupp
- [The Five Thresholds Overview](#)

## Recommended Courses

- [Inviting Well](#)
- [Sharing the Gospel](#)
- [Following Up](#)

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