At Citygate Network, we believe the life-transformation process is about seeing people advance through various stages where they are **saved**: making choices that will keep them from chronic illness and physical death; **sober**: no longer controlled by stimulants or depressants; **stable**: mentally and emotionally balanced and enjoying good health; **schooled**: enriched with the fundamental knowledge to be competent and competitive; **skilled**: (being academically credentialed and set on a career path); **secure**: able to provide financially for themselves and their loved ones; **settled**: benefitting from having the same safe place of their own to stay every night; and **serving**: giving back to the community through missional living.

Note: Spiritual regeneration can (and does) happen in any of the eight stages.