



Spirituality

Our Path to approach God



Spirituality

- ◆ The practice of a Christian Life
- ◆ The tactics and practices we piece together to help us attain our goal
- ◆ Scripture, tradition, community, and a broad variety of religious practices form a long continuum of rich paths to spirituality.



What traditions give Christianity the concept of *Spirit*?

- ◆ The word *Spirit* comes from the Jewish and Greek tradition
- ◆ Hebrew *Ruah* describes the Spirit of God
- ◆ Greek *Pneuma* describes the Spirit
- ◆ Basic meaning – Air, Wind, Spirit, or Principles of Life



Components of Spirituality

- ◆ Relational
- ◆ Transcendent
- ◆ Human
- ◆ Core/force/Soul
- ◆ Meaning/Purpose
- ◆ Authority/Truth
- ◆ Values
- ◆ Not material
- ◆ Not religion
- ◆ Wholeness
- ◆ Self Knowledge
- ◆ Creativity
- ◆ Consciousness



Spirituality and Religion

- ◆ Spirituality is that which transcends ourselves and connects us to God (Higher Power) and all that lives.
- ◆ Religion involves human created structures, rituals, symbolism, and rules for relating to God (Higher Power)



Spirituality

- ◆ Everyone is a MYSTIC.
- ◆ We are each born full of wonder
- ◆ We are called to remember the awe and wonder in all of life
- ◆ We must discover the tools and practices that help us cultivate and be conscience of what keeps us on the path to Life.



Spirituality

- ◆ Everyone is a *Prophet*
- ◆ We are each called to interfere with what interrupts authentic life
- ◆ Spiritual practices helps us create spaces where we can notice those things that keep us from being authentic.



Spirituality

- ◆ Everyone is an *Artist*
- ◆ Art is a form of meditation/prayer. It helps us discover images that empower us and the community.



Spiritual Journey

- ◆ Human beings have to work at finding their deep self, true self, their spirit self. Otherwise we live superficially.
- ◆ The journey is fourfold.



Spiritual Journey has four aspects

1. **Positive**-delight, awe, and wonder
2. **Negative**-darkness, suffering, silence, and letting go
3. Creative-birthing and creativity
4. Transforming-compassion, justice, healing, and celebration



Spirituality is our Journey

◆ **Be**

About

Your

Authentic

Journey!