

QUICK TIPS FOR EMBRACING SPIRITUALITY

FROM REBEKAH SIMON-PETER



At its very best, the Christian religion reminds us of our identity in Christ, a truth spoken often in the letters of the New Testament. Paul and the other writers reminded their listeners that, through their baptism and belief, they were now children of God. The spiritual journey, which we see can unfold within a religious community, moves you beyond head knowledge into heart and soul knowledge of your spiritual identity.

As you incorporate the spiritual journey into the life of the church, be encouraged. There is no wrong way to deepen one's spirituality. Cultivating your spirituality opens you to a direct encounter with God. Spirituality is learning and experiencing how important you are to God, how you are made in God's image, and how God created you for community.

As your journey continues, you will begin to see that being in the presence of God is not limited to certain times or events. You will come to know that, like Jesus, you are always in the presence of God. Your awareness of your connection with the Divine will become increasingly consistent and, ultimately, second nature. As your church forges a new path and moves forward into the post-pandemic world, let your deepened spirituality shape the path ahead and draw you into new community.

Three Quick Tips:

1. Share Bible stories as spiritual experiences.

Resist moralizing the story or extracting dos and don'ts. Instead, let the experience speak for itself.



“One of the great gifts of spiritual knowledge is that it realigns your sense of self to something you may not have even ever imagined was within you. Spirituality says that even if you think you’re limited and small, it simply isn’t so. You’re greater and more powerful than you have ever imagined. A great and divine light exists inside of you. This same light is also in everyone you know and in everyone you will ever know in the future. You may think you’re limited to just your physical body and state of affairs – including your gender, race, family, job, and status in life – but spirituality comes in and says, “there is more than this.” – Sharon Janis, *Spirituality for Dummies*

Excerpted from *Forging a New Path: Moving the Church Forward in a Post-Pandemic World*

2. Start a discussion with people in your church about this definition of spirituality.

3. Frame your next Bible study, small group, or worship experience as an opportunity to hear from God.

Tell people, “Today, listen for God's unique message for you.” At the end, ask people to share how God spoke to them.

