

# You Asked

## ... About Spirituality

Barna did a study and found a growing trend of people identifying as “spiritual, but not religious.”

### 4 Things About Spirituality in Our World

- 1. God is redefined.** People are just as likely to believe that God represents a state of higher consciousness that a person may reach rather than an all-powerful, all-knowing, perfect creator of the universe.
- 2. There’s ambiguity in regards to religion and truth.** People believe all religions teach the same thing. There is truth in all religions and no single religion has a monopoly on ultimate reality.
- 3. People look within.** Spirituality looks within for individual truth. It’s deeply personal and private.
- 4. Spiritual disciplines are informal and personal.** People find spiritual nourishment in informal practices like yoga, meditation, silence, etc. Spending time in nature for reflection is the most common spiritual practice.

What makes Christian spirituality different? It’s a tangible spirituality.

God could have made us any way, but He chose to make us tangible creatures so He works in tangible ways.

How does God come to us tangibly?

- **In Jesus Christ:** Galatians 4:4 *But when the fullness of time had come, God sent forth his Son, born of woman, born under the law*
- **Word of God:** 1 Peter 1:23, 25 *Since you have been born again, not of perishable seed but of imperishable, through the living and abiding word of God; And this word is the good news that was preached to you.*
- **Baptism:** Romans 6:3-4 *Do you not know that all of us who have been baptized into Christ Jesus were baptized into his death? We were buried therefore with him by baptism into death, in order that, just as Christ was raised from the dead by the glory of the Father, we too might walk in newness of life.*
- **Lord’s Supper**

In order to know God and grow in our spirituality we don’t need to figure it out on our own. We can look to Jesus, His Word, and His gifts. This is available to all.