

Real Spirituality

Gal. 5:22-23 But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, ²³ gentleness and self-control.

Reading: Genesis 28:10-19 - Jacob's Dream

Real Spirituality:

Transformation that comes from being connected to God in your heart and head and is reflected in all we do.

3 Common Misconceptions

True Spirituality is found in...

- 1...special **settings** (in a forest or in Church...).
- 2... restrained in **passion**. Free of **material** and social concern.
- 3...being **Non-Judgmental**.

Prerequisite: Attitude of Humility

*Philippians 2:3-6 ³Don't be selfish; don't try to impress others. Be **humble**, thinking of others as better than yourselves. ⁴ Don't look out only for your own interests, but take an interest in others, too. ⁵ You must have the same attitude that Christ Jesus had. ⁶ Though he was God, he did not think of equality with God as something to cling to. (NLT)*

The emergence of "spirituality" as an alternative to historic Christianity is itself a product of secularism... Biblical Christianity is profoundly spiritual– but Christian spirituality is an expression of Christian **truth**. - Al Mohler

www.albertmohler.com/2005/10/24/why-isnt-spirituality-enough/



5 Biblical Realities

The Spiritual person recognizes...

- 1...God is **everywhere** and always at work. -John 5:17
- 2...God loves us enough to **confront** us. - Mark 10:17-30; John 4
- 3...how **discriminate** and use **critical** thinking . -1Th. 5:21
- 4...and **rejects** the "Spiritual" vs. "Non-Spiritual" dichotomy.
- 5...it's **messy** progress. -Rom. 7:14-17

Key Practices

1. Commitment to **reading**, praying, and **partnering** with others on the same journey.
2. Practice "**Surrender**". -Matthew 16:24
3. Practice "**Examine**". -2Cor. 13:5

Notes:
