

What do we mean?  
What are the marks?

What we mean:  
True Spirituality is spirituality of and by the Spirit.

How do you recognize?  
Are they all kind of right?  
Is this "Real Spirituality"?  
Is it "real" in the sense of "true"?  
Is it "true" in the sense of "in proportion to other truths"?

True Spirituality is OF the Spirit



**Romans 7:14**  
We know that the law is spiritual, but I am unspiritual, sold as a slave to sin.

**Romans 12:1** Therefore, I urge you, brothers, in view of God's mercy, to offer your bodies as living sacrifices, holy and pleasing to God—this is your spiritual act of worship.

**1 Corinthians 12:13** For by one Spirit we were all baptized into one body... and that each one of us has been given grace according to the measure of Christ's gift.

True Spirituality is FOR the Spirit

**2 Peter 1:3-8** His divine power has given us everything we need for life and godliness **through our knowledge of him who called us by his own glory and goodness**. Through these he has given us his very great and precious promises, so that through them you may participate in the divine nature and escape the corruption in the world caused by evil desires. For this very reason, make every effort to add to your faith goodness; and to goodness, knowledge; and to knowledge, self-control; and to self-control, perseverance; and to perseverance, godliness; and to godliness, brotherly kindness; and to brotherly kindness, love. For if you possess these qualities in increasing measure, they will keep you from being ineffective and unproductive in your knowledge of our Lord Jesus Christ.

**2 Peter 1:3-8** His divine power has given us everything we need for life and godliness through our knowledge of him who called us by his own glory and goodness. Through these he has given us his very great and precious promises, so that through them you may participate in the divine nature and escape the corruption in the world caused by evil desires. **For this very reason, make every effort** to add to your faith goodness; and to goodness, knowledge; and to knowledge, self-control; and to self-control, perseverance; and to perseverance, godliness; and to godliness, brotherly kindness; and to brotherly kindness, love. **For if you possess these qualities in increasing measure**, they will keep you from being ineffective and unproductive in your knowledge of our Lord Jesus Christ.

**Romans 1:18-25** For the wrath of God is revealed from heaven against all ungodliness and unrighteousness of men, who by their unrighteousness suppress the truth. For what can be known about God is plain to them, because God has shown it to them. For his invisible attributes, namely, his eternal power and divine nature, have been clearly perceived, ever since the creation of the world, in the things that have been made. So they are without excuse. For although they knew God, they did not honor him as God or give thanks to him, but they became futile in their thinking, and their foolish hearts were darkened. Claiming to be wise, they became fools, and exchanged the glory of the immortal God for images resembling mortal man and birds and animals and reptiles. Therefore God gave them up in the lusts of their hearts to impurity, to the dishonoring of their bodies among themselves, because they exchanged the truth about God for a lie and worshiped and served the creature rather than the Creator, who is blessed forever!

**Philippians 2:12-13** Therefore, my dear friends, as you have always obeyed—not only in my presence, but now much more in my absence—continue to work out your salvation with fear and trembling, for it is God who works in you to will and to act according to his good purpose.

**Philippians 2:12-13** Therefore, my dear friends, **as you have always obeyed**—not only in my presence, but now much more in my absence—**continue to work out your salvation with fear and trembling**, for it is God who works in you to will and to act according to his good purpose.

## 1 Corinthians 15:10

"by the **grace of God I am I am...I worked harder than any of them**, though **it was not I, but the grace of God that is within me.**"



The background is a collage. A large teal circle is centered, containing the text 'Justice Day'. To the left of the circle, there is a small model of a white and blue airplane. The background also features various handwritten notes in blue and purple ink. Some legible text includes 'Thank-you for', 'the courage and', 'children', 'Junas! li', 'to Sust', 'them', 'God, thank you', 'prayer', and 'are all'.

# Justice Day

*WORKSHOP & LUNCH*

[highpointchurch.org/justiceday](http://highpointchurch.org/justiceday)





REAL

SPIRITUALITY

What do we mean?

What are the marks?



# A Practical Thought Experiment



# How do you respond?

**Affirmative:** “Yeah that’s a really spiritual moment when they put your child in your arms for the first time.”

**Non-committal:** “Wow, that sounds like an amazing experience.”

**Corrective:** “Fred, that’s not what I or the Bible means by spiritual. It’s a great experience, but that’s a pretty promiscuous way to use the word spiritual.”



**Corrective:** "Fred, that's not what I or the Bible means by spiritual. It's a great experience, but that's a pretty promiscuous way to use the word spiritual."

Are they all kind of right?

Is this "Real Spirituality"?

Are they all kind of right?

Is this "Real Spirituality"?

Is it "real" in the sense of "true



Are they all kind of right?

Is this "Real Spirituality"?

Is it "real" in the sense of "true"?

Is it "true" in the sense of "in proportion  
to other truths"?

Is this "Real Spirituality"?

Is it "real" in the sense of "true"?

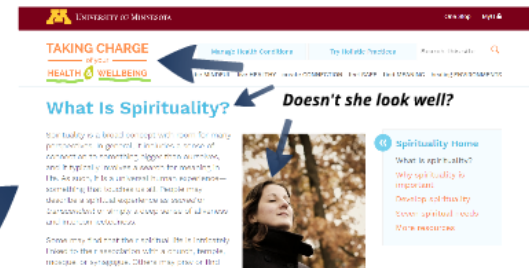
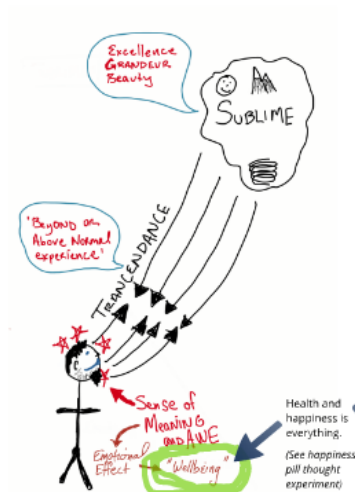
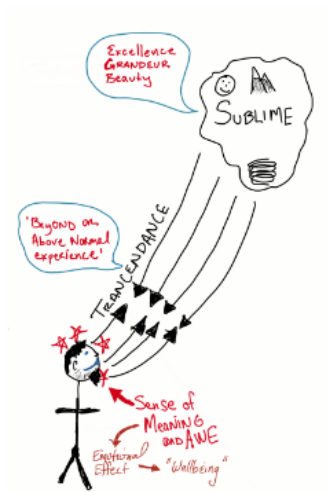
Is it "true" in the sense of "in proportion to other truths"?

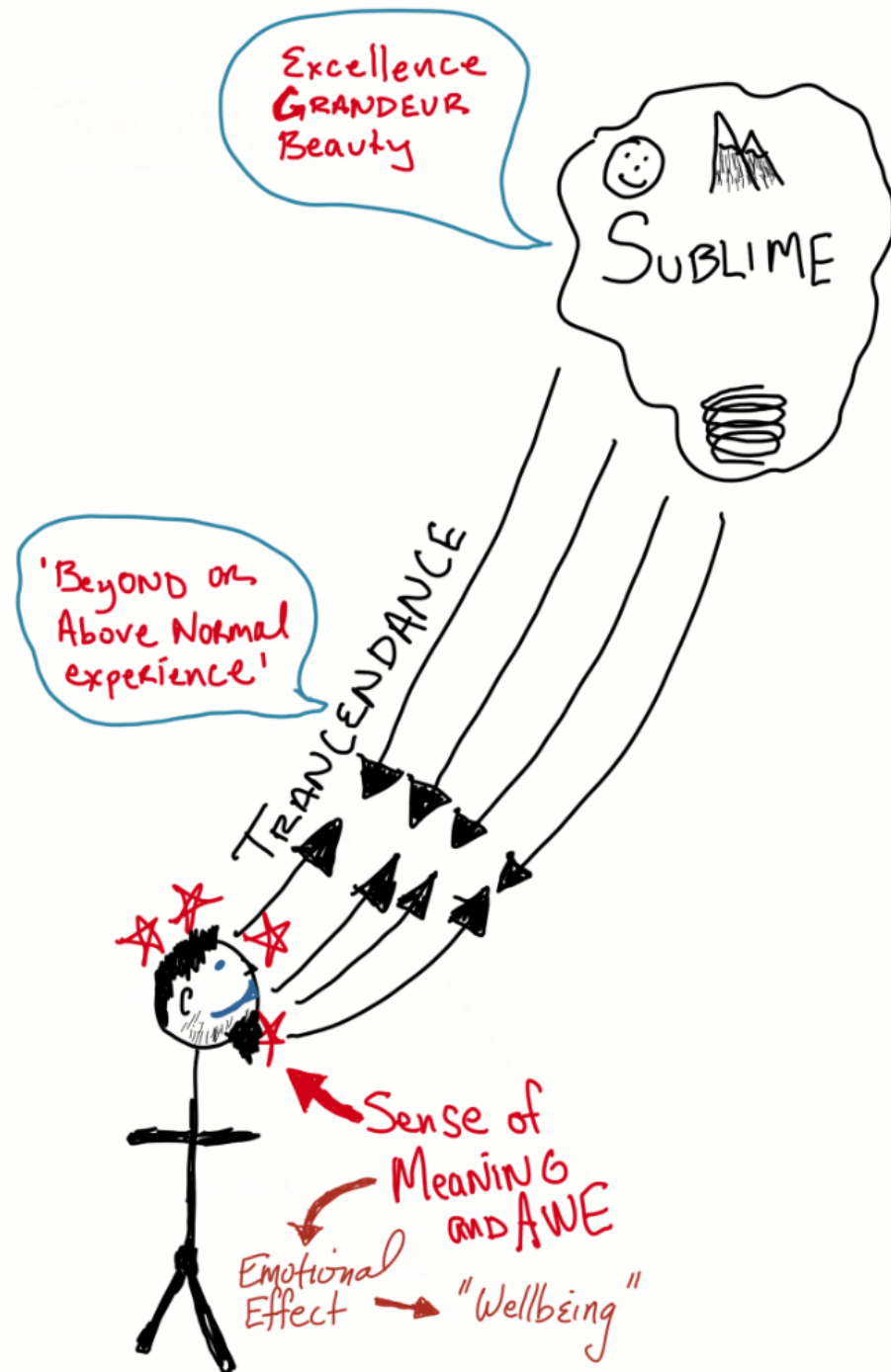


**What we mean:**

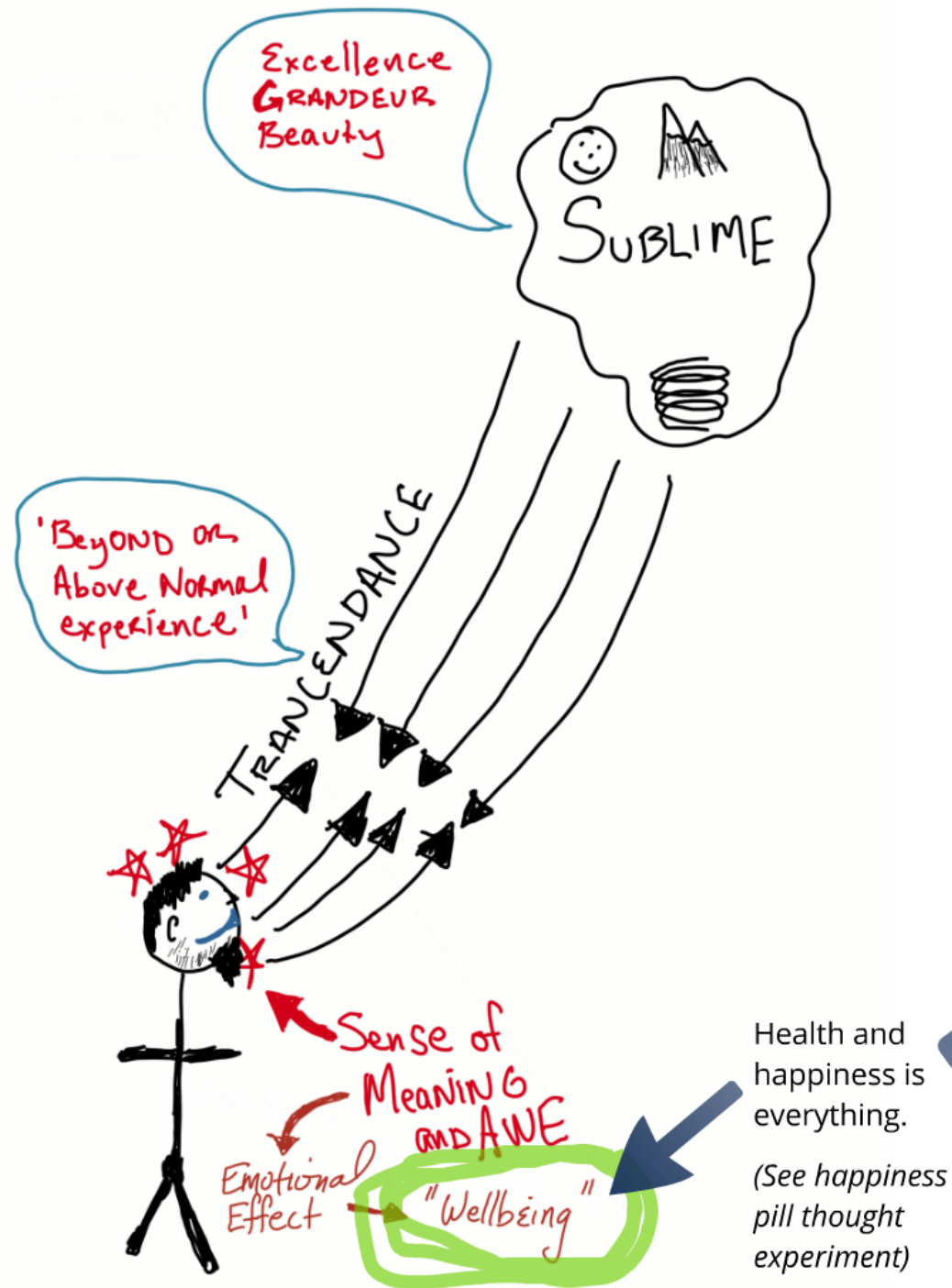
True Spirituality is spirituality of and by the Spirit.

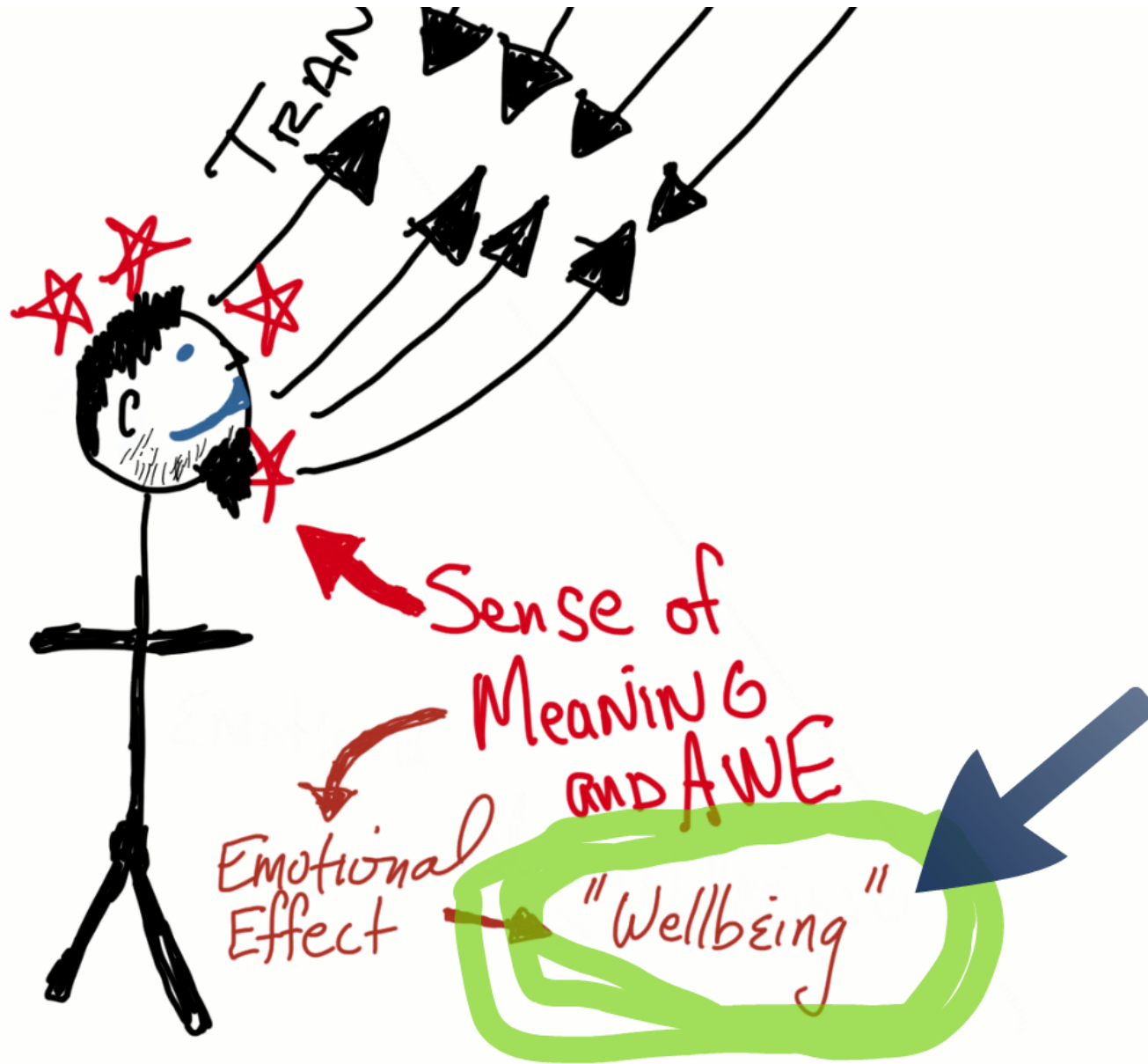
True Spirituality is OF the Spirit











Health and happiness is everything.

(See happiness pill thought experiment)



## TAKING CHARGE of your HEALTH & WELLBEING

Manage Health Conditions

Try Holistic Practices

Search this site



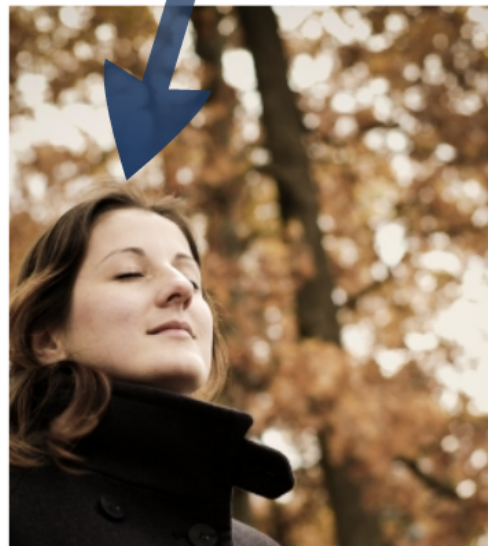
be MINDFUL live HEALTHY create CONNECTION feel SAFE find MEANING healing ENVIRONMENTS

## What Is Spirituality?

Spirituality is a broad concept with room for many perspectives. In general, it includes a sense of connection to something bigger than ourselves, and it typically involves a search for meaning in life. As such, it is a universal human experience—something that touches us all. People may describe a spiritual experience as *sacred* or *transcendent* or simply a deep sense of aliveness and interconnectedness.

Some may find that their spiritual life is intricately linked to their association with a church, temple, mosque, or synagogue. Others may pray or find

***Doesn't she look well?***



### Spirituality Home

What is spirituality?

Why spirituality is important

Develop spirituality

Seven spiritual needs

More resources

## Spirituality

Where do I find meaning?

How do I feel connected?

How should I live?

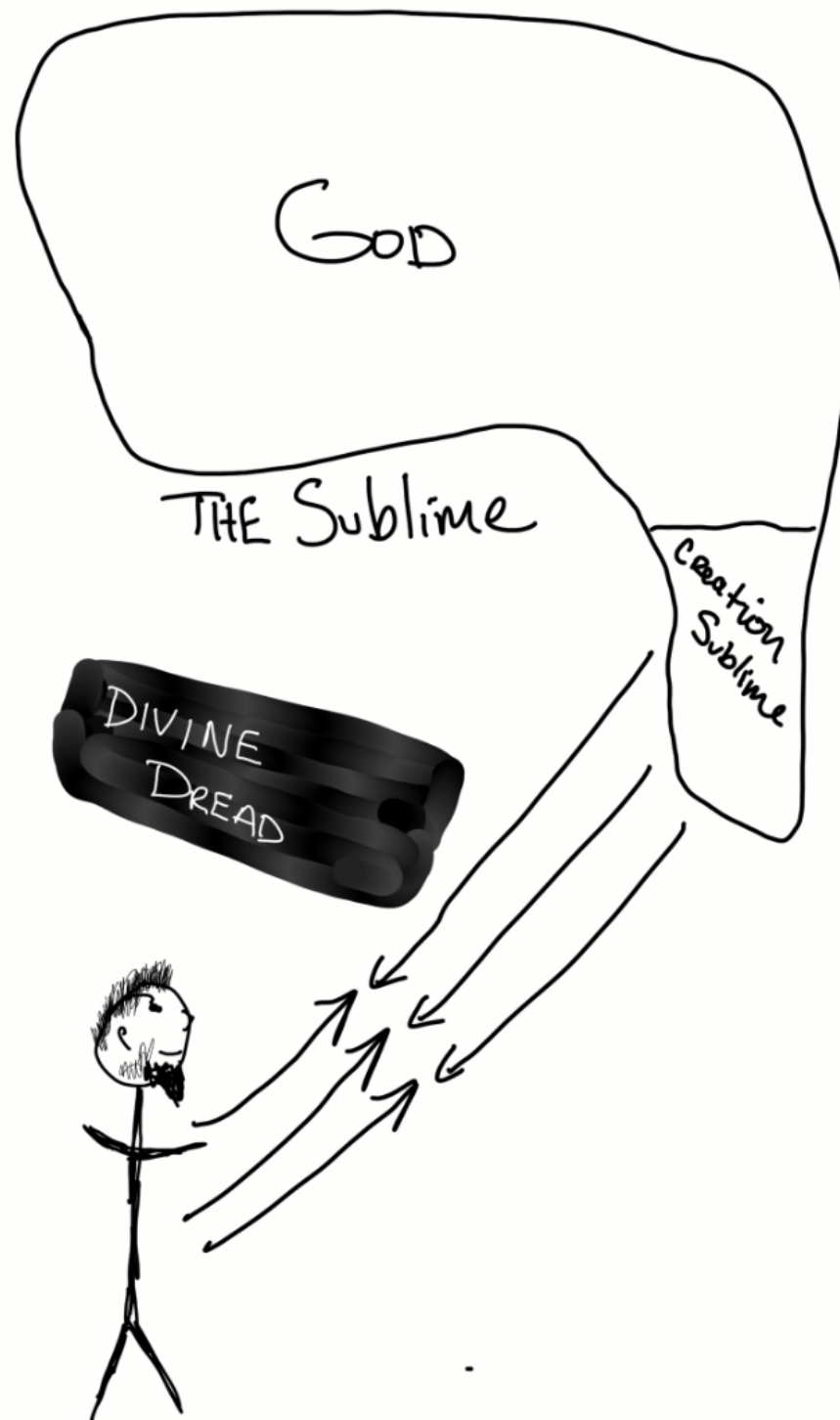
## Religion

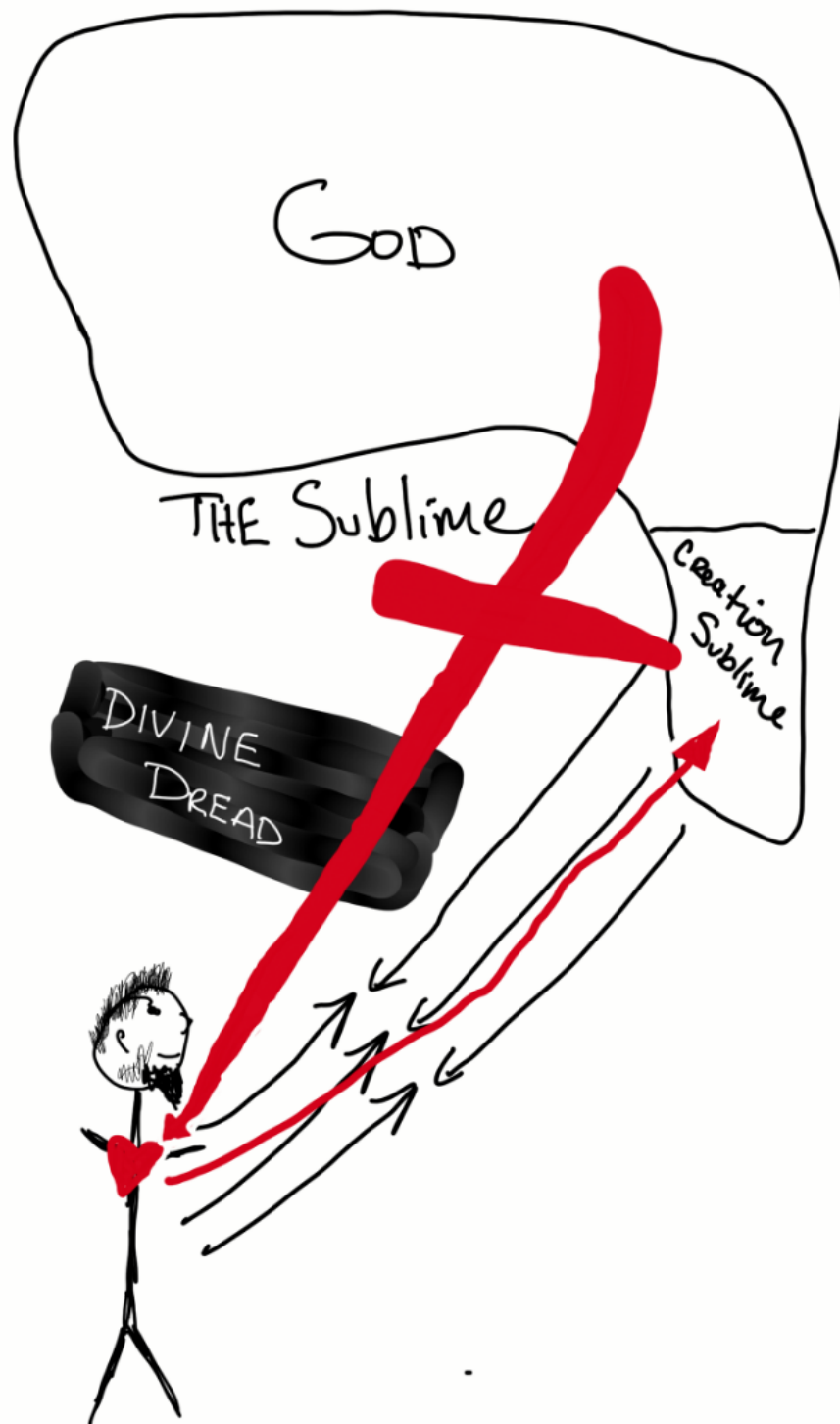
What practices, rites,  
or rituals should I follow?

What is right and wrong?

What is true and false?

**belief**  
**comfort**  
**reflection**  
**ethics**  
**awe**









## **Romans 7:14**

We know that the law is spiritual; but I am unspiritual, sold as a slave to sin.

**Romans 12:1** Therefore, I urge you, brothers, in view

**Romans 12:1** Therefore, I urge you, brothers, in view of God's mercy, to offer your bodies as living sacrifices, holy and pleasing to God--this is your spiritual act of worship.

**1 Corinthians 10:1-5** For I do not want you to be ignorant of the fact, brothers, that our forefathers were all under the cloud and that they all passed through the sea. They were all baptized into Moses in the cloud and in the sea. They all ate the same spiritual food and drank the same spiritual drink; for they drank from the spiritual rock that accompanied them, and that rock was Christ. Nevertheless, God was not pleased with most of them; their bodies were scattered over the desert.

**Romans 1:18-25** For the wrath of God is revealed from heaven against all ungodliness and unrighteousness of men, who by their unrighteousness suppress the truth. For what can be known about God is plain to them, because God has shown it to them. For his invisible attributes, namely, his eternal power and divine nature, have been clearly perceived, ever since the creation of the world, in the things that have been made. So they are without excuse. For although they knew God, they did not honor him as God or give thanks

can be known about God is plain to them, because God has shown it to them. For his invisible attributes, namely, his eternal power and divine nature, have been clearly perceived, ever since the creation of the world, in the things that have been made. So they are without excuse. For although they knew God, they did not honor him as God or give thanks to him, but they became futile in their thinking, and their foolish hearts were darkened. Claiming to be wise, they became fools, and exchanged the glory of the immortal God for images resembling mortal man and birds and animals and reptiles. Therefore God gave them up in the lusts of their hearts to impurity, to

and their foolish hearts were darkened. Claiming to be wise, they became fools, and exchanged the glory of the immortal God for images resembling mortal man and birds and animals and reptiles. Therefore God gave them up in the lusts of their hearts to impurity, to the dishonoring of their bodies among themselves, because they exchanged the truth about God for a lie and worshiped and served the creature rather than the Creator, who is blessed forever!



True Spirituality is BY the Spirit

**2 Peter 1:3-8** *His divine power has given us* everything we need for life and godliness *through our knowledge of him who called us by his own glory and goodness.* Through these *he has given us his very great and precious promises, so that through them you may participate in the divine nature and escape the corruption in the world* caused by evil desires. For this very reason, make every effort to add to your faith goodness; and to goodness, knowledge; 6 and to knowledge, self-control; and to self-control, perseverance; and to perseverance, godliness; and to godliness, brotherly kindness; and to brotherly kindness, love. For if you possess these qualities in

these ***he has given us his very great and precious promises, so that through them you may participate in the divine nature and escape the corruption in the world*** caused by evil desires. For this very reason, make every effort to add to your faith goodness; and to goodness, knowledge; 6 and to knowledge, self-control; and to self-control, perseverance; and to perseverance, godliness; and to godliness, brotherly kindness; and to brotherly kindness, love. For if you possess these qualities in increasing measure, they will keep you from being ineffective and unproductive in your knowledge of our Lord Jesus Christ.

**Philippians 2:12-13** Therefore, my dear friends, as you

ineffective and unproductive in your knowledge of our Lord Jesus Christ.

**Philippians 2:12-13** Therefore, my dear friends, as you have always obeyed--not only in my presence, but now much more in my absence--continue to work out your salvation with fear and trembling, for ***it is God who works in you to will and to act according to his good purpose.***

**2 Peter 1:3-8** His divine power has given us everything we need for life and godliness through our knowledge of him who called us by his own glory and goodness. Through these he has given us his very great and precious promises, so that through them you may participate in the divine nature and escape the corruption in the world caused by evil desires. ***For this very reason, make every effort*** to add to your faith goodness; and to goodness, knowledge; and to knowledge, self-control; and to self-control, perseverance; and to perseverance, godliness; and to godliness, brotherly kindness; and to brotherly kindness, love. ***For if you possess these qualities in increasing measure,*** they will keep you from being

these he has given us his very great and precious promises, so that through them you may participate in the divine nature and escape the corruption in the world caused by evil desires. ***For this very reason, make every effort*** to add to your faith goodness; and to goodness, knowledge; and to knowledge, self-control; and to self-control, perseverance; and to perseverance, godliness; and to godliness, brotherly kindness; and to brotherly kindness, love. ***For if you possess these qualities in increasing measure***, they will keep you from being ineffective and unproductive in your knowledge of our Lord Jesus Christ.

**Philippians 2:12-13** Therefore, my dear friends, ***as you have always obeyed***--not only in my presence, but



ineffective and unproductive in your knowledge of our Lord Jesus Christ.

**Philippians 2:12-13** Therefore, my dear friends, ***as you have always obeyed***--not only in my presence, but now much more in my absence--***continue to work out your salvation with fear and trembling***, for it is God who works in you to will and to act according to his good purpose.

**Philippians 2:12-13** Therefore, my dear friends, as you have always obeyed--not only in my presence, but now much more in my absence--continue to work out your salvation with fear and trembling, for ***it is God who works in you to will and to act according to his good purpose.***

**Philippians 2:12-13** Therefore, my dear friends, ***as you have always obeyed***--not only in my presence, but now much more in my absence--***continue to work out your salvation with fear and trembling***, for it is God who works in you to will and to act according to his good purpose.

## 1 Corinthians 15:10

"by the ***grace of God I am I am...I worked harder than any of them***, though ***it was not I, but the grace of God that is within me.***"



True &



True &  
REAL

SPIRITUALITY