

Christian Spirituality

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Spirituality - the process of developing the life of the human spirit in its openness to ultimate meaning, truth, and goodness.

- What gives your life meaning?
- What is most important to you?
- There is your treasure, and your heart.

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Why spirituality?

- Because human beings have a spiritual consciousness
- Consciousness as an entity's manner of knowing.
- Everyone has a spirituality of some kind.

The Basic Outline

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HUMAN SPIRITUAL CONSCIOUSNESS



- Experienced in state of embodiment
- Incorporates and transforms animal consciousness (sensation, emotion, memory, temperament)
- Operates in and through the body and psyche
- Human person as a holistic composite of body, psyche and spirit.

		Experience	Needs	Disciplines
HUMAN BEING	Spirit	Self-Awareness Intellect Free-will	Authenticity Understanding Love Meaning	Theology Philosophy Spirituality The Arts
	Psyche	Temperament Imagery Memory Emotion	Be at peace Imagine, dream Remember Security, Belonging	Psychology Ethology
	Organism	Sensation Bodily Life	Eat, Rest Eliminate Waste Exercise, Sleep Clothing, Shelter	Physiology Biology Biochemistry

RELIGION AND SPIRITUALITY

- Religion as tradition of beliefs concerning the cause, nature and purpose of the universe, especially when considered as the creation of a supernatural agency.
- wikipedia
- Entails devotional practices, moral guidance, community membership and worship.
- A response to and expression of human spiritual longing.
- Informs and supports spiritual development.

Christian Spirituality

- Spiritual development in the context of Christian belief and practice.
- Influenced by Christian traditions of wisdom, worship, morality and spiritual disciplines.
- Attentive to the guidance of the Holy Spirit in one's own conscience and consciousness.

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Discuss

- *What difference does religion make in your spiritual development?*
- *What makes you "tick"? What meaning inspires your life?*