



## Spirituality as a Way of Life

Spirituality is an unrivaled way of perceiving and experiencing life. Most people sense it intuitively, but fewer people pursue it and are willing to allow it to direct their lives. A former participant of our congregational Spirituality Group recently acknowledged that his entire life has been different from that experience. Now he sees everything in his life from a new and different perspective, as God has reshaped his vision.

We are spiritual beings as well as physical beings although our tendency is to over pursue the physical and neglect the spiritual. The world in its existent turmoil reflects the result of this universal choice. Alas, our own lives reflect the same condition whenever we make that personal choice to live solely or mostly on the physical plane neglecting our spiritual nature.

The spiritual world to which Jesus constantly referred in terms of the Kingdom of God exists all around us and even

within us. It is that spiritual world to which we need to stay connected. It is God's greatest gift to us. Following His Resurrection Jesus told the disciples that he was leaving them—ascending to the Father—however, the Heavenly Father would send the Holy Spirit to be with them. That gift of the Spirit is meant to establish and maintain our connection to God, filling us with God's grace. That gift is still present and available. That promise still holds true.

### LEARN TO LIVE YOUR SPIRITUAL LIFE MORE FULLY:

- ♥ Continuously reclaim your Baptismal—spiritual identity
- ♥ Use daily devotions that nourish your spirit;
- ♥ Practice centering prayer to stay in close touch with God
- ♥ Commune with Christ in the Eucharist—Holy Communion
- ♥ Memorize and use John Baille's prayer the first thing every morning even before you get out of bed to kick start your day and get it on the right track
- ♥ Let God's Spirit speak to you in moments when you are quiet and open to Him.

By focusing your attention, learn to recognize God's unique message to you in the events of life, in the words of friends, in thoughts that enter your mind. Listen closely to the words of the weekly liturgy, hymns and sermons. Within the familiar a single thought often will stand out in bold relief. Open yourself to receive it. Hold on to it. Spend time with it. Let it take root in you.

There is whole other world out there beyond the physical one that God has created and of which God is a part. We are invited to live within it also.



*Let your spiritual life emerge. It's who you are—the real you.*