



# Spirituality

Understanding and Developing an Elusive Trait

# Introduction

- There is a move in society to claim spirituality without affiliation. Often, such individuals see “religion” as “rigid and pushy” and do not want to be “restricted” (Abby Day).
- Is SBNR a valid expression of the human–divine relationship? How does it affect Christians? How should we respond as Christians?
- We will survey the biblical use of the term “spirituality” (and “religion”) to determine its meaning and expression.

# Definition

- The idea of spirituality permeates the OT, but its fuller and more direct expression is found in the NT (“pneumatikos” and “logikos”).
- The word “pneumatikos” (“spiritual”) is used 26x in the NT, is related to the root word “pneuma” (“s/Spirit”), and means “pertaining to the s/Spirit” – Romans 15:27; 1 Corinthians 3:1.
- A similar but different word, “logikos” (“spiritual”) is used 2x in the NT and means “pertaining to the reason” – Romans 12:1; 1 Peter 2:2.

# Source

- For SBNR proponents, spirituality is inward and personal, effected by certain practices (e.g., ritual magic, astrology, meditation).
- According to the Bible, however, spirituality is not self-sourced. Only the Spirit of God can enliven our spirits and make us spiritual people – Ephesians 2:1–10; 3:14–19; 1 Corinthians 2:12–16.
- SBNR individuals have traded one external source (organized religion) for another (mystical practice) – Ephesians 1:3.

# Expression

- Truly spiritual people are characterized by maturity and stability, because they are dependent on God, not themselves – 1 Corinthians 3:1–3; Galatians 6:1–10.
- Spiritual people are devoted to the Spirit and adopt the character of the Spirit (i.e., holiness) – Romans 8:5–14; Galatians 5:16–25.
- The possessions of spiritual people are purpose and hope. They look forward to the eternal, spiritual existence – 1 Corinthians 15:42–57.

# Process

- The revival of our spirits first occurs when God by his Spirit (and his word) and our faith saves us from our sins through his son Jesus Christ – Ephesians 2:1–9; Romans 6:3–5.
- As we read the Scriptures, reflect on them, and remember them, we will grow spiritually – 1 Peter 2:2; Colossians 1:9; 1 Corinthians 2:13.
- We will then engage in spiritual activities—planning, prioritizing, and participating in them – Romans 12:1; 1 Peter 2:5; Colossians 3:16.



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