

What is Spirituality?

- This course aims to help us pay more attention to our spiritual life – that we might have ‘life in its abundance’. (John 10.10)
- Spirituality addresses the questions: ‘Who am I? How do I live out who I am, in relation to God, to myself, to others and creation?’
- It invites us to look at ‘what feeds my life?’ and is to do with all aspects of life.
- Spirituality is to faith life, what food and drink is to physical life
- Our explorations of these issues can enable us to become better able to be the people God created us to be.

Aids to paying attention to our Spirituality?

- Be aware of your inner life – how you are inside, your sense of yourself and how you are feeling.
- Remember – how you are is how you are! God is still God, and loves us however we are feeling, whatever we have done.
- Notice the effect of particular experiences. Ask questions like: How has this affected me? How do I feel about myself now?
- Nothing is not involved in our spirituality! Everything matters.
- Let go of the “shoulds and oughts”. Leave your inner critic outside on the doorstep!
- Don’t take yourself too seriously; a lightness of touch is needed!