

Lay Ministers Forum (2) Summary of Presentation on Spirituality

Definition:

Spirituality is that **Christian Lifestyle** that informs my behaviour in all its facets. It is highly personal, because it singularly applies to a **specific individual**.

My Spirituality is **who** I am :

- (a) As a person and in my own eyes– My **personal Reality**
- (b) **How** I experience God and how deeply I am aware of God's Presence- My **Transcendent Reality**
- (c) **How** I live in relationship to others and Environment- My **External Reality**

Spirituality informs my Worship Patterns according to the way I perceive and experience God.

The two modes of Spirituality

1. If God is the **Great Unknown** for me, my way of worship will reflect what is called **Classical** Spirituality – and in the **practice** of my faith, I will bring my body under the subjection of my spirit, and I will adhere to fixed patterns of worship.
2. If my way of worship does not follow a **fixed** pattern, it will more likely follow the **Modern** trend, which is **more generic** (non-fixed) and experimental

(There are people who are as at home in the **Classical** as they are in the **Modern** ways, even if they lean more towards the one than the other)

The Foundations of Spirituality

1. Prayer- communication with God- if you can talk, you can pray.
2. Scripture Study – 'Discovering' God, enlivening faith
3. Community- fellowship in church and society
4. Sacramental participation (especially the Eucharist for Anglicans)

5. Eco-friendliness- Restorative and creative relationship with Creation-Earth.
6. People-friendliness- Restore Christ's image in self and others through forgiveness and peaceable living.

(A spirituality that is rooted in Prayer and Scripture, is one that is rooted in God and creates **godliness** in the believer)

A Spirituality of Joy and Fruitfulness

If Prayer and Scripture are the **foundations**, joy and fruitfulness are the **outcomes**

Fruitfulness is; Life, growth, movement - from self to others, from self to God as the source of our being

It gives **joy** to self and others

The ultimate aim of Spirituality is **wholeness** (holiness) Holy Joy and Fruitfulness.

(A spirituality that is static is no spirituality at all, at best, it is a fossilised existence, passing as the Christian Way)

Spirituality is holy action movement, that

1. Takes you out of the self to God and the other
2. Takes you out of the self-created debilitating habit of complaints, and doing only what is required, into the liberating joy of living and doing
3. Takes you out of the barrenness of self-imposed inadequacy, to the fruitfulness of abundant living.

John Goliath
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