



Come and See Step 1

SPIRITUALITY

Questions to explore with the young people

- *What do we understand by the term Spirituality?*
- *Are all people Spiritual beings?*
- *What does Christian spirituality require?*

– the notes below may be helpful along with the Video Clip – *Mystery: One Body One Spirit in Christ* Section 1, clip 14 -1min45

- The term 'spirituality' comes from the Hebrew word **ruah**, which translates into the Latin word spiritus meaning *wind* or *breath*. The term refers to that which gives and sustains life. The spirit is our life-force the energy of being ... 'the breath of life...' The term names the part of us that is eternal, the spirit cannot be seen, yet it gives life to our mind and body. The Spirit helps us make sense of life.

For those who recognise the spirit within and seek to nourish it, life takes on a new meaning.

- "Spirituality is a deep current (often unseen) but always flowing through all our experience, moving us to seek connectedness and fulfilment, impelling us towards truth, goodness and beauty." *Gerald May*
- Growth is an essential aspect of spirituality; it is important that we know who we are.
- Christian Spirituality is centered on God, the creator, informed by the beliefs of the faith as found in Scripture and Tradition.
- Christian Spirituality is a growing awareness of the eternal love of God, and the desire to know God better. The purpose of our life is to be in relationship with God: 'You have made us for yourself and our hearts are restless until they rest in you.' *Augustine Confessions 3.6*
- The God we search for is already with us. Our spirituality begins with God's desire to relate to us.
- Christian spirituality is all encompassing, it cannot be separated from everyday life. We are embodied spirits who come to know and love God through the nature that God has given us and the created world around us.

- Christian spirituality also requires change. The divine presence is dynamic: the Holy Spirit is living and transforming. Change is essential for us to grow into the fullness of life God wishes for us. The universe is a work still in progress, and so are we.
- Christian Spirituality opens us to mystery. As we grow and change we enter more into the great mysteries of our faith: into the mystery of God, and into the mystery of our own potential – whose extent we cannot understand until we come close enough to God to see ourselves as he does. Wonder at mysteries that are greater than us leads to reverence.
- Christian Spirituality is personal; we have a relationship with God who knows us personally. However, it is not private. Like God's love for us, our spirituality must overflow and embrace others as God's Spirit moves us to do God's work in the world.
- Christian Spirituality is centred on Christ and is Sacramental. Christ came not only to save us from sin, but for himself. Christian Spirituality calls us to live the Christ life, to live the way of love: as he taught us. Sacraments are signs of that love and our willingness to embrace it.

Video Clip – Mystery: One Body One Spirit in Christ Section 1, clip 14 -1min45