

Soul Spark: Session I



Approaching Spirituality

Talk outline

This talk offers insights on Spirituality and encourages attentiveness. Firstly by exploring spirituality as being that which sustains faith life, and then looking at helpful ways of paying attention to our own spiritual / inner life.

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!