

Week 3

Knowing God through the Senses: Spiritual



- Welcome (5-10 minutes)

List your 'top 10' spiritual people in the world ... dead or alive!

1	2	3	4	5	6	7
8	9	10				



- Worship (10-15 minutes)

We do not know what we ought to pray for, but the Spirit himself intercedes for us with groans that words cannot express. And he who searches our hearts knows the mind of the Spirit, because the Spirit intercedes for the saints in accordance with God's will. And we know that in all things God works for the good of those who love him, who have been called according to his purpose. Romans 8: 26-28

- Word (50 minutes)
- Is being spiritual something that a person 'is' or does a person need to decide and then learn to be spiritual?

Read the following passage:

3 Praise be to the God and Father of our Lord Jesus Christ, who has blessed us in the heavenly realms with every spiritual blessing in Christ. 4 For he chose us in him before the creation of the world to be holy and blameless in his sight. In love 5 he predestined us to be adopted as his sons through Jesus Christ, in accordance with his pleasure and will-- 6 to the praise of his glorious grace, which he has freely given us in the One he loves. 7 In him we have redemption through his blood, the forgiveness of sins, in accordance with the riches of God's grace 8 that he lavished on us with all wisdom and understanding. 9 And he made known to us the mystery of his will according to his good pleasure, which he purposed in Christ, 10 to be put into effect when the times will have reached their fulfillment--to bring all things in heaven and on earth together under one head, even Christ. 11 In him we were also chosen, having been predestined according to the plan of him who works out everything in conformity with the purpose of his will, 12 in order that we, who were the first to hope in Christ, might be for the praise of his glory. 13 And you also were included in Christ when you heard the word of truth, the gospel of your salvation. Having believed, you were marked in him with a seal, the promised Holy Spirit, 14 who is a deposit guaranteeing our inheritance until the redemption of those who are God's possession--to the praise of his glory. Ephesians 1: 3-14(NIV)



Our spiritual sense is part of who we are as creations in God's image. It is the intangible part of our being that cannot be scientifically discovered and extracted or rationalised by conventional study. Our spirituality runs deeply within us and connects us with God our heavenly father. We may not be 'awake' to this sense of spirituality. We may have interpreted it in ways that have not been orthodox or Godly but there is, in many people, a need to make sense of things that cannot be explained.

- What things distinguish you as having recognised yourself as being spiritual?

1. Prayer

2.

3.

4.

5.

Each of us has instances in our lives which we can recall as being 'spiritual' as opposed to 'rational' or 'normal'. They may be in the ordinary scheme of things such as feeling it necessary to visit someone, or make a phone call to a person that proved 'timely'. Your experiences may also include a feeling of 'closeness' to God during prayer or worship. This may or may not have a physical sensation that accompanied it. It may simply be that your experience of being 'spiritual' is related to your appreciation of loved ones or of the locality in which you live.

- Talk to each other about your personal experiences and how these instances have encouraged you in your walk of faith.

As spiritual beings, 'alive in Christ' and full of His Spirit, we become more attuned to 'spiritual atmospheres'. These can leave us feeling uncomfortable for 'no obvious reason'.

- Bring to mind and talk about these instances of spiritual 'discomfort'. They may not be restricted to places... How did you 'recover' yourself after or during the situation?

- Would you describe Church as being a place that encourages the discovery and development of your 'spirituality'? What reasons do you have for your answer? Why has the church found itself in this position?



- Witness (20 – 25 minutes)

There is a growing upsurge in 'things spiritual' and in people generally 'seeking their spirituality' in contemporary society and culture. It is common to declare "I'm a spiritual person, but I don't believe in God/religion".

How could the local church respond to this challenge? What measures should the local church be taking to actively promote 'Christian Spirituality'?

- Take some time to pray for each other's concerns in this area.



- Time for refreshments, you've earned them!

From _____ (person & group)

(WB 28.01.08)

The group most enjoyed discussing _____

*The group found _____ the most
challenging part of the session.*