

**TRUE**

H E  L T H Y

*spirituality*

# TRUE SPIRITUALITY

*“For the mind set on the flesh is death, but the mind set on the Spirit, is life and peace” (Rm 8:6).*



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# SPIRITUALITY



On a scale of 1-10 ...how rate?

**1**

**3**

**5**

**7**

**10**

Very low

Moderate

Hi

Very Hi

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# What Disturbs You The Most??



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# TRUE SPIRITUALITY

WHAT IT IS NOT, & WHAT IT IS  
ITS FOUR DIMENSIONS  
HOW TO *ENHANCE IT*



# WHAT IT IS NOT



*Counterfeits*



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# It is not **Asceticism**

- Martin Luther



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# It is not **Asceticism**

- Roman Catholicism



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# It is not Asceticism



- Paul -“Lacks any value” (Col 2:23ff)

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# It is not Spiritism or Spiritualism

- *Spiritism* – Mystical or Occult



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# It is not **Spiritualism**

- ***Spiritualism*** – Occult with a Christian label.
- **Work of the **flesh**** (Gal 5:20)!



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# It is not Self-righteous withdrawal from the world

- May be done  
*literally* . . .
- May be done  
*practically* . . .



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# It Is Not Withdrawal

- Contrary to Jesus

- Lk 7

- Jn 17:15-17



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# It Is Not Withdrawal

- KEY: “*Insulation not isolation.*”



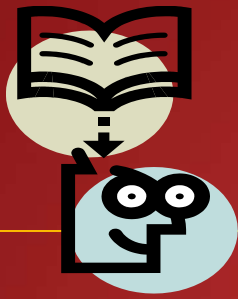
“Keep Balanced!”

Gal 6:10

II Cor 6:14



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# It is not Knowledge




- Can be “right” and “moral” yet lack *spirituality*.
- Common **pitfall**.



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# More than “keeping commandments.”

- “All *spiritual* people love the Lord and keep His commandments . . .
- but that by itself, does not prove true *spirituality*.”

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It is not just “keeping  
commandments.”

- We may be *sound*—but are we *spiritual*?
  - Jn 4:24 “Truth and Spirit.”
  - Rev 2:4 Must not lose our *first love*!

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# Why is truth & spirit so hard?

- The devil is hard at work!
- Our *passion* must be to be both - truly spiritual!

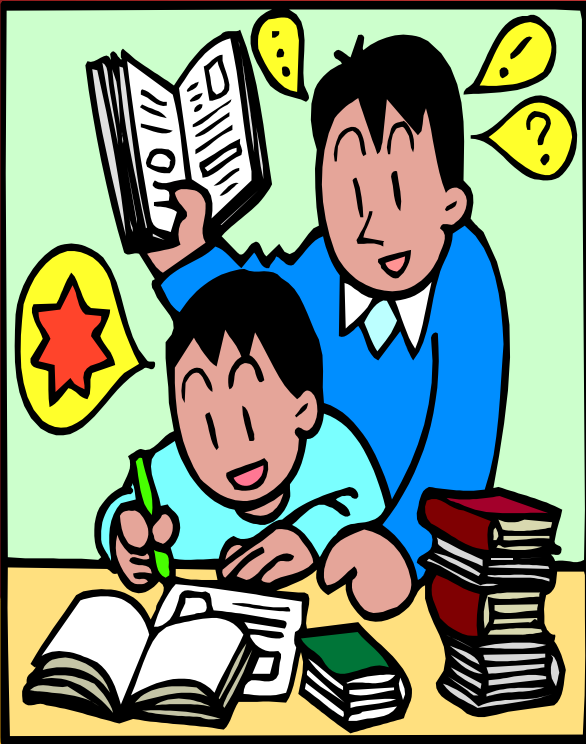


**What do you think the  
essence of spirituality is?**



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# ASSIGNMENT!



- Write out your own *personal* definition...
- Sign at the bottom, write your **age**.

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