

# C Change

*Small group discipleship resources for the 21st Century*



## Worksheet 2: Spirituality

### *what is spirituality?*

"Spirituality is the desire to welcome God, an openness to God, a willingness to be used by God, a humility before God and a delight in God."

(Denham Grierson)

### *five expressions of spirituality*

Richard Foster and James Bryan Smith describe five major "traditions" of Christian spirituality and the expressions of faith they tend to favour:

- Contemplative – public and private worship
- Holiness – personal virtue
- Evangelical – sharing the gospel, bringing others into relationship with God in Jesus
- Social justice – serving those in need, or advocating for them
- Charismatic – praising God in the power of the Spirit

As with any classification, this one has its limitations. Rather than "pigeon hole" particular expressions of spirituality, it may be useful to draw a large circle and place these expressions (and any others you think of) near the circumference. Particular expressions of spirituality may then be related to one or more headings e.g. contemplative with an interest in social justice etc.

### *finding the path that's right for us*

One of my passionate desires as a minister has been to invite people to discern what it is that feeds their spirituality and give them permission to make space in their life to pursue those things in order to strengthen their faith and wholeness. Spirituality is nurtured in different ways, according to our God-given personality and gifts.

(Cynthia Page)

### *Cynthia's story*

Spirituality, to me, is about my deepest longing and yearning for the sacred, for that which truly satisfies, for that which gives my life meaning and enables me to feel connected to the Holy Other, to the divine, to God, the life-giving Spirit.



Spirituality is also about community - my spirituality is most nourished when I am in community. It is also about tactile, earthy, kinaesthetic things that point me to the sacred and divine, to praise and worship God and to be filled with a sense of awe for God, our Creator, Redeemer and life-giving Spirit. Dancing, especially, moves me into a very strong sense of God.

It can also just happen for us, like a wind blowing mysteriously. But I believe we can aid its growth by discovering what energises us, and then making time for that reality.

(Cynthia Page)

**“Theology is thinking about God. Spirituality is tasting God.”**  
(Author unknown)

**“Spirituality is a journey into discovering God’s means of grace for us. It then nurtures us in our quest for peace, justice and the integrity of creation.”**  
(Rob Bos)

## try these....

1) Find a quiet place. Sit comfortably. Using your five senses, take a few minutes to see, hear, touch, taste and smell your environment. Sense your connectedness. After a while, begin to centre your thoughts and feelings on God. You may like to do this by noticing the gentle rhythm of your breathing.

You may say a prayer in keeping with the rhythm: “Lord, Jesus Christ” (breathing in), and “have mercy on me” (breathing out) or “God saw all that was made” (breathing in); “and it was very good” (breathing out). Stay with this for ten minutes or more.

2) Take paper and some coloured pens. Draw your life’s path at present (straight, winding, can’t see round the corner, bumpy, smooth, uphill, downhill). Where is God in this?

3) Draw a tree, with branches spreading out and roots going deep into the ground. Against the branches, write the places where you are serving, creating, giving out. Against the roots, write the places, people, experiences which ground, nourish and nurture you. How does it look? How does it balance? Is God speaking to you about any aspect of this?

*(Suggested by Ann Siddall,  
A Quiet Day with God.)*



## reflections...

- Cynthia finds dancing a great expression of spirituality. In what activities do you experience intimacy with God?
- Which of the definitions of spirituality do you find most helpful. Can you improve on it?
- Consider Foster and Smith’s five expressions of Christian faith. In which tradition were you nurtured? Which do you find most helpful now?