



## God's Spirit Guides Us

Over the last few years I have written in this space most of what I know about spirituality. Unlike theology which is literally a *study about God* and can go on and on investigating and developing theories and different ways of understanding the host of things surrounding the nature of God, spirituality is quite simple. That is why its practice crosses all religious, ethnic and social boundaries.

It is simply a matter of living in a vibrant relationship with the Holy One and unceasingly communicating with God—thinking, speaking (mentally or verbally) about every experience, feeling and thought we have and learning to trust that relationship/friendship to be totally sufficient for the sustenance of our lives.

I was impressed and truly moved by the outstanding young people who in our worship service in June shared how they were changed inside by their experience in San Bernardino California Mission.

Katie Elder who is planning to leave home and close friends to attend college this fall was very clear about the sadness and difficulty this would create in her life on the one hand, but equally positive and certain on the other hand that regardless of where she went she knew deep inside that her relationship with God would sustain, guide, direct and comfort her. What a positive and powerful spiritual message Katie delivered in that one statement.

That is what spirituality is all about—being aware that God is always close and makes his closeness known to us in such a way that we are comforted, inspired and nourished by His friendship with us. This relationship with The Holy One becomes more and more dominant in our lives as we practice spirituality.

That is the beauty of our relationship/friendship with God. It grows as we practice thinking about this relationship, giving thanks for it, praying, reading and meditating. Unfortunately we tend to let our spiritual connections with God languish because we do not spend time paying attention to this relationship which is the most important relationship in our entire lives.

Although we may have had a meaningful spiritual experience in the past we are prone to spend ever increasing segments of time unaware of our most vital connection in life. It is not a matter of either/or—either thinking about God or thinking about doing other things. Rather it is a matter of integrating the energy, confidence and inspiration of our connection to the Holy One into every dimension of our lives, every action we take and every thought we entertain. God's Spirit permeates our total being so completely that everything we think and do can be and should be exercised with a clear and acute awareness that this Spirit of God who dwells within us is our ultimate guide and motivator. However, it does require

continuous attention and practice. It is an everyday investment that pays extravagant dividends.



What joy and comfort come into our lives as we consciously make the effort to practice this simple but powerful spiritual lifestyle.