

20 Questions for Confirmation

Q3. What is the difference between being spiritual and being religious? Do I need to go to church to be spiritual? By Connie Thomson

Ask: “Do you believe in God?” What are some answers you get sometimes?

1. Sometimes people answer that question with a “yes,” 2. and sometimes they answer it with a “no.” 3. And then there are people who say something like, “I’m spiritual but I’m not religious.”

Wait. What? What does it mean when people say “I’m spiritual but I am not religious.” How can someone be spiritual but not religious? Or how can a person be religious but not spiritual? It’s more common than we think! Let’s watch this video:

Video: <https://www.youtube.com/watch?v=rV7naW9w9y4>

Respond to the video: What was the best part of this video? How did this video define religion and spirituality? What did you learn>

Something to Think About:

Our ‘spirituality’ can be described as our awareness of God in our lives. It can be pretty personal, which doesn’t mean it’s private ... it’s just that people are guided by their own beliefs that aren’t often informed by anything other than how they might be thinking or feeling *on that particular day*. “Religion” is different. Religion is the product of decades, centuries and millennia of beliefs that are shared through the ages in a way to build upon a foundation first given and is most often shared through the institution of the Church.

Being spiritual *or* religious, as such, leaves out the best of the other world. Spirituality is our personal experience of God ... and God loves that our personal experience can inform our daily lives. Religion is our faith’s history and practice ... and God loves that stuff, too. If one overshadows the other, we are denying ourselves the truest gifts of faith.

Deeper Dive into What the Bible Says

Read Colossians 3:12-17

12 *Therefore, as God’s chosen people, holy and dearly loved, clothe yourselves with compassion, kindness, humility, gentleness and patience. 13 Bear with each other and forgive one another if any of you has a grievance against someone. Forgive as the Lord forgave you. 14 And over all these virtues put on love, which binds them all together in perfect unity.*

15 *Let the peace of Christ rule in your hearts, since as members of one body you were called to peace. And be thankful. 16 Let the message of Christ dwell among you richly as you teach and admonish one another with all wisdom through psalms, hymns, and songs from the Spirit,*

singing to God with gratitude in your hearts. 17 And whatever you do, whether in word or deed, do it all in the name of the Lord Jesus, giving thanks to God the Father through him.

Ask:

1. As God's chosen people, God asks us to put on certain behaviors that have deep significance. What are they?
2. What is God's gift that holds these behaviors together?
3. What can a person lose if they are spiritual *or* religious?
4. Religion and spirituality are complements of one other. How do the two fit together in these verses?

Prayer:

Dear God, thank you for giving us faith that is informed both by our own experience, and the experience of others through the ages. Help us never be so concerned about one that we don't care about the other. Teach us to recognize your love in our lives both through our experience of you and the faith and practice that happen in our Church. Remind us that you love us in all the ways we experience you. In Jesus' name, Amen.