

Are You Spiritual?

"God has called us to be spiritual and not focus on worldly things, but we need to be careful about anything spiritual."

Is being spiritual always a good thing? What does it even mean to be spiritual? The biblical idea of being spiritual is following God, not our flesh. Sometimes being spiritual can just mean that you believe that there is more than what we can see. It's good to be spiritual in that way (you can't be a Christian and not believe in heaven, miracles, or any other spiritual things!), but if you believe in spiritual things that aren't from God, that's no better than believing in nothing (maybe even worse!). God has called us to be spiritual and not focus on worldly things, but we need to be careful about anything spiritual. Everything God wants to teach us about spirituality can be found in the Bible, and we never have to go to other religions or anyone who is not a Christian to find spiritual wisdom. We should even be careful about the spiritual things we hear from other Christians. Spirituality is good, but any spirituality that is outside of what God teaches in the Bible is really, really not.

Family Time Questions

- Why do you need to believe in spiritual things to be a Christian?
- What are some good ways to be spiritual?
- What are some bad ways to be spiritual?

Bible Verses

- Romans 8:5-6 - Live according to the Spirit
- 1 John 4:1 - Don't believe all spiritual things
- 1 Corinthians 2:12 - The Spirit of God vs. the spirit of the world
- Colossians 3:1-2 - Set your minds on things above

Prayer

"Dear God, thank You for showing us the way. Please help us to walk in the Spirit. In Jesus' name, Amen."