



SPIRITUAL: or Religious

Scripture theme: *“But the Counselor, the Holy Spirit, whom the Father will send in My name, will teach you all things and will remind you of everything I have said to you.”* – John 14:26. The Holy Spirit, through teaching and reflecting provides the spiritual connection with Jesus the Christ. Religious practices such as studying the Word & worshiping facilitate growth but a personal, spiritual relationship with Christ is the foundation for faith.

Dad - Underline a level of how practices in the home helped you grow spiritually:

Regularly attending church/worship;	...	<i>low</i>	...	<i>so-so</i>	...	<i>high</i>
Family devotions during Advent;	...	<i>low</i>	...	<i>so-so</i>	...	<i>high</i>
Celebration of Jesus' birth, Christmas;	...	<i>low</i>	...	<i>so-so</i>	...	<i>high</i>
Spiritual discipline during Lent; and	...	<i>low</i>	...	<i>so-so</i>	...	<i>high</i>
Discussion around Easter & Pentecost.	...	<i>low</i>	...	<i>so-so</i>	...	<i>high</i>

Student - Circle a level of how practices have helped you grow spiritually. (*Dad - encourage honesty; listen well to the ratings. Accept affirmation and steer clear of being defensive.*)

Dad - Give a specific example behind where you rated your home *high*, and another where it was *low* or *so-so*.

Student - Do the same.

Discussion time:

Classify the following as *“religious”* or *“spiritual”* and discuss your choices:

- Family attends church every week;
- Dad and Mom participate in Sunday school or Bible study;
- A group of players & coaches drop to a knee to pray for an injured player;
- Dad leads his family in a time of devotion & discussion every week;
- Family prays before each meal.

Identify the most religious person you know.

- discuss what makes him or her so religious;
- have the religious practices facilitated any spiritual growth?

Identify the most spiritual person you know.

- discuss what makes him or her so spiritual;
- what religious practices are behind this person's spiritual growth?

How can you be more spiritual and stay under the influence of the Holy Spirit?

We commit to: _____

Prayer: Lord, thank You for being You, for sending Your Son Jesus and for giving us the Counselor, the Holy Spirit. I know everything in the physical is influenced by the spiritual but too often I let myself get distracted by secular happenings that inhibit discernment of what You are up to. Grant me the discipline in religious practices to grow spiritually every day. Help me mature in relationship with You and lead my family spiritually by example. Amen.