

SPIRITUALITY – SOME DEFINITIONS

1. Spirituality has to do with developing our full potential as myself or as a human being. Tony Hempenstall C.F.C.
2. Spirituality is “the style of a person’s response to Christ before the everyday life in a given historical and cultural environment. Leonard Doohan
3. In religious language the inner life is called ‘the soul’, and the art of knowing it healing it and harmonizing its forces is called spirituality. Gerard W Hughes
4. For Christians, it means one’s entire life as understood, felt, imagined, and decided upon in relationship to God in Christ Jesus empowered by the Spirit. Joan Wolski Conn
5. Spirituality is the way in which one mobilizes oneself religiously in the total and actual living out of one’s daily activities. James Michael Lee
6. Spirituality is our conscious attending to God’s loving initiative and presence in our lives, and to the movement of God’s Spirit that moves our spirit to commit ourselves to wholeness for ourselves and for all humankind by living in right relationship with God, ourselves and others in every dimension and activity of our lives. Thomas Groome
7. A contemporary spirituality will address questions of personal maturity, values and lifestyle. Such a spirituality addresses practical aspects of life – how we spend our time, how much we work, how and when we worship and plan and make love. Evelyn and James Whitehead
8. Spirituality is a life stance of orienting our being towards God. Kevin Treston
9. In my experience, the best and most accurate definition of spirituality is simply ‘how to cope with my life’. Gerard T Broccolo
10. Spirituality is a mysterious and tender thing about which we can speak only with difficulty. Karl Rahner
11. Christian spirituality begins in our encounter with the Risen Lord. It is a process of walking through life with the Lord’s presence, teaching and power as the basis of everyday living. Brennan Hill
12. In its widest meaning, spirituality can be described as the whole of one’s spiritual or religious experience, one’s belief, convictions, and patterns of thought, one’s emotions and behaviour in respect to what is ultimate, or to God. Anne Carr

13. Spirituality is the whole of human life viewed in terms of a conscious relationship with God, in Jesus Christ, through the indwelling of the Spirit, and within the community of believers.” Philip Sheldrake
14. Spirituality is deeply informed by family, teachers, friends, community, class, race, culture, sex and by one’s time in history, just as it is influenced by personal beliefs, intellectual positions, and moral options. Anne Carr
15. Spirituality, as the term is being used today, is the experience of consciously striving to integrate one’s life in terms, not of isolation and self-absorption, but of self-transcendence toward the ultimate value one perceives. Sandra Schneiders
16. A Christian spirituality is forever connected to the personhood, story and vision of Jesus Christ, seeking to re-enact that story and embody that vision in all of the ways of which human beings are capable. Colleen Griffith
17. Spirituality is a process of being conformed to the image of God for the sake of others. For the sake of others. Walter Burghardt
18. The term spirituality refers to the Spirit at work in persons 1) within a culture, 2) in relation to a tradition, 3) in memory of Jesus Christ, 4) in the light of contemporary events, hopes, sufferings and promises, 5) in efforts to combine elements of action and contemplation, 6) with respect to charism and community, 7) as expressed and authenticated in praxis. Michael Downey
19. Christian spirituality is the daily, communal, lived expression of one’s ultimate beliefs, characterised by openness to the self-transcending love of God, self, neighbour, and the world through Jesus Christ and in the power of the Holy Spirit. Elizabeth Dreyer
20. Spirituality ... arises from a creative and dynamic synthesis of faith and life, forged in the crucible of the desire to live out the Christian faith authentically, responsibly, effectively, and fully. Alister McGrath
21. Spirituality has to do with our experiencing of God and with the transformation of our consciousness and our lives as outcomes of that experience Richard McBrien