



## Are you Spiritual, Religious, or Both?

**T**here is in the popular mindset today, the idea that an individual can be spiritual without being religious. I've seen this concept presented in some recently read articles. I've also heard such touted in some television programs on the subject. And, there are many people today who have bought into this idea that one can be spiritual without being religious. The mindset basically is this: everything that is associated with organized religion is "religious," whereas, everything that is associated with the individual person's heart is spiritual. Hence, as long as I am taking care of my "inner self" by being "spiritual" then I don't need to be religious (by practicing some form of organized religion). I want to ask two questions regarding these presuppositions. First, is this a distinction that ought to be made? Second, is God happy with such a distinction?

Perhaps we should begin looking at this subject by defining these two terms. The American Heritage dictionary offers several definitions of the word "spiritual":

1. Of, relating to, consisting of, or having the nature of spirit; not tangible or material.
2. Of, concerned with, or affecting the soul.
3. Of, from, or relating to God; deific.

4. Of or belonging to a church or religion; sacred.
5. Relating to or having the nature of spirits or a spirit; supernatural.

On the other hand, the word "religious" has the following definitions:

1. Having or showing belief in and reverence for God or a deity.
2. Of, concerned with, or teaching religion: a religious text.
3. Extremely scrupulous or conscientious: religious devotion to duty.

It should be noticed that there are similarities in both definitions. Some things that are spiritual are religious and some things that are religious are also spiritual. However, those who set up such a contrast between the spiritual and the religious have a special definition of each in mind. By "spiritual" they mean specifically, religious behavior related to the mind (such as meditation, prayer, devotion, etc.). By "religious" they mean behavior that is associated with the activities of religion (such as the forms of worship, church attendance, participation in church activities, etc.). It's not that these individuals are opposed to what they consider to be "religious." It is just that they don't feel as if they need to engage in "religious" activities.

Is there a real distinction between the "spiritual" and the "religious?" There is a distinction inasmuch as there is a difference between the inward person (spirit) and the activities of the outward person (body). We see this in passages such as 2 Corinthians 4:16

"Wherefore we faint not; but though our outward man is decaying, yet our inward man is renewed day by day." And in our worship to God, there is such a distinction as well. Jesus talked about worship being in spirit and worship being in truth in John 4:24. This would roughly correspond to that which is "spiritual" (in spirit) versus that which is "religious" (in truth). So, yes, there is a distinction between the two words. However, the Biblical distinction between these two concepts isn't nearly as great as what some are making it out to be. In fact, instead of promoting the idea that you can have one without the other, the Bible teaches that being religious is dependent upon spirituality and that being spiritual is dependent upon being religious as well.

Take for example what James writes in James 1:26, 27: "If any man thinketh himself to be religious, while he bridleth not his tongue but deceiveth his heart, this man's religion is vain. Pure religion and undefiled before our God and Father is this, to visit the fatherless and widows in their affliction, and to keep oneself unspotted

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from the world.” One might think that controlling our speech would be a “spiritual” thing. But here, James speaks about it as being “religious.” Visiting orphans and widows is also an activity that we would consider “spiritual.” But again, we are told that this is “pure religion.” The point here is that one cannot be religious without being spiritual.

The opposite is true as well. One cannot be spiritual without being religious. Galatians 6:1 states: “Brethren, even if a man be overtaken in any trespass, ye who are spiritual, restore such a one in a spirit of gentleness; looking to thyself, lest thou also be tempted.” Those who are “spiritual” are to be involved in “religious” activities, such as helping those who have gone astray to return to the church. Peter describes the church as a spiritual institution in 1 Peter 2:5. He says, “ye also, as living stones, are built up a spiritual house, to be a holy

priesthood, to offer up spiritual sacrifices, acceptable to God through Jesus Christ.” The worship that the church offers up to God is supposed to be “spiritual” in nature. Worshipping God entails that we involve ourselves in certain religious activities. Hence, one cannot be spiritual without being religious as well.

Returning to John 4:24, Jesus said, “God is a Spirit: and they that worship him must worship in spirit and truth.” There is no doubt that God expects Christians to be spiritual. This is the basic idea of what it means to worship God “in spirit.” However, Jesus didn’t stop there. He also said that we must worship God “in truth.” We must have both the right attitude and the right actions, the right internals and the right externals. God wants us to be both “spiritual” AND “religious.”

Really, when one starts examining the truth on this subject, one finds

out very quickly the co-dependent nature of these two things. The bottom line is that a person cannot be spiritual without being religious and a person can’t be religious without being spiritual. The problem today is that there are so many “religious” people who aren’t spiritual, that this has driven many away from true religion. They have been turned off by the extravagant measures to which modern day “churches” go in order to attract the masses and have given up on practicing religion altogether. But let’s not throw the baby out with the bathwater. We can be both spiritual and religious. In fact, we must be if we are going to please God! Let’s resolve to be both spiritual and religious in the way that God would have it by following His word, the Bible. Here is the true standard for that which is both spiritual and religious.

Kevin Cauley



### Bible Studies for the week of January 30th, 2005

- AM Sermon.....Do Not Envy This
- Scripture Reading..... Mark 15:10
- PM Sermon..... Asian Churches — Pergamos
- Scripture Reading..... Revelation 2:8-11
- Sunday Class ..... The Book of Hebrews
- Wednesday Class.....Lessons from the Cross

### Kevin's Korner

Since it has been a couple of weeks since the last bulletin, there have been several things happen. Of course, everyone knows about the baby by now, but the last time I wrote, we had just gotten home from the hospital and were starting to settle in. As of this writing, things are going very well with Mary Lynn and the baby. The baby has gained just about a pound over his birth weight and is starting to put on that famous baby fat that we all appreciate so much. Both Mom and the baby have had post partum checkups and the doctors are telling them that things are going quite well, for which we are very grateful.

Let me also say how thankful we are for the tremendously wonderful hospitality that the congregation has shown Mary Lynn and I during these past couple of weeks. We have truly been blessed by you and your kindness after

Mary Lynn's stay in the hospital. Mary Lynn has greatly enjoyed the visits and we all have enjoyed all of the food that has been provided for us during this time. It has truly been wonderful. In fact, the baby is not the only one who has gained weight in the past couple of weeks! Thank you! Thank you! Thank you! A thousand times, thank you!

While I didn't preach during my week of vacation, there were some activities in which I continued to be involved. The Quigley's and I visit the hospital and nursing home every Tuesday and Thursday and we continued this. If there is anyone who would like to go with us on these regular visits, you are more than welcome to join us. We would be very happy to have you along. I also had several Cub Scout meetings that week. Austin and Charlie both are doing well in the program and should be getting their yearly badge of merit for

their activities. Speaking of which, we will be holding our yearly "Blue and Gold Banquet" for the Cub Scouts. This will be held on Friday, February 18th, 7:00 PM at 400 Eureka Street. If you would like to attend this event, please let me know so we can reserve you a space.

Our web site has really been doing great so far this year. We've broken our site visit records consistently over the past several months. January has been no exception in that regard. In fact as of the 28th, we've averaged 426 visitors per day. That's more visitors than many church web sites see in a period of six months and we continue to grow. This month, I've added an online bible. You can read it at <http://www.the-churchofchrist.com/bible/>. I believe that our return visitors will find this handy when studying online. Tell someone else about our web site this week!



"We have truly been blessed by you and your kindness... A thousand times, thank you!"

### Records for the week of January 23rd, 2005

Sunday Bible Class .....	64
Sunday AM Worship.....	60
Sunday PM Worship.....	57
Wednesday Night Study.....	58
Contribution .....	\$1571.72
Budget.....	\$1778.13



# Praises, Prayers, and Proclamations

## Announcements

- We are thankful to God for this new Lord's Day. It is the day we honor His Son and the Love that He has shown us through Him. Let us worship in spirit and in truth!
- Please remember these in prayer: Bill Anderson, Joann Bragg, Debbie Duncan, Daisy Farmer, Darrell Roberts, Frank Smith.
- Please meet downstairs after evening services to assembly House to House and Heart to Heart.
- The monthly elders and deacons meeting will be held this evening after services.
- This afternoon at 2:00 we will have our quarterly singing at the nursing home. All are invited to come and sing!
- Our weekly Bible study at the nursing home is on Thursday at 2:00 PM.
- We have a spring gospel meeting coming up! Brother Jake King who preached for us this past Sunday will be holding our meeting, beginning March 6th. That's not very far away! Let's start inviting our friends and family today!
- Please check the back bulletin board for next month's assignments.
- Our pantry item is: Fabric Softener.
- Our web site: <http://www.thechurchofchrist.com>



## Welcome!

### Family Times for Worship and Study

Sunday Morning Bible Class: .....	9:30 AM
Sunday Morning Worship: .....	10:30 AM
Sunday Evening Worship: .....	6:00 PM
Ladies Bible Class: .....	10:30 AM
Wed. Evening Bible Class: .....	7:00 PM

## Serving Each Other

	January 30th, 2005	February 6th, 2005
<b>Sunday Morning</b>		
Songs:	Bill Fort	Ken Smith
Preaching:	Kevin Cauley	Kevin Cauley
Opening Prayer:	Leon Duncan	Leon Duncan
Scripture Reading:	Dan Hand	Perry Foster
Lord's Table	Clay Bozarth	Clay Bozarth
	Jerry Roller	Bob Phillips
(assist)	Irving Hand	Jack Gentry
	Glenn Williams	Raymond Kimes
Closing Prayer	Bob Phillips	Glenn Quigley
<b>Sunday Evening</b>		
Songs:	Bruce Foster	Rusty Windle
Preaching:	Kevin Cauley	Kevin Cauley
Opening Prayer:	John Gass	Bob Moore
Scripture Reading:	Ken Smith	Bruce Foster
Lord's Table	Jerry Roller	Brandon Foster
	Clay Bozarth	Ray Duncan
Closing Prayer	George Eddings	Dale Pinkley
<b>Wednesday</b>		
Songs:	Glenn Quigley	Clay Bozarth
Opening Prayer:	Irving Hand	Kevin Cauley
Invitation:	Bill Fort	Rusty Windle
Closing Prayer:	Dale Pinkley	Bill Fort

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