

Spirituality versus Religiosity

Are you a *religious* person?

Are you a *spiritual* person?

A person can be **religious without being spiritual**.

Witness: The Pharisees. (**Matthew 23**) The carnal-minded Corinthians. (**1 Corinthians 3**)

Because of hypocrites and carnal-minded church-goers, the general opinion is that ALL religious people are non-spiritual.

And we know that Jesus calls us to be spiritual.

Jesus speaks about **three actions of spirituality** in the Sermon on the Mount: (**Matthew 6:1-18**)

1. **Charitable deeds** (our interaction with others and willingness to help)
2. **Prayer** (our communication with God and trust in Him)
3. **Fasting** (our control over ourselves and our desires)

It is true that a person can be **spiritual without being religious** (that is, doing those three activities, but not going to church or even belonging to a church). And non-church-going people love to justify their lifestyle!

So, general opinion is that being spiritual is enough, especially if “all religious people are non-spiritual, and therefore stand condemned.”

But Jesus calls us to be both spiritual AND religious.

The three actions mentioned above which demonstrate a person’s spirituality could be called “private religion” (or, “secret religion,” or, “closet religion,” the idea in **Matthew 6:6**). Then there is “public religion,” the actions visible to others that are dictated by one’s spirituality. Jesus asks us to make a public confession that He is the Christ, the Son of God, (**Romans 10:9-10; Matthew 10:32; Acts 8:37; etc.**) and be baptized for the forgiveness of our sins. (**Mark 16:16; Acts 2:38; Romans 6:1-4; etc.**) He prescribes all the acts of obedience and faithfulness that have to do with Christian life (going to church, **Hebrews 10:24-25**; helping others, **Galatians 6:1-10; etc.**).

Jesus, Himself, was both spiritual and religious. He fasted severely and prayed often. (**Matthew 4:1-11; Luke 6:12; etc.**) Concerning His “public religion,” notice Jesus’ example of worshipping publicly (**Luke 4:16; Hebrews 2:10-13**), and His long record of public preaching and good deeds, as summed up in **Acts 10:36-38**.

So, are you *spiritual*?

Are you *religious*?

God wants you to be **both**!