

SA Catholics for an Evolving Church



An Easter Spirituality 2025

Wk 3. The Spirit in you

Find the Spirit in yourself. (Rom 5:5) We are all incarnations of God. 'If I can be still so that the God in me can get on the march, I don't need any priest, I don't need any preacher, I don't even need any church.'

Howard Thurman in a Richard Rohr blog

1. The Spirit is how God is actively present in creation, including in humans.

It is not that there are two spirits in me or you. The spirit in me and you is the evolving creative incarnation of God that I am and you are.

Namaste: Divinity in me bows to divinity in you

How do I identify with Jesus? By adopting his perspectives, values, worldview and commitments

2. The Spirit raised Jesus from the dead. (Rom 8:11)

It is by the Spirit that Jesus is raised – continues to live. The same Spirit is in each of us and will enable us to live in the same way.

The Spirit in us enables us to see that Jesus is living now (raised from the dead).

3. Finding the Spirit of God in nature, Marion Road and in yourself.

The first sensing or awareness of God or the Spirit is usually in the external world. It is a sense of something beyond our normal experience, even an experience of being taken out of ourselves.

In loving, experiencing that being absorbed by something or somebody else is falling in love.

The suggestion that we must first believe in God's existence before we can believe in God's love contradicts the logic of the Gospel: only those who love can understand what is meant by the word God.

4. Uncovering your integrity

Authenticity, integrity and a life worth living. How do I get to live a life both beyond self and self-fulfilling. There is a voice within you which no-one, not even you, has ever heard. Give yourself the opportunity of silence and begin to develop your listening in order to hear, deep within yourself, the music of your own spirit.

John O'Donohue, *Anam Cara* p 100. Suggested by Heinrich

Spirituality today is moving towards a much greater emphasis on personal responsibility and authenticity. We need others, initially as complete dependants and in maturity as partners. The primary question graduates from, 'What do others teach me?' to 'How am I to find my way?'

5. Being Christian is not just practice of a religion; it is someone you become.

The turn to interiority, recognises that we need deep foundations in a spirituality that sustains and renews us. By reflecting on what we are as physical, chemical, biological, experiencing, knowing deciding and acting organisms, we recognise our identity as expressions of a Creator Spirit. Paying attention to our interiority and deepening our identity as incarnations of Divine Energy reveals we are deeply connected with all that is by virtue of our common origins and continuing interdependency.

Tomas Halík identifies spiritual accompaniment as the way the Church can regenerate itself. The work of spiritual accompaniment is to engage people in the secular world and to foster trust and hope in the search for meaning.