



## Thinking About Spirituality

Like it or not, just like we have physical and emotional needs, people have a **spiritual need**

- This spiritual need sets us apart from animals
- Every human society ever discovered has had some form of spirituality
- Worship: “to have a reverent honor or regard, to hold something as sacred (special, set apart from the ordinary)” – Consider how many people “worship” something (money, relationships, job/career, drugs, sex, hobbies, sports, famous people, etc.)

What are some things to consider when thinking about our spiritual need?

Spirituality:

- Distinguished from “day to day” concerns
- Considers more than simply “existing” – “Looks at “the Big Picture”
- Almost always involves some kind of standards for morality (right and wrong)
- It involves faith (a firm belief in something)
- Spirituality is not black and white, rather it has depth as someone can become increasingly spiritually-minded over time. Part of becoming more spiritual expands outward from basic concerns about our self into concern for others we know, others we don’t know, and beyond in our search for meaning and understanding
- It considers things like “meaning” and “purpose”, It can examine the “Why’s” and “How’s” of life – It is deeper than simply thinking and believing, it involves learning, meditating, studying, reasoning, discerning, understanding, gaining wisdom, etc.
- At its deepest level spirituality considers the question “What is truth?” (No more denial, it involves searching for what is “true” rather than being satisfied with believing in what we want to believe simply because it is comfortable, familiar, habitual or we just like it that way)



## **Spirituality, Change and Recovery:**

- Addiction is often centered on the “me” or “I” - How can I get what “I” need to feel good. What can others do for “Me”, etc?
- Drugs/Alcohol can steal meaning from life. The change process involves getting meaning back; often some need to find a totally new purpose for living. If not, relapse often follows, or depression or both.

### **Spirituality and Change: Questions to Consider**

1. What was your spiritual life like when you were using? How did drug/alcohol use hurt you spiritually?
2. What is meaningful to you now with regard to yourself and your personal goals
3. What is meaningful to you now with regard to your immediate family, friends and loved ones?
4. Have you changed with regard to how you treat others you don't know:
  - How have your morals changed and what do you still need to work on?
  - What changes do you still need to make with regard to how you view others? ...How you treat others?
5. Where do you stand with regard to your purpose in life? How can you grow in your understanding in this area?
6. What do you believe in? Who/What do you put faith in? What is “true” for you and how do you know? How can you grow in knowledge, wisdom and understanding in this area?