

UNACCEPTABLE TRUTH | WEEK #03

Spiritual Emptiness | June 16th

INTRODUCING UNACCEPTABLE TRUTH #1: SPIRITUAL EMPTINESS

Remember: Acceptable _____ often leads to unacceptable _____.

Spiritual Emptiness flows from a lack of confidence in the _____ and _____ of the divine.

Spiritual Emptiness grows from _____ of the divine.

Spiritual Emptiness leaves the soul _____ and _____ down.
(Matthew 11:28-30)

Spiritual Vitality is not spiritual _____.

Spiritual Vitality is a _____ soul, _____ in the deep, transformative love, grace, goodness and power of the divine in which we live and move and have our being.

LET'S CHAT WITH SPIRITUAL VITALITY EXPERT, REV. ERIN GILMORE

1. What are some acceptable behaviors that contribute to spiritual emptiness?
2. Where does spiritual emptiness lead a person?
3. What does spiritual vitality look like from the outside and feel like from the inside?
4. What are some strategies and practices that we can engage in to transform spiritual emptiness into spiritual vitality at a personal and community level?
5. How does spiritual vitality make me a better person and the world a better place?



WHAT IS GOD INVITING YOU INTO TODAY?

1. Take a two-hour personal retreat and spend time meditating on the fruits of the spirit. Which do you exhibit most naturally and most unnaturally.
2. Jump into the Summer Growth Journey in the Crossroads app.
3. Sign up to get notified for the next Way of Peace Conversation Group

THOUGHT PROVOKING QUESTIONS:

1. What “acceptable” behaviors and beliefs within the Christian tradition contribute to spiritual emptiness?
2. Reflect on your confidence in the goodness and nearness of the divine. How has your perception of the divine influenced your sense of spiritual fulfillment or emptiness?
3. What fears do you hold about the divine or your spiritual journey? How might these fears be contributing to feelings of spiritual emptiness, and what steps can you take to overcome them?
4. How can you distinguish between spiritual activity and true spiritual vitality in your life? What practices or changes can you implement to cultivate a rest-filled, confident soul rooted in the love, grace, and goodness of the divine?
5. In what ways does spiritual emptiness leave you feeling heavy and worn down? How can you apply the promise of rest found in Matthew 11:28-30 to your life to alleviate this burden?

