

# WHERE AM I WITH MY SPIRITUALITY?

We are part of a society that thrives on statistics. We measure, calculate, and pinpoint. Spirituality is not about measuring but about responding to the Spirit within us and around us. So many young people feel discomfort because they don't know where they are spiritually. Is my spirituality level normal for someone my age? Am I on the right track? Do the sacraments I have received mark my spiritual growth?

We can't measure the presence or power of the Spirit in us; we can only realize the Spirit is with us. Recognizing the Spirit works in us urges us in countless, daily, small ways to respond and keep becoming deeper, more spiritual people.

The sacraments of baptism, confirmation, and eucharist initiate us into the life of the Christian community. The Church calls us to join weekly in Sunday eucharist to nourish our spiritual lives and keep becoming more like Jesus. Spirituality grows with time, maturity, and participation in the life of the community.

Our spirituality calls us to question our beliefs and feelings. Only by questioning can we discover what makes our relationship with God special. Acknowledging we have a relationship with God and keeping ourselves open to growth are the most important things any of us can do for our spirituality.



## PRAYER

Holy Spirit, stir me into action. May your presence become obvious to others in my words and deeds. You dwell within me; I am incomplete without you. Allow me to be a sign of your love. Amen.