



# **New Spirituality**

**“I’M NOT RELIGIOUS, I’M SPIRITUAL!”**

# What comes to mind?



ALSO KNOWN AS NEW AGE MYSTICISM. THE ORIGINS ARE OLDER THAN YOU MIGHT THINK.



IT'S A CONGLOMERATION OF OCCULT PRACTICES, EASTERN RELIGIONS (BUDDHISM, HINDUISM, AND TAOISM), AND TRANSCENDENTALISM OF THE 1800'S.



BECAME MORE MAINSTREAM IN THE 1960'S WHEN PEOPLE WERE LOOKING FOR SPIRITUAL ANSWERS DURING A TUMULTUOUS TIME.

# New Spirituality

- ▶ 2012 Pew Research Survey found:
  - ▶ 37% of millennials are spiritual, but not religious
  - ▶ 58% surveyed say they have a deep connection to nature and the earth
- ▶ “Live *your* truth.”

# Recognize the Message

## Lie 1:

### God is All and All are One

- ▶ Everything in the universe is made of the same “stuff”
  - ▶ You, me, the tree, and the dirt it’s buried in
- ▶ God is defined as a divine consciousness or energy in the universe and we can tap into it as we become more “enlightened”
  - ▶ Thank you Yoda

### Monism and Pantheism

All is one= monism

All is god=pantheism

- ▶ The differences between me, you, the tree, and the dirt it’s buried in are just differences in energy, vibrations, and abilities.
- ▶ Pantheists identify the energy that makes up the universe as “god” or divine consciousness

# Recognize the Message

## Lie 2:

### You are god!

- ▶ We're all made of the same substance, so there's no separation between you and god. We are all divine.
- ▶ When we can attain this higher consciousness, we can be united with our true identities.

### Christ Consciousness

- ▶ Jesus obtained this higher consciousness
  - ▶ If we can tap into this, then we don't have to worry about sin anymore
  - ▶ "Have faith in yourself"
  - ▶ "You are enough"
  - ▶ "Salvation is within"

# Recognize the Message

## Lie 3:

- ▶ It's all relative!
  - ▶ Freedom is found when we can let go of absolute truth and objective morality.
    - ▶ Make your own reality! Speak it into the universe!
    - ▶ Be comfortable with contradictions: as you learn, you'll hear your divine voice.
  - ▶ All religions are one if everything is relative (syncretism). This pluralistic belief is the kind and inclusive path that honors everyone's divineness.
    - ▶ Syncretism is not Biblical
      - ▶ Acts 4:12
      - ▶ John 14:6

# Recognize the Message

Lie 4:

- ▶ Meditation is the answer to all your problems.
  - ▶ Practice not a belief
  - ▶ Allows you to connect with the divine
  - ▶ Focus on self
- ▶ Mindfulness
  - ▶ Rooted in Buddhist teaching
  - ▶ Programmed on smart watch

# Offer Discernment

- ▶ Pantheism
  - ▶ Christianity asserts that God is personal and distinct from His creation
    - ▶ Transcendence – He is separated from His creation and He is a Person, not a source of energy or a force
    - ▶ Romans 1:25 “They exchanged the truth about God for a lie, and worshiped and served created things rather than the Creator – who is forever praised.”

# Offer Discernment

- ▶ Divinity of all mankind

- ▶ Are people basically good or marred by a sin nature?
- ▶ The Bible clearly states we have a sin nature and therefore we need a savior.

Mark 7:21-23 lists out what flows from a person's heart and it's not pretty

- ▶ “Christ Consciousness”

- ▶ This relegates Jesus to just a symbol of divine love, a representative of God, or a carpenter who achieved enlightenment
- ▶ He was with God in the beginning (John 1:1) and He humbled Himself and entered into humanity in order to save us from our sin. (Phil. 2:5-11)

# Offer Discernment

- ▶ Relativism
  - ▶ “Your” truth, “my” truth, or THE truth
  - ▶ It’s hard to argue with experience
    - ▶ Ask clarifying questions
- ▶ Meditation
  - ▶ What’s your focus?
  - ▶ Biblical meditation *engages* your logical thinking by focusing on God’s Word
  - ▶ New Age meditation drives you inward and *disengages* to connect with the oneness of everything.

# Argue for a Healthier Approach

- ▶ In New Age beliefs, the path is dependence upon and worship of self.
- ▶ All the feel good tag lines are just that...meant to make you feel good
  - ▶ The real good news is that Christ came to reconcile sinners, we need only accept His grace and believe.

# Reinforce through Discussion, Discipleship, & Prayer

- ▶ New Age ideas are all around. Satan's battle plan is to normalize and desensitize.
- ▶ Think Critically
- ▶ Ask "silly" questions
- ▶ Recognize when the ideas sneak in
- ▶ Pray, pray, pray