



Spirituality

Introduction

Welcome to the Spirituality session of the *Living in Balance* program. This session focuses on a few issues related to spirituality, prayer, and a Higher Power. It will help you examine your personal views about spirituality, the effects of addiction on spirituality, and some ideas about what spirituality means. The session also explores what the terms *Higher Power*, *spiritual experience*, and *prayer* mean.

What is in this session?

This session has two major parts: (1) What Is Spirituality? and (2) Your Higher Power and Prayer.

- ✓ After participating in part 1, you will be able to
 - Understand what is meant by the term *spirituality*
 - Understand the ways in which addiction affects spirituality
 - Recognize that spirituality is part of the change of recovery
 - Understand practical tips to increase your spirituality
 - Understand that there are many paths toward spirituality



**SESSION 6 HAS
TWO MAJOR PARTS:**

1. What Is Spirituality?
2. Your Higher Power and Prayer

Most people who have spiritual experiences go through a slow and gradual change.

Some people will call the experience of a Higher Power a spiritual awakening.

Spiritual Experiences

When some people think of spiritual experiences, they imagine something strange or supernatural. A few people do have spiritual experiences of this type. But most people who have spiritual experiences go through a slow and gradual change.

Sometimes when you grow spiritually, your friends may recognize the changes before you do. However, with time you will see how much you have changed. Many people find that their spirituality grows when they feel in touch with an inner source of energy, or a Higher Power.

Some people will call this experience of a Higher Power a spiritual awakening, God-consciousness, or awareness that there is a power greater than themselves, which they call God. Some may understand this Power to be the Christian, Jewish, or Muslim God. Others may understand God as simply a force of love, while still others see nature, the universe, their community, or the fellowship of a Twelve Step program as their Higher Power.

The awareness of a Higher Power brings with it an awareness of the importance of other people and the importance of oneself in a larger community. As people become more aware of their relationship with others and with their Higher Power, they become more aware of their own spiritual nature and recognize that they've had a spiritual experience.



EXERCISE 8

Please answer the following questions:

1. In what ways are you aware of a Power greater than yourself?
