

Spirituality has to do with seeing things in a new way.

I can become a victim of my own way of seeing things. I can get trapped by a single point of view about what a family member's actions mean or what kind of person a co-worker really is. And my point of view may leave me frustrated, or it may frustrate these others if they sense I judge them wrongly.

My point of view can bog me down.

But spirituality offers hope. It motivates people to take another look at their world.

-- Spirituality may mean asking -- perhaps for the first time -- how God is present in aspects of life that at first seem frustrating and disappointing.

-- Spirituality may mean asking whether life's painful aspects produce only negative results. Or are these aspects of life preparing the ground for positive, much-needed breakthroughs?

No recipe for spirituality works for everyone. Spirituality occurs, however, whenever a person recognizes the face of God where it wasn't noticed before.

What is so great about spirituality? Is God's way of releasing us from the traps we get ourselves into when we refuse to see things in new ways.

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