

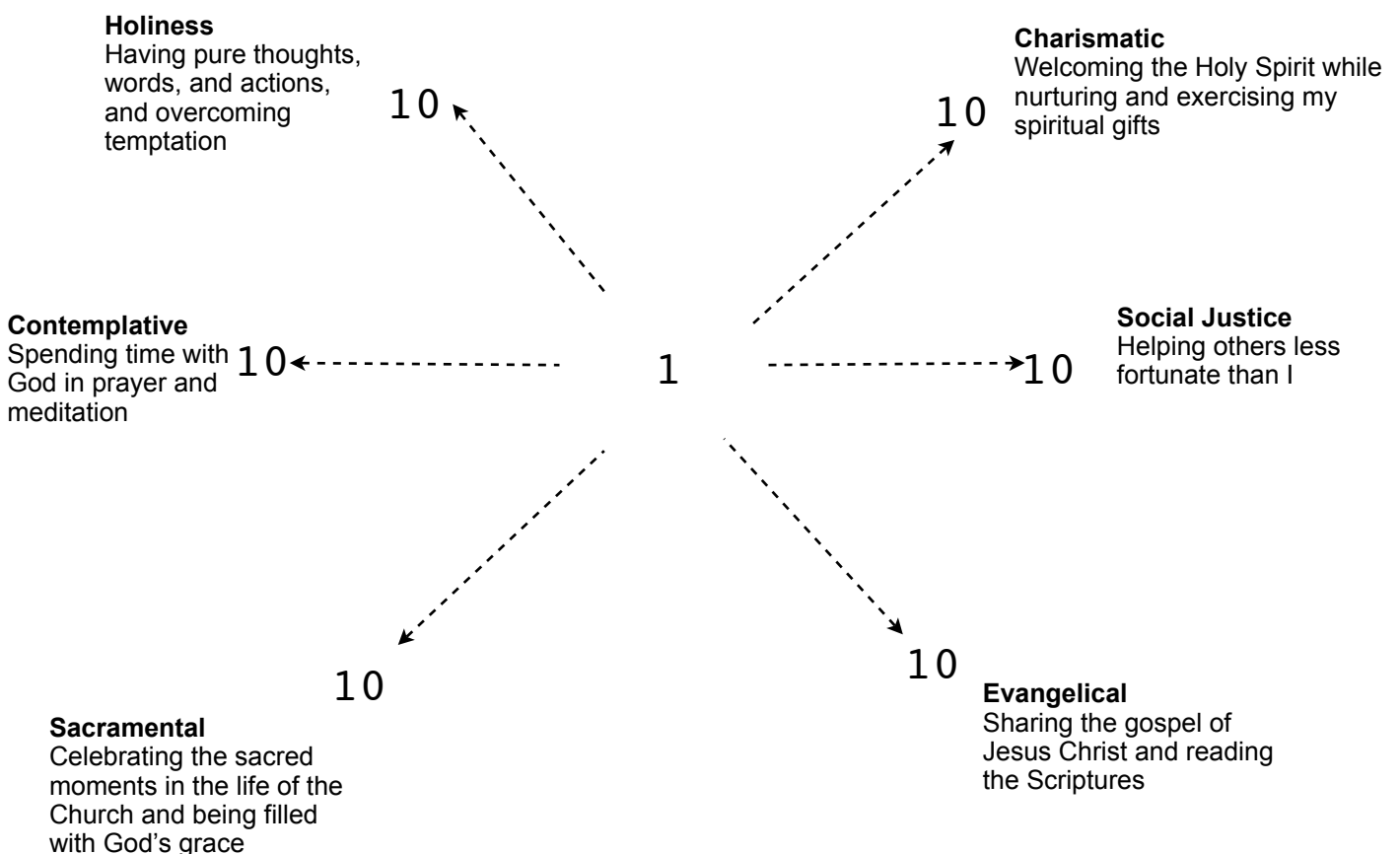
a balanced christian spirituality

# LIVINGTHEWORD

## A BALANCED CHRISTIAN SPIRITUALITY

**A balanced christian spirituality involves practices in 6 areas of our christian spiritual tradition: Holiness, Contemplative, Sacramental, Charismatic, Social Justice, Evangelical**

The Wheel: the dimensions of the spiritual life are like a wheel. Each spoke needs to be equally strong and equally long in order for the wheel to function properly... if any spoke is too short, the wheel may still roll, but it will 'thump' with a 'bump'. Take a few moments and using a scale of 1-10 (1 being least proficient) estimate where you are in each area on the wheel.



Looking over the 6 traditions - the varied dimensions of the spiritual life - and thinking about the movements they represent

- identify the area that you would consider to be your greatest strength
- Which comes the most naturally?
- Which would you consider to be your weakest?