

SAVAYÉ

SAVAYE ACADEMY FOR FAMILY LIFE EDUCATION

STUDY GUIDE

SPIRITUALITY IN MARRIAGE

Introduction:

In this lesson we will focus on the different aspects of Spirituality: Spiritual Harmony in Marriage, The difference between Spirituality and Religiosity, and the love triangle.

1.Spiritual Harmony in marriage.

Spiritual harmony refers to a situation where the couple have alignment in their pursuit of their spiritual values. This means that they see eye to eye on matters of spiritual importance in their interactions, which leads to greater connection.

What are the Benefits of Spiritual harmony?

1. It guides the decision making about spiritual activities in the home. For example: To attend a church or not to attend? What church to attend. Should the children be brought up in a spiritual environment or not.
2. It guides what is allowed to take place in the house with regards to alternate options to spirituality like African ritualistic objects and practices and spiritual disciplines such as fasting, praying and Bible Studies. See (Zachariah and Elizabeth in Luke 1.) They had harmony over the naming of their son, John who later became John the Baptist.

What Possible Areas of Spiritual Disharmony?

- a. Religion- Christian vs Muslim vs Traditional Religion
- b. Different Christian Denominations
- c. Spiritual disciplines, such as fasting, praying, worship and religious expressions
- d. Dietary preference and restrictions. Vegetarian. Clean/Unclean foods
- e. Celebrations and Holidays. Birthdays, Christmas, Easter

How to achieve Spiritual Harmony as a married couple:

1. Write down your individual spiritual values and discuss them with each other.
2. Participate in spiritual practices together and discuss your experiences.
3. Reflect on your individual spiritual practices and discuss how you will align with each other's values. Discuss the importance of respecting each other's beliefs and finding ways to accommodate each other's spiritual beliefs.
4. Be Open to communication and mutual understanding of each other. Engage in Active listening to understand each other's beliefs.

Question: In what areas (if any) are you struggling with disharmony in your spirituality as a family?

Here are some additional ways of cultivating spiritual harmony as a couple:

- Meditation or prayer or Bible Study together.
- Practice gratitude and sharing what each other is grateful for.

- Engage in spiritual practices that align with both partners' beliefs. Example, fasting.
- Reflect on, share and affirm your individual spiritual experiences.
- Participate in worship, spiritual retreats or workshops together.
- Encourage each other's spiritual growth and exploration.
- Be flexible and adaptable as your spiritual needs and beliefs may change over time.

2. The Difference between Spirituality and Religiosity.

What is Spirituality?

Spirituality has been associated with a deep sense of connection with an entity that transcends the natural. It is an active relationship with a power greater than us that adds meaning, sense of direction, and purposefulness to our lives. Christians refer to that entity/greater power as God. Hence spirituality is a deep connection with God.

Spirituality involves exploring certain universal themes such as – love, compassion, altruism, life after death, wisdom and truth etc.

What is Religiosity?

Religiosity is the external focus of religious expression that is for others to see without having a transforming effect on the practitioner of the religion.

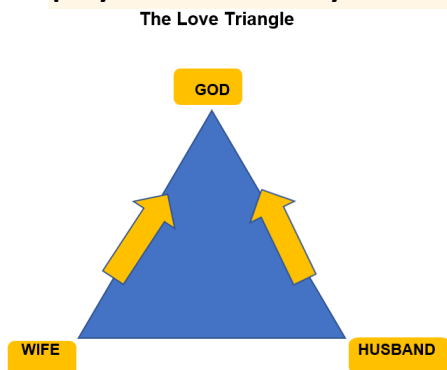
“Extrinsic religiosity as a self-serving and utilitarian outlook on religion...to use religion for their own ends, such as status, sociability, and self-justification, and often selectively shape a creed to fit their own ends. “The extrinsically motivated person uses his religion, whereas the intrinsically motivated person lives his religion (spirituality).”

(p. 434). Allport and Ross (1967)

Question: From the definition above, how would you describe yourself? Spiritual or Religious? And why?

3. The Love Triangle:

Describes the closing of the gap between a couple seeking God. The closer they get to each other in prayer the closer they are to God.



CALL TO ACTION: What are some things you will do differently in your spirituality as a family?