Spiritual Wellness Application

I recently went back to the church that I used to go to back when I lived at home, Keystone Church, in Keller, Texas. I had not been to church in nearly three months since before moving in I had to travel for work and then I also had planned a last minute pleasure trip before I started college. I personally am not religious, I went through my phase as I talked about in my very first OCE write-up but I was forced to go nonetheless, plus I also was going to see some people I had not seen in a while who also attended the same church. To me religion is filled with hypocrisy, especially Christians. In the years that I went to that church I saw so many people raise their hands, dance like crazy, and all the other odd stuff people do at church to just leave church and have premarital sex, drugs, and never once look at their bible or put biblical teachings into their everyday life. Because of this the whole idea of religious has so many negative connotations. I was so lucky (sarcasm) to go to church and it be the once a quarter communion they do. Why was I so lucky? They always request that unless you’re a follower of Jesus Christ that you not walk forward. Well, shocker, I guess I supposedly am always the only one who doesn’t follow Jesus there and I find that extremely hard to believe. I awkwardly sat there the whole time and had people praying all around me and stuff, so freaking awkward. So that was my last, until Thanksgiving, time I will be going to church. Spiritual Wellness means, just as it did at the first of the year, a personal matter involving values and beliefs that provide a purpose in our lives. Since the last time I wrote an OCE write-up it has not changed at all. This application was spiritual simply because I went to church and it pushed me away further from the idea of incorporating religion into spiritual wellness. I probably could participate in other forms of spiritual wellness by looking at other less hypocritical filled religions like Mormonism but I’m not too open to that for some reason which I can’t explain.