SPIRITUALITY

1. What is spirituality?

* This is the relationship that one has with God
* A human being relates with others in society (interpersonal relationship)
* A human being also relates with himself or herself (intrapersonal relationship)
* Similarly, a human being relates in some way with his creator.
* For others this relationship is strong while for others it’s weak.

1. How to grow your spirituality

* The only way you can grow your spiritual life is through reading and hearing of God (Rom 10:17)
* Through reading the word of God we begin to grow our faith in Him.
* Constantly praying and meditating on his word
* Praying is talking to God
* Meditation is listening to God.
* You grow your faith also by practicing what you have learned in the word of God in your daily life.

1. Challenges facing teenage spiritual life

* Negative peer pressure
* Negative social media influence
* Weak youth programs in church
* Negative role modelling from the adults
* Broken family structures
* Superficiality
* Materialism