

Christian spirituality is based on four important relationships...our relationship to

- God
- ourselves
- others and
- the created world

St Augustine described God as being 'closer to us than we are to ourselves' yet often God seems far away. Our spirituality therefore has to address the question of how to live with God who is always present, but who sometimes feels absent.

There is no end to God, so being open to God is endlessly intriguing. Often hard work and also frustrating, but ultimately enriching. Being open to God encourages self-reflection, repentance and a desire to change and grow. Christian spirituality is about becoming increasingly like the Christ we follow.

Sometimes people view getting closer to God as the opposite of getting closer to people. In practice getting closer to God helps us to be closer to others especially those who are different to us, because God always turns us outwards to consider others.

Our spirituality should be changing the way we relate to the amazing world around us, which is in such danger.

In this way we do not separate our inner and outer worlds. Prayer and action are intimately connected.