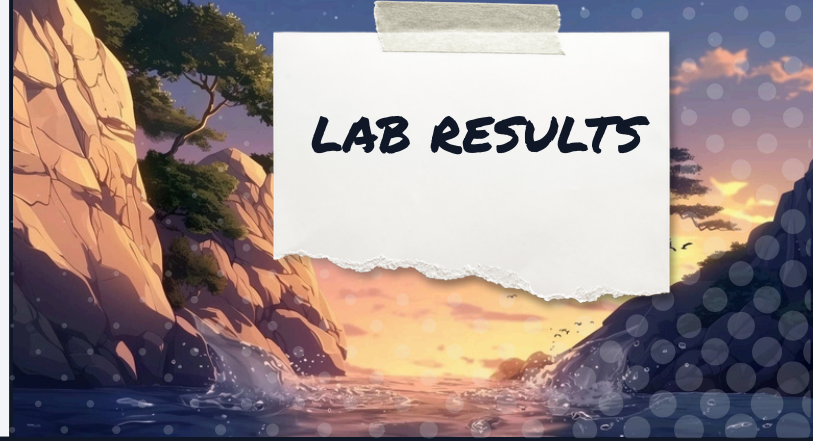


# Spiritual depth

Resisting superficiality to build a deeper connection with God



## Associated article:

"A new space for spiritual people in superficial times"

read the article at  
deepspirituality.com



## Key scriptures:

But Jesus, for His part, did not entrust Himself to them, because He knew all people [and understood the superficiality and fickleness of human nature]...

— John 2:24–25 AMP

"Love the Lord your God with all your heart and with all your soul and with all your mind and with all your strength."

— Mark 12:30 NIV

## Big idea:

Superficiality has replaced spirituality in much of our culture. Jesus calls us to go deeper, to love God with the depths of the heart, mind, strength, and especially the soul.

## Application:

A whole life and a spiritual connection with God require us to explore all four areas of our lives:

- **Heart** (emotions, desires)
- **Soul** (identity, spirit)
- **Mind** (thoughts, beliefs)
- **Strength** (actions, body)

Neglecting any part leads to a superficial life lacking in meaning and purpose.



## Reflection questions:

- Which part of my life (heart, soul, mind, strength) do I focus on most? Which do I tend to neglect? Why?
- What would it look like to love God and people with my whole self this week?

## Dive deeper:

[Devotional] "Dig a Little Deeper: How taking time to ask ourselves questions deepens our relationship with God"

Read it

