

6.12- Authenticity

Take some time to read and reflect on the following

An unintended side effect of spiritual formation is that we put pressure on ourselves to be a certain way. We know that content, humble, joyful hearts are what we should have. We know that resilient, creative, focused minds are what we should have. And yet, we are real people with real bandwidths experiencing the real complexities of life. Often that pressure can tempt us to avoid or deny our inner-states, to our detriment.

Authenticity gives us space to exist in both the peaks and valleys of life.

Nothing destroys celebration or joy quicker than faking it. Nothing stamps out gratitude faster than forcing it. Nothing embitters a grieving heart against God like piously pretending everything is ok. The danger of trying to supersede our inner-state is that we might unintentionally sour ourselves toward the spiritual life.

The spiritual life is not about ignoring the realities of life, but about developing the tools to bring all of ourselves before God.

May we allow ourselves the freedom to be authentic before God. May we have the faith and trust to know that God will meet us where we are at.

Take some time to listen to and reflect on the following

[Authenticity](#)

Take some time to put the following into practice

Assess your current inner-state and respond accordingly. Take real time to investigate how you are doing. What emotions and realities are occupying the biggest portions of your interior self? Allow those to be honestly, authentically named, and devote some effort to healing, processing, or celebrating those as appropriate.