



ABOUT THE AUTHOR

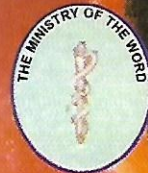
Bro (Leo) Ben Bassey, the leader of The Ministry of the Word is a medical doctor and a psychiatrist by training. He is a fellow of the West African College of Physicians, faculty of psychiatry. He voluntarily retired from the Nigerian Navy as a Surgeon Commodore in 2008 against expectations.

Bro Ben Bassey has been a passionate lover of the unadulterated word of God from childhood, and is very committed to the diligent obedience of the word of God. He graduated from the School of Disciples, of the Redeemed Christian Church of God (RCCG) in March 2009 and is a counsellor within the body of Christ. He was baptised in the Holy Spirit on 10 February 2008. He is a true disciple, an evangelist, teacher and preacher of the word of God. Dr Ben Bassey is currently a practising psychiatrist in the UK.

THE MINISTRY

The Ministry of the Word (Acts 6:4) is a spiritual body. It is an itinerant, non-denominational ministry, within the body of Christ, aimed at raising sincere, committed, courageous and zealous disciples for Jesus Christ. One of its main objectives is to encourage and empower believers to be rich in the word of God (Col 3:16), as the basis for the required spiritual transformation (Rm 12:2). It is a dynamic ministry and believers are encouraged to speak to one another and communicate using the word of God (Eph 5:19).

In addition to evangelism and soul winning, unbelievers are also imparted using the principles of the word of God, with the believe that when they witness the power of God, they will be compelled to acknowledge the God in Christ, and exalt his holy name (Ps 46:10). It is a non-profit making ministry. It is an initiative of Abasi Health Foundation (AHF), registered as a non-governmental organisation in Nigeria. Membership is open to anyone with a sincere 'hunger' and 'thirst' to know the word of God and to practice it (Matt 5:6).



THE MINISTRY OF THE WORD

Understanding Spirituality

Part 1

Not for
SALE

Understanding

SPIRITUALITY

PART 1

Content

Introduction	3-4
Spirituality as a General Concept	5-8
Salient Features of Spirituality in general	8-10
True spirituality	9- 10
Salient Features of true spirituality among Others include	10-11
Ways of Attaining True spirituality	12- 13
The three Broad Spiritual Forces	13- 15
Man Exists as Trinity	15- 15
Man's disconnection from God	15-16
Man's Reconnection with God in Christ Jesus	16-17
True spirituality is about practicing the Word of God	17- 18
Importance of our Thoughts	18- 18
Conclusion	19- 19

Introduction

With the revival currently blowing across the church, by the grace of God in Christ Jesus, Christianity is presently being transformed. True Christians are now beginning to understand it as a means of attaining true spirituality, rather than being practised as a mere religion, as it is currently largely the case. The truth in spirituality in Christ Jesus (The Word of God) should differentiate it from other forms of spirituality.

There are no simplistic, universally acceptable definitions of spirituality. Perhaps, it would not be incorrect to say that spirituality embraces everything good within creation. It is personal to every individual. Irrespective of your faith, beliefs and doctrine, everyone practices some element of spirituality, even if he or she has no spiritual awareness, consciousness or understanding. In this sense, an atheist or agnostic can be spiritual, but this will be limited to the human spirit. My personal understanding of spirituality is that: it is the state of Awareness, Passion, Desire, and Motivation to acquire increasing knowledge of things of the spirit, aimed at putting them into practice. It is a state of individual's consciousness, value and sensitivity to spiritual things.

We know as a fact that man exists in body, soul (mind) and spirit (1 Thess 5:23). Whereas our physical and mental beings are comparatively well understood through health

science, this not the case with our spirit being. True spirituality should lead to spiritual growth and spiritual maturity. The word of God recognizes the spiritual person as being in position to help others: "Brethren, if a man be overtaken in a fault, ye which are spiritual, restore such an one in the spirit of meekness; considering thyself, lest thou also be tempted" (Gal 6:1)

It is relevant to state here that our Lord and Savior Jesus Christ was the most spiritual person while on earth. He was not a religious person. This is why it is very important to delineate Christianity as a means to achieving true spirituality, and Christianity as a religion. True spirituality should lead to the development of the fruit of the Spirit: "love, joy, peace, longsuffering, gentleness, goodness, faith; Meekness, temperance: against such there is no law" (Gal 5:22-23). Additionally, the spiritual person by the grace of God should imbibe and reflect the true nature of God in Christ in his life: holiness, purity, righteousness, grace, glory, justice, mercy, power, dominion, excellent character, obedience and perfection, etc.

The emphasis in this write up will be on true spirituality based on the word of God in Christ Jesus, so as to distinguish it from other forms of spirituality.

Spirituality as General Concept

The importance of spirituality to our health is increasingly being realized. Compared with physical and mental health, our spiritual health is often poorly understood. There is general paucity of research literature with regard to our spiritual health. However, most recently, researchers are showing increasing interest in this area and data are currently unfolding. In the majority of studies, spirituality is noted to promote values such as creativity, patience, perseverance, honesty, kindness, humility, compassion, wisdom, equanimity, hope, optimism, happiness and joy, higher self esteem, forgiving mind, life satisfaction, less loneliness, purpose and meaning in life, etc, all of which support good mental well being.

The World Health Organization (WHO) in a holistic approach to healthcare later incorporated spirituality. WHO in the 1980s redefined health as state of physical, mental, social, psychological and spiritual well being of individuals not just absence of infirmity'. The spirituality aspect of health was initially left out in its original definition in the 1950s.

The Royal College of Psychiatrists, UK, records the following on its spirituality special interest group website: Spirituality, described as "linking the deeply personal with the universal", is inclusive and unifying. It naturally leads to the recognition that to harm another is to harm oneself, and equally that helping others is to help oneself. It applies to

everyone, including those who do not believe in God or a "higher being." The universality of spirituality extends across creed and culture; at the same time spirituality is felt as unique to each and every person.

In healthcare, spirituality is identified with experiencing a deep-seated sense of meaning and purpose in life, together with a sense of belonging. It is about acceptance, integration and wholeness. However, there is an urgent need to separate spirituality from religion, as spirituality is not about religion. Unfortunately, spirituality is often confused with religion. Spirituality cuts across the different religions and even an atheist can be spiritual as earlier mentioned, because man is a spirit. The Psalmist in recognition of the spirit and power in man, with the help of the Holy Spirit stated: "And I said ye are gods" (Ps 82:6). It should be said that the various religions are only means to attaining spirituality. Without spiritual growth and maturity, practitioners are merely being religious, with it attendant problems, such as lack of respect for differences of belief and religion which has been used as a social and political tool leading to intolerance and divisiveness.

Spirituality is an internalized concept, unique to individual, and often makes the person visible. The founders of the different religious organizations were to a large extent spiritual persons or leaders. Some of these include: Judaism (Abraham/Moses, religion of the Jews-recognized in Christianity and Islam); Jesus (founder of Christianity);

Mohammed (founder of Islam);Hinduism (no known founder, not one god; followers are encouraged to seek Truth in their own way); Sidhartha Gautama (founder of Buddhism); Guru Nanak (founder of Sikhism), etc.

In practice, spiritual activities range from religious to secular, and encompasses a wide range of activities identified among others by the (Royal College of Psychiatrists, UK, website) to include:

- ◆ Engaging in religious based activities;
- ◆ Belonging to a faith tradition, participating in associated community-based activities;
- ◆ Ritual and symbolic practices and other forms of worship;
- ◆ Pilgrimage and retreats;
- ◆ Meditation and prayer;
- ◆ Reading scripture;
- ◆ Sacred music (listening to, singing and playing) including Songs, hymns, psalms and devotional chants;
- ◆ Acts of compassion (including work, especially teamwork);

The truth is vital to true spirituality because the Holy Spirit is the spirit of truth: "Howbeit when he, the Spirit of truth, is come, he will guide you into all truth" (John 16:13). As mentioned, Jesus introduces himself as the Way, the Truth and the Life (Jn 14:6); also, the apostles present the gospel as the truth, "the truth of the gospel" (Gal 2:14). Firm knowledge and practice of the truth is the basis for our total freedom. Jesus himself says: "ye shall know the truth and the truth shall set you free" (John 8:32). Again, same John, verse 36 says: "And if the Son (the Truth) shall set you free, you shall be free indeed". Jesus is the greatest emancipator of humanity that ever lived on earth. On the other hand, the devil's plan is to put humanity in bondage, often using fear as one of his greatest weapons. Our level of freedom depends on our knowledge of the truth in the word of God, and to what extent we are able to practice it and live by it.

Salient Features of True Spirituality among others include:

- ◆ Believe in God the Father, the Son and the Holy Ghost (Matt 28:19), and being born again (John 3:3-5).
- ◆ Believe in Jesus Christ as the Son of God (the Word of God), who "was made flesh" (Jn 1:14).

- ◆ Believe that the Word (Jesus) was with God in the beginning (John 1:1).
- ◆ Be empowered through the baptism of the Holy Ghost (Acts 1:8).
- ◆ Be in friendship with the truth (Jesus): "Ye are my friends, if ye do whatsoever I command you" (Jn 15:14).
- ◆ To constantly recognize that Grace and Truth came through Jesus (John 1:17), and that without the grace of God, we are nothing.
- ◆ Be others centered (Rm 12:10), rather than self centered, by becoming "a living sacrifice" (Rm 12:1).
- ◆ Do unto others as you would have others do unto you (Matt 7:12).
- ◆ Have 'thirst' and 'hunger' for righteousness (Matt 5:6).
- ◆ Be unique and be in oneness with the universe and its creator (John 10:30); "All things that the Father hath are mine" (John 16:15).
- ◆ Desire and increasingly possess the "fruit of the Spirit" (Gal 5:22).
- ◆ Be totally committed to the truth, purity, holiness, righteousness, honesty, sincerity, humility, diligence, peace and the fear of the Lord, etc. (Prov 9:10).
- ◆ To constantly recognize that "God is love" (1 John 4:8 & v 16).

Ways of Attaining True Spirituality

- ◆ Regularly hearing and listening to the word of God because, "faith cometh by hearing, and hearing by the word of God" (Rm 10:17).
- ◆ Reading the word of God daily. This is important in knowing the word of God. The scripture says: "And it shall be with him, and he shall read therein all the days of his life: that he may learn to fear the Lord his God, to keep all the words of this law and these statutes, to do them" (Deut 17:19).
- ◆ Studying the word of God. Studying entails working at what we read with the purpose of understanding, retaining and utilizing the information. Brother Paul admonishes us: "Study to shew thyself approved unto God, a workman that needeth not to be ashamed, rightly dividing the word of truth" (2Tim 2:15).
- ◆ Memorizing God's words, helps to store God's words in your mind and heart for future use. This has a way of transforming the person. The Psalmist says: "Thy Word have I hid in mine heart that I might not sin against thee" (Ps 119:11).

- ◆ Meditating on God's word is to digest, thereby moving it from the level of your head to your heart, making it a permanent part of you. God instructed Joshua when he was called: "This book of the law shall not depart out of thy mouth; but thou shalt meditate therein day and night, that thou mayest observe to do according to all that is written therein: for then thou shalt make thy way prosperous, and then thou shalt have good success" (Joshua 1:8)

There is the need to have an increasing understanding that true spirituality involves spiritual warfare as there are many negative forces constantly trying to have control of our minds: "For a great door and effectual is opened unto me, and there are many adversaries" (1 Cor 16:9). Regularly recognizing these evil forces and resisting them is vital to our spiritual transformation.

St James says: "Resist the devil and he will flee from you" (James 4:7). St Paul, in his letter to his spiritual son Timothy, gave the following advice: "This charge I commit unto thee, son Timothy, according to the prophecies which went before on thee, that thou by them mightest war a good warfare" (1 Timothy 1:18). "But, we must constantly bear in mind that the weapons of our warfare are not carnal..." (2 Cor 10:4).

The Three Broad Spiritual Forces

There are three broad spiritual forces operating in the universe. There is the positive spiritual force of goodness, benevolence and unconditional love. This is God. There is the negative spiritual force of evil, badness, malevolent, represented by the Satan (Devil) and his agents. The third spiritual force, man, is supposed to be neutral but has his free will to cooperate either with God or Satan. If a man chooses to join and align with God, then "goodness and mercy" will follow him (Psalm 23:6). If he chooses to cooperate with the devil, all the evil, destruction and shame of the devil will follow him. Unfortunately, a number of people sit on the fence spiritually, out of ignorance, hence suffer the consequence (Hosea 4:6).

God is truly represented by his words, and is totally and completely good, holy and pure. He is life (John 1:4); perfect light and the Father of light: "Every good gift and every perfect gift is from above, and cometh down from the Father of lights, with whom is no variableness, neither shadow of turning" (James 1:17).

On the other hand, the devil, described as a thief by the word of God, has just one objective, his sole purpose is "to steal, and to kill and to destroy" (John 10:10). The book of revelation tells us of how Satan rebelled against God out of pride and ego hence was cast down: "And the great dragon was cast out, that old serpent, called the Devil, and Satan, which deceiveth the whole world: he was cast out into the earth, and his angels were cast out with him" (Rev 12:9).

God is a Spirit of perfection. He is a Spirit of excellence. He is always positive, but perfectly positive, as there is nothing bad about Him. However, he allows seemingly bad things to happen for a purpose. The word of God through prophet Isaiah says: "I form the light, and create darkness: I make peace, and create evil: I the LORD do all these things" (Isa 45:7). The word of God is God (John 1:1), and is always right. (Psalm 33:4); God is pure (Prov 30:5); God is light (Psalm 119:105); the word of God is the power of God and the wisdom of God (1 Cor 1:24), etc. What man may think is negative could actually be God working to bring about the fulfillment of his divine purpose.

There is a spiritual warfare going on in the mind of man as Satan is always struggling to gain control of the mind. However, if the man has fully surrendered to Jesus, he will need the grace of God to completely resist the devil and have control of his mind.

Man Exists as Trinity

Man as an example, exists as body, soul (mind) and spirit (1 Thess 5:23). Also, virtually everything God created has a spiritual force behind it, be it good or bad. Man's spirit being is very important to him because he created man primarily for his glory: "Even every one that is called by my name: for I have created him for my glory, I have formed him; yea, I have made him" (Isa 43:7). God breathed his Spirit into man

and man became a living soul (Gen 2:7). God originally created man exaltedly in his own image and likeness (Gen. 1:27). The image and nature of God include holiness, purity, truth, righteousness, honesty, humility, obedience, etc. Without spiritual training, nourishment, sensitivity and alertness, it is impossible to relate to God, because "God is a Spirit" (John 4:24). Man is given the freewill to choose.

Man's Disconnection from God

The word of God enables us to know that the moment man disobeyed God by yielding to the deception, manipulation and seduction of the devil, man fell out of God's original plan for him (Gen 3:6-24). This is how sin was introduced into the world. The word of God says it is our sin(s) that have separated us from God (Isa 59:1-2). Hence, following sinning, when Adam and Eve, heard the voice of God, they ran away from God and went into hiding (Gen 3:10). Without surrendering to Jesus, the spirit of man remains separated from God, hence spiritually dead and functionally disconnected from God.

Man's Reconnection with God in Christ Jesus

Only in Christ Jesus can a man be fully, truly and wholly reconnected to God. Jesus is the only source of our salvation and eternal life. The word of God says: "Neither is there salvation in any other: for there is none other name under heaven given among men, whereby we must be saved" (Acts 4:12). Really, there is no salvation in any one else. I have read books on religion and spirituality; I have never come across where anyone else has said he can save. Jesus

himself declares: "I am the way, the truth, and the life: no man cometh unto the Father, but by me" (John 14:6). The Bible says in him dwelleth all fullness of the Godhead bodily (Col 2:9). God was pleased to have his fullness dwell in him (Col 1:19). Jesus "is the radiance of God's glory and the exact representation of his being, sustaining all things by his powerful word" (Heb 1:3, NIV). All things were created by him and for him, whether in heaven and on earth (Col 1:16). The word of God says, God highly exalteth Jesus and gave "him a name which is above every name" (Phil 2:9).

Jesus came to redeem mankind and reconnect man to God through his redemption work. All we are required to do is to believe with our hearts, and not our minds: For with the heart man believeth unto righteousness; and with the mouth confession is made unto salvation (Rom 10:10). We need a new heart and spirit to be able to believe (Ezek 36:26) as the old heart is stony and stubborn! The new heart and spirit is given to us when we surrender our lives to Jesus and accept him as our Lord and Savior. Only then do we become a new creation: "Therefore if any man be in Christ, he is a new creature: old things are passed away; behold, all things are become new" (2 Cor 5:17). This process of spiritual rebirth, often referred to us being 'born again' (John 3:3, & v 5), is the only premise for us "to become sons of God" (John 1:12). The spiritual rebirth, called baptism of the Holy Ghost is the source of empowerment for the believer to function effectively in the vineyard of God

(Acts 1:8). This is also referred to as anointing, usually observed externally as boldness, signs and wonders, as well as evidence of speaking 'with new tongues' (Mark 16:17).

True Spirituality is about practicing the Word of God

No matter how rich we are with the word of God, if we fail to obey it or put them into practice, it means nothing to God and nothing happens in our lives. The word of God is not meant only to be quoted, preached or spoken. The devil can also quote the word of God copiously! It's the actual obedience or practice of the word that reconnects the person to God and makes the person spiritual. Such a person becomes a friend of God. Jesus says: "Ye are my friends, if ye do whatsoever I command you" (John 15:14). The word of God has been described as highly intelligent, penetrating, accurate, aggressive, sharp and powerful.

It can penetrate into our bones, marrow and spirit: "For the word of God is quick, and powerful, and sharper than any two edged sword, piercing even to the dividing asunder of soul and spirit, and of the joints and marrow, and is a discerner of the thoughts and intents of the heart" (Heb 4:12). The word of God transforms us (Rom 12:1-2).

Importance of our Thoughts

True spirituality starts with being conscious of our thoughts daily, and diligently aligning our thoughts with the thoughts of God because his thoughts are significantly different from our thoughts (Isa 55:8). God in Christ, being our divine creator, has the best thoughts for us (Jer 29:11). His daily desire and preoccupation is that his children will prosper and be in good health (3 John 2).

Conclusion

Spirituality is good for every one as a means of maintaining mental health stability. True spirituality in Christ Jesus is desirable, especially with regard to our salvation and eternal life. Recent studies, even by non believers, have identified certain values that spirituality promotes. This includes patience, perseverance, kindness, honesty, compassion, wisdom, hope, joy, etc, all of which help to maintain healthy mental health.

Christianity should be seen as a means of spiritual growth not to be practised as a mere religion, because our Lord and Saviour was not a religious person. More so, religion often brings about lack of respect for differences of belief and religion has been used as a social and political tool leading to intolerance and conflicts.

True spirituality is indeed a spiritual warfare, as the devil is constantly trying all tricks to take control of people's mind. True spirituality uses the word of God in Christ Jesus. Indeed, the word of God is described as the sword of the Spirit (Eph 6:17). The words of God are spirit and life (John 6:63). The words of God are quick and powerful (Heb 4:12). Without Jesus the Word of God (Rev 19:13), no man can obtain salvation and eternal life.

CONTACT DETAILS FOR FURTHER HELP

If you would require further help or counsel,
please contact any of the following:

UNITED KINGDOM (UK):

Bro. Ben Bassey, +44777 227 6136;

E-mail: benbassey@hotmail.com

Redeemed Christian Church of God-
(RCCG. Open Heavens Parish)

54, Town Center, Hatfield, Tel: +441 707 264534;

Mob.: +4477985 495281 (UK)

NIGERIA, LAGOS:

Ekpedeme Ekpe. Tel: +234 805 663 4898

e-mail: ekpedemeekpe@gmail.com.

Beatrice Nkamere.

E-mail: beauty-express@hotmail.com. Tel: + 234 816 480 3109

Nkese Jacob. Tel: + 234 803 774 2615

E-mail: nkesej@yahoo.com

EnoAbasi Edem Tel: +234 808 012 4407

E-mail: enonessy@yahoo.com

Mary Bassey Omar. Tel: +234 808 864 5549

Email: priftimystique@yahoo.com

Bright Gabriel Sianu

Email: bright4ucarei@yahoo.com

+234-803 850 5682

www.ministryoftheword.org

info@ministryoftheword.org

or

Visit the nearest Branch of the
Redeemed Christian Church of God (RCCG)

Bro. Ben Bassey is the leader of

THE MINISTRY OF THE WORD,

an Evangelist and a Mental Health Specialist.

No part of this booklet may be
reprinted or photocopied
without permission
from the owner,
except for Individual studies.

© Reprint 2011 - All rights reserved

Note: All scriptures from KJV except otherwise stated.