

TEACHING NOTES for April 19th, 2020  
**#SBNR // Meet-n-Greet: Those who are Spiritual But Not Religious**  
Pastor Marty Walker

**The SBNR hold loose ideas about God, spiritual practices, and religion.**

**SBNR #1:** Those who self-identify as spiritual but say \_\_\_\_\_  
is not very important in their lives.

**SBNR #2:** Those who self-identify as spiritual but have no  
\_\_\_\_\_ beliefs. (atheist, agnostic or unaffiliated).

The SBNR are likely to be \_\_\_\_\_theistic (*more than one god*) as  
opposed to \_\_\_\_\_theistic (one God).

The SBNR want freedom from any kind of religious \_\_\_\_\_.

Most world religions point \_\_\_\_\_ oneself to a higher power,  
while spirituality looks \_\_\_\_\_.

The SBNR are exploring what spirituality looks like \_\_\_\_\_  
of religious beliefs.

**GROWth Journaling Scriptures**

for more information on journaling visit [thesanctuarychurch.com/growth](http://thesanctuarychurch.com/growth)

Matthew 18:15-17 / Hebrews 10:25 / 2 Peter 1:20  
2 Peter 3:15-16 / Isaiah 43:5-7

## Conversations in Community

Use these questions in your Community Group, GROWth Groups, with your family or your friends to give you practical ways to walk out Pastor Marty's message.

### SURVEY YOURSELF

What are your spiritual practices?

[1] often [2] sometime [3] rarely [4] never

- Spending time in nature for reflection [ ]
- Meditation [ ]
- Practicing silence and/or solitude [ ]
- Prayer [ ]
- Journaling or writing your thoughts [ ]
- Yoga [ ]
- Attending groups or retreats [ ]
- Talk to friends about spiritual matters [ ]
- None of these [ ]

What kind of SCRIPTURE reading/analysis/studying do you do? (check all that apply)

- [ ] Textual: smaller specific verses, texts, or words for word study
- [ ] Expository: larger blocks so that the bigger picture can be understood
- [ ] Topical: regarding life's roles/responsibilities (marriage, parenting, finances, etc.)
- [ ] Inspirational: an author's commentary; encouraging day-to-day living
- [ ] Allegorical: fiction or symbolic reading with content or parallels
- [ ] Devotional: linear plan; processing through life's circumstances

How satisfied are you with what you see regarding your spirituality?  
(check one)

- SATISFIED [ ]
- SOMEWHAT SATISFIED [ ]
- SOMEWHAT DISSATISFIED [ ]
- DISSATISFIED [ ]

Do you see anything that needs to change? If so, what could you do to change it? Who could you talk to about changing what you see?