



# **Spirituality: What Does It Mean to Be Spiritual? (Groups Investigating God)**

*Rick Richardson*

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Many of us have tried various spiritual activities--church services, meditation nurturing our souls through listening to spiritual teachers or reading books by those who seem to be ahead of us. And yet we feel empty. We have questions like

- What is spirituality?
- Do all religious leaders basically say the same things?
- How do I find what works for me?
- What is so unique about Jesus?
- Why is it so hard to stay spiritually focused?
- How can I pray?

Rick Richardson leads you to explore all these questions, offering help in this study guide for developing the spiritual side of life in a way that will last.

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