

Faith in 5 – Adults Catholic Spirituality



1. We may be inspired or interested to follow a particular religious path or spirituality in our Catholic faith. There are examples of many great saints who reached the heights of closeness with God. In choosing a specific experience, practices or ideas are emulated to help us on our journey.
2. **Catholic Spirituality** is growth in holiness, taking a personal, dedicated approach to seeking relationship with God. Spirituality can also be considered spiritual maturity. “The spiritually mature person lives in communion with God, knowing reality as God knows it and wanting what God wants”([Source](#)). As we mature and delve deeper, it becomes a lifestyle.
3. All are invited to explore and learn about the different spiritual ways of life in the various religious orders, which are as diverse as individuals are. While not all are called to religious life as a vocation, the laity can participate on some level. They may participate as a member of a secular or third order, or informally by adopting the charisms, incorporating aspects of spirituality into their own lifestyle. With growth and deeper knowledge of God, the spiritual life intensifies. Our faith becomes grounded, we become transformed and can more fully serve God and others.
4. Religious orders and congregations all have a specific style, or identity that draws people towards their spiritual approach to God. There is a various range to suit anyone’s personality and perspective. Each spirituality reflects a specific charism - there may be aspects from one or more paths that are appealing to the individual and suitable to one’s growth in faith and spiritual life.
5. The basis for choosing any spiritual approach when seeking God is humility. It is a denial of self, to be able to seek the encounter with God. It is a recognition that only with God and His grace will there be meaning in life and an opportunity for transformation to occur.
6. Below is a list of only a few spiritual approaches and their very brief descriptions ([Source](#)). There are many others for Catholics to explore. Further study is required to understand each of them thoroughly, to prayerfully seek a style that suits one best. Active links are included to provide more information.
7. **Benedictines**: The oldest of the spiritual communities. Great focus on humility and the Scriptures. Life is balanced, centered on praising God, His Work, and working together. [Previous post on St. Benedict from A Catholic Mom’s Life, Faith in 5](#). It is a balanced life of manual work, prayer, worship, and biblical studies.
8. **Dominicans**: Order of Preachers, real theologians. Study of faith with writing and speaking. Their goal is to understand the faith in order to preach the Good News. St. Dominic, its founder said that the order was created for “preaching and the salvation of

souls" ([Source](#)). Knowing and loving God is to be shared with others so that they may know and love Him also.

9. **Franciscans:** Love nature and creatures, simple, personal and devotional. Priority of Christ, humility of Christ, fraternity with Christ. Everything in life is a gift. Care of the poor. [The Franciscan Rule](#) of the Friars Minor is to observe the Holy Gospel of Jesus, living in obedience, in chastity and without property.
10. **Jesuits:** Seeking to know the Will of God in all things. Practical, no-nonsense; God can be found anywhere and in every moment. Ideal for those who are active but choose a contemplative way when seeking God. [Dedicated to the greater glory of God](#) and the good of others.
11. **Carmelites:** Contemplation, community, and service. The [goal of their life](#) is union with God. "A life of allegiance to Jesus Christ, pure in heart and stout in conscience," one's whole heart is given to God. The brown scapular is a sign of love and devotion to Mother Mary.
12. **Opus Dei:** Founded in 1928 by Josemaria Escriva, [Opus Dei](#) is not a religious order but a "personal prelature, 95% laity and 5% clergy"; it is a spirituality for the laity. Holiness can be found anywhere, even in ordinary life. Secular life is part of the spiritual life, where the path of sanctity can be found. Holiness is attainable for everyone.
13. [Missionaries of Charity](#): founded by St. Teresa of Calcutta. The fourth vow (in addition to obedience, holiness, and chastity) is to serve the poorest of the poor, freely and wholeheartedly. Love in action.
14. **Order of the Cistercians of the Strict Observance ([Trappists](#)):** a monastic order characterized by manual labor, severe abstinence of pleasure and care for the environment. They follow the Benedictine Rule. Trappist monks "prefer nothing to Christ".
15. **Augustinians:** Education, parochial ministry and missionary work. Community life over self. [St. Augustine was not the order's founder](#), but was its inspiration. The Rule of St. Augustine [here](#).
16. The Catechism of the Catholic Church 2044 states that the "Christian's moral life and missionary witness are connected because the message of salvation can only show its power if it be authenticated by the witness of the Christian life". May our expressions of faith, through our discerned spirituality lead us and others closer to Christ!

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