



*“Guard your heart with all diligence, for from it flow the springs of life. . . Let your eyes look straight ahead; fix your gaze directly before you. Give careful thought to the paths for your feet and be steadfast in all your ways.” — Proverbs 4:23-27*

It is May! May is the month when we witness the reality of new beginnings and new life after celebrating the resurrection of Christ on Easter morning. As the saying goes, “April showers bring May flowers.” In May, flowers show off their beauty, trees reveal their true nature, and the sky turns a brilliant blue. We see athletes run, bikers ride, fishers go fishing, and those who simply love gazing at nature step outside to celebrate God’s creation. These activities remind us of the need for refreshment and renewal across the whole spectrum of life.

Contrary to pursuing leisure simply for rejuvenation and relaxation, many people today engage in these activities for “spiritual purposes.” Spirituality and the desire for spiritual experiences have become new vanity pursuits of our era, often replacing organized Christian practices such as Scripture reading, prayer, and meditation. The words “spiritual” and “spirituality” have also become popular phrases. In the wake of the incident involving Chris Rock at the 94th Academy Awards in 2022, news emerged that Will Smith traveled to Mumbai, India, to practice yoga for “spiritual purposes.” This interpretation of spirituality differs from the traditional Christian perspective.

When Christians talk about spiritual practice, we refer to the deep connection and relationship we have with God. It is neither temporal nor superficial; rather, it is a call to live anchored to the source of life-giving God, depending on His well of grace to refresh our souls on our journey with Him. In such practice, we ask for forgiveness, seek the face of God for restoration, and pray for the power of the Holy Spirit to guard our hearts and fix our eyes on the Cross. Through this, the Lord enlightens our thoughts and gives us discernment and understanding to keep us on the path of righteousness—the righteousness that only comes from God and springs up to eternity.

Our spiritual practice depends on the truth of the story of the empty tomb and the resurrection of Jesus Christ, which affirms and validates real life after death and helps us cling to the hope found in Him. Hope, in turn, is a new beginning that helps us view our challenges from a different perspective while relying on the sustaining power of God.

Therefore, let us remain diligent, fix our eyes on Christ, and resume our true spiritual practices this summer.



Our purpose in spiritual discipline is not simply to clear our minds of mistakes; rather, true spiritual discipline is the reward itself, embodied in the peace of Christ. Through it, we renew and restore our relationship with Christ, who transforms our worry into confidence, anxiety into reassurance, defeat into victory, sorrow into joy, and fear into courage. When the doors of the world shut on you, run to Jesus, touch Jesus, experience Jesus through scripture reading, turn and bend your knee in prayer, seek help and comfort from the source of all power who fills us with spiritual strengths.

Pastor Owar