

Lewis Howes Question: What is the difference between religion and spirituality?

Answer: To use an analogy, religion is the school bus, and spirituality or spirits are the school bus driver. Religion is a vehicle; spirits are supernatural entities, spirituality is communion with a spirit. Just like we have different religious vehicles, we have different spiritual entities which drive those vehicles. A sincere disciple of Christ rides a vehicle of humility and service which is driven by the Spirit of Jesus. There are other vehicles and other spirits, but they won't deliver you to the same location as Christ and true religion.

Scriptural Reference: (John 4:1-40)

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