

*But speaking the truth in love, we must grow up in every way into him who is the head, into Christ, from whom the whole body, joined and knitted together by every ligament with which it is equipped, as each part is working properly, promotes the body's growth in building itself up in love.*

—Ephesians 4:15-16

I know, I know. Anybody of any spiritual interest at all seems to be saying, "I am spiritual but not religious." We know what they mean, that they enjoy a purer sense of the holy when they are not trapped and frustrated by the mechanics and structure and sometimes sheer boredom of institutional life.

But good spirituality is always about the body as well as the soul. Our bodies really do carry soul. And bodies need bones and muscles and ligaments; our bodies need mechanics. From the greatest to the least. So it is that Ephesians 4:16 indicates that the Body of Christ is joined and knit together by every ligament doing its part.

The root meaning of the word "religion" includes the root meaning of ligament, "to tie back together." Good religion, then, is about tying and holding together the critical pieces of our spirituality.

Pray for the Church today. Pray for the Church as a living body, which really does need structures and ligaments, from the greatest to the least. That body really does carry the living Christ, our Soul.

—Sam Candler