



*Living in Relational Wholeness*

## Coalesce Podcast

### Episode 021 – The Spirituality of Subtraction

#### Note, terms, scripture, practice



Meister Eckhart rightly pointed out that spirituality has much more to do with subtraction than it does with addition.

“Spiritual consumerism” focuses on *learning* more spiritual ideas, *earning* merit badges from God, trying to *attain* enlightenment, and the *will power* of heroic moral behavior.

innocent means “unwounded”

[1 Corinthians 12:22](#)

[Matthew 13:52](#)

[Matthew 3:12](#)

Meister Eckhart rightly pointed out that spirituality has much more to do with subtraction than it does with addition. “Faith itself sometimes needs to be stripped of its social and historical encrustations and returned to its first, churchless incarnation in the human heart.” ~Christian Wiman

[Matthew 5:20-48](#)

[Galatians 2:1-14](#)

The Gospel is not a fire insurance policy for the next world, but a life assurance policy for this world.

## Practice: The Franciscan Calling

Francis did not wish for himself or his followers to be priests, to take higher places on the Church's hierarchical ladder of education, prestige, and power. Francis was apparently ordained a deacon, but only under pressure, because he never talks about it. The mark of a true Franciscan heart is devotion to the Gospel, regardless of title, group, or official status. These hallmarks of the Secular Franciscan Order (*from the "For Up To Now" Manual*) can be claimed and practiced by anyone:

- *Simplicity*: "There is no pretense in the Franciscan Spirituality. We who live by the Rule of St. Francis strive to be the genuine article, that is, people who do not care much for fame or wealth—people who live in simplicity."
- *Poverty*: "Love of Gospel poverty develops confidence in the Father and creates internal freedom."
- *Humility*: "The truth of what and who we really are in the eyes of God; freedom from pride and arrogance."
- *A genuine sense of minority*: "The recognition that we are servants, not superior to anyone."
- *A complete and active abandonment to God*: "Trusting in God's unconditional love."
- *Conversion*: "Daily we begin again the process of changing to be more like Jesus."
- *Transformation*: "What God does for us, when we are open and willing."
- *Peacemaking*: "We are messengers of peace as Francis was."

Re-read these qualities of a Franciscan and discern if you are called to live in such a way, making the Gospel the very core of your day-to-day doings and being. What is yours to do?