Lesson 2: Our Emptiness and His Fullness

The Problem of Spiritual Emptiness

"About the third of my cases are suffering from no clinically definable neurosis but from the emptiness of their lives." - Carl Jung

"The biggest problem among today's students is emptiness" - Derek Bok

"When an unclean spirit goes out of a man, he goes through dry places, seeking rest, and finds none. Then he says, I will return to my house from which I came. And when he comes, he finds it **empty**, swept, and put in order. Then he goes and takes with him seven other spirits more wicked than himself, and they enter and dwell there; and the last state of that man is worse than the first. So, shall it be among this generation"

Signs of Spiritual Emptiness

- Anxiety
- Depression
- Stress
- Directionless
- Lack of motivation
- Hopelessness
- Identity Crisis
- Purposelessness
- Meaninglessness

Cures for Spiritual Emptiness

"I bow my knees to the Father of our Lord Jesus Christ for you... to know the love of Christ which passes knowledge; that you may be filled with all the fullness of God." (Ephesians 3:19)

Eastern Religions

- Hinduism's goal is to lose your self in Brahman - the state of extinction (annihilation of self)
- Buddhism's goal is to reach enlightenment (Nirvana)

Christianity

"Do not be drunk with wine, in which is dissipation; but be **filled** with the Spirit." (Ephesians 5:18)

From the Agpeya 3rd Hour:

- "Your Holy Spirit, O Lord, whom You sent forth upon Your holy disciples and honored apostles in the third hour, do not take away from us, O Good One, but **renew** Him within us."
- "O Lord, Who sent down Your Holy Spirit upon Your holy disciples and Your honored apostles in the third hour, do not take Him away from us, O Good One, but we ask You to **renew** Him within us."

What does it mean to "renew Him"?

How do I know that I am filled?

When I overflow with the same substance of which I am filled

When I become an instrument of peace to others, then I know I am filled with peace

Instruments/Agents/Conduits of the Holy Spirit

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