

RT Cheat Sheet

Navigating conversations with clients who have experienced religious trauma can feel like stepping into a world with its own unique language, especially if you didn't grow up in a religious environment.

This guide is designed to be a helpful cheat sheet, offering insights into common terms and phrases you might encounter. While not exhaustive, it serves as a starting point to help bridge the gap in understanding.

By familiarising yourself with this terminology, you can better support your clients as they unpack their experiences and reclaim their narratives.

The vast majority of the terminology will come from Christianity/Catholicism.

Whilst they are subdivided each section is in no particular order.



CONTENTS

DOCTRINES/BELIEFS

- The Apostles Creed & The Gospels
- Epistles & Fruit of the Spirit
- Holy Trinity, Nicene Creed & Doctrine of Original Sin
- Spiritual Gifts & Eschatology
- The Rapture & Tribulation
- The End Times & Second Coming of Christ
- The Eucharist & The First Eucharist
- Catechism & Confirmation
- Baptism
- Communion, Armour of God & Pentateuch
- Beatitudes, Lent & Ash Wednesday
- Palm Sunday & Apologetics
- Hermeneutics & Atonement
- Immaculate Conception & Consecration
- Headship of God & Headship of the Home
- Baptism in the Spirit & Laying on of Hands
- Omnipotent, Omniscient & Omnipresent
- The Love Chapter & Complementarianism

CONTENTS

- Purity Culture & Purity Ring
- Purity Ball & The Gift of Singleness
- The Gift of Hospitality, The Gift of Prayer & Intercession
- Sanctification & Glorification
- Spiritual Warfare & Temptation
- Beseech, Incarnate & Witnessing
- Hedge of Protection & Anointing
- Spirit of Confusion & Interpretation of Tongues
- Submission
- Jezebel Spirit & Justification
- Transubstantiation, Repose & Sacramental Grace
- Treasury of Merit & Fellowship
- Spiritual Covering & Proverbs 31 Woman
- Unequally Yoked, Immutability & Rebuking
- Covenant & Covenant Family
- Clobber Passages & Servant Hearted
- Tithing

CHURCH LANGUAGE

- Narthex, Pastor & Deacon
- Elder, Minister & Reverend
- Priest/Father & Bishop
- Archbishop, Cardinal & Pope
- Vicar, Chaplin & Nun
- Ordination & Church Militant
- Church Triumphant, Church Suffering & Mass
- Service & Chapel

PHRASES & SAYINGS

- “I exalt thee” & “Glory of the Lord”
- “Fear of the Lord”, “Movement of the Spirit” & “Lift your hands”
- “Prophetic Word”, “Every head bowed and every eye closed” & “Cast out”
- “Born again Christian”, “God spoke to me” & “Backslider”
- “On fire for God”, “Lukewarm” & “God’s timing”
- “Mountain top experience”, “Under attack” & “Speak the truth in love”

CONTENTS

- “Go home to be with the Lord”, “We lift up..” & “Pick up your cross”
- “Blessings in disguise” & “WWJD”
- “Sinning in your heart” & “Divine simplicity”
- “Love on”, “selah, baby, selah” & “secular music”
- “Slain in the spirit” & “In the world, but not of the world”
- “Giving the enemy a foothold” & “Trad-wife”
- “God works in mysterious way”

DOCTRINE/BELIEFS

The Apostles Creed

The Apostles' Creed is an ancient statement of Christian faith that summarises core beliefs shared by many Christian denominations. Traditionally attributed to the apostles, though not directly written by them, it serves as a concise expression of foundational Christian doctrines.

The Creed is often recited in church services and during baptisms, reaffirming beliefs in the Trinity—God the Father, Jesus Christ as His Son, and the Holy Spirit—along with key events like the virgin birth, crucifixion, resurrection, and the promise of eternal life. Its purpose is to unify believers in a common declaration of faith and to provide a framework for understanding Christian theology.

The Gospels

The Gospels are the first four books of the New Testament—Matthew, Mark, Luke, and John—that tell the story of the life, teachings, death, and resurrection of Jesus Christ. They are the primary sources for understanding who Jesus is and what He did.

Epistle

An epistle is a formal letter or written communication, often of a didactic or instructional nature. In a religious context, epistles are letters found in the New Testament of the Bible, written by apostles such as Paul, Peter, James, and John to early Christian communities or individuals.

These letters address theological issues, offer guidance, encourage faith, and provide teachings on how to live according to Christian principles. The Epistles play a significant role in shaping Christian doctrine and practice.

Fruit of the Spirit

The "Fruit of the Spirit" refers to a set of nine qualities produced in the life of a person who is living in alignment with the Holy Spirit.

These qualities, listed in Galatians 5:22-23, include love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, and self-control. These attributes are seen as evidence of a life transformed by the Holy Spirit, reflecting the character of Christ in the believer, and serve as a guide for Christian behavior and spiritual growth.

The Holy Trinity

The Holy Trinity is the Christian belief that God exists as three persons in one: the Father, the Son (Jesus Christ), and the Holy Spirit. Each is believed to be fully God, but they are not three gods—just one.

Nicene Creed

The Nicene Creed is a statement of Christian faith that outlines core beliefs about God, Jesus Christ, and the Holy Spirit. Developed at the First Council of Nicaea in 325 AD.

Unlike the Apostles' Creed, which is shorter and more general, the Nicene Creed includes detailed theological statements, particularly about the nature of Christ and the relationship between the Father and the Son.

Doctrine of Original Sin

The doctrine of original sin is the belief that humanity inherits a fallen nature due to the first sin committed by Adam and Eve in the Garden of Eden. This concept suggests that all people are born with a sinful nature and a tendency to disobey God, which separates them from Him. The doctrine underscores the need for redemption and salvation through Jesus Christ.

Spiritual Gifts

Spiritual gifts are special abilities given by the Holy Spirit to believers to help serve others and strengthen the church.

Described in the New Testament, these gifts include wisdom, knowledge, faith, healing, miracles, prophecy, discernment, tongues, and their interpretation, teaching, serving, encouragement, giving, and leadership.

Each gift plays a role in supporting and growing the Christian community, reflecting God's love and power through practical and spiritual means.

Eschatology

Eschatology is the study of end times or final events in human history, as described in religious texts and doctrines. It focuses on beliefs about the ultimate destiny of humanity, the final judgment, the end of the world, and the coming of a new era or divine kingdom.

In Christianity, eschatology often involves discussions about the Second Coming of Christ, the resurrection of the dead, and the establishment of God's eternal reign.

The Rapture

The Rapture is a belief in some Christian traditions that describes a future event where believers will be taken up from the earth to meet Jesus in the air, often thought to occur before a period of tribulation or intense suffering.

This concept is based on passages from the New Testament, particularly 1 Thessalonians 4:16-17.

The idea is that faithful Christians will be removed from the world to escape the coming hardships and to be with Christ.

Tribulation

Tribulation refers to a period of intense suffering, hardship, or distress that is believed to occur before the end of the world or the final coming of Christ.

In Christian eschatology, it often denotes a time of great trials and challenges, including persecution and natural disasters, as described in the Bible, particularly in the Book of Revelation.

This period is thought to precede the establishment of God's kingdom and the ultimate victory of good over evil.

The End Times

The End Times refer to the period of final events in human history leading up to the ultimate conclusion of the world as described in various religious traditions.

In Christianity, this concept includes events such as the Second Coming of Christ, the final judgment, and the establishment of a new heaven and earth. It is a time when God is believed to bring about the final resolution of history, where evil is defeated, and eternal peace is established.

The End Times are often associated with signs and prophecies outlined in the Bible, particularly in the Book of Revelation.

Second Coming of Christ

The Second Coming of Christ is the belief that Jesus Christ will return to Earth in the future to fulfil promises made in the Bible. This event is expected to mark the end of the world and usher in a new era, characterised by Christ's final victory over evil, the final judgment of humanity, and the establishment of God's eternal kingdom.

The concept is based on various New Testament passages, especially in the Gospels and the Book of Revelation.

The Eucharist

The Eucharist, also known as Holy Communion, is a Christian sacrament that commemorates the Last Supper of Jesus with His disciples. During the Eucharist, believers participate in a ritual of sharing bread and wine, which are considered symbols of Jesus's body and blood.

The First Eucharist

In Catholic tradition, the First Eucharist is a significant sacrament in which a child, usually around the age of seven or eight, receives the Holy Communion for the first time. This sacrament is typically celebrated after the child has undergone preparation through catechism classes.

The First Eucharist is seen as an important step in a child's spiritual journey, marking their full participation in the sacrament of the Eucharist, which is central to Catholic worship.

The event is often accompanied by a special ceremony, including a Mass where the child receives the body and blood of Christ.

Catechism

Catechism is the process of religious instruction and formation, especially within the Christian tradition. It involves teaching the principles and doctrines of the faith through a structured curriculum, often using a catechism book or guide.

Catechism is commonly provided to children and adults preparing for sacraments like Baptism, Confirmation, and First Eucharist, and it also serves as ongoing religious education for believers.

Confirmation

In Catholic tradition, it is one of the seven sacraments and is seen as a way to complete the grace received at Baptism. During Confirmation, the Holy Spirit is believed to strengthen the individual, deepening their relationship with God and their commitment to the Church.

The sacrament typically involves the bishop or priest laying hands on the candidate and anointing them with chrism oil, symbolising the seal of the Holy Spirit. This rite is often celebrated in a special Mass and is an important step in the faith journey of young Catholics.

Baptism

In the Catholic Church, Baptism is a sacrament of initiation that cleanses a person from original sin and incorporates them into the Church. It is typically performed on infants but can also be administered to older individuals.

The ceremony involves the pouring of water over the person's head or immersion, along with prayers and the invocation of the Holy Trinity. Baptism is considered essential for salvation and a means of receiving grace.

In Protestant traditions, Baptism is also a sacrament or ordinance of initiation but is generally understood as a public declaration of faith rather than a means of grace. It can be performed on infants or adults, depending on the denomination's beliefs.

The ceremony involves the application of water, either by sprinkling, pouring, or immersion, and symbolises the individual's repentance and acceptance of Jesus Christ.

Baptism is seen as an important step in the faith journey and a sign of entry into the Christian community.

Communion

Communion, also known as the Eucharist or the Lord's Supper, is a Christian practice where believers eat bread and drink wine (or juice) to remember and honour Jesus Christ's sacrifice.

The Armour of God

The Armour of God is a biblical metaphor found in Ephesians 6:10-18, describing a set of spiritual qualities that Christians are encouraged to adopt to protect themselves against spiritual challenges and temptations.

It includes elements like truth, righteousness, faith, and salvation, symbolised as pieces of armour such as a belt, breastplate, shield, helmet, and sword. The imagery represents the inner strength and virtues needed to stand firm in one's faith.

The Pentateuch

The Pentateuch is the term used for the first five books of the Bible, which are also known as the Torah in Judaism. These books are Genesis, Exodus, Leviticus, Numbers, and Deuteronomy.

The Beatitudes

The Beatitudes are a set of teachings by Jesus found in the Gospel of Matthew, specifically in Matthew 5:3-12.

They are part of the Sermon on the Mount. The Beatitudes highlight values such as humility, mercy, purity, and peacemaking, and they offer promises of spiritual rewards and comfort to those who embody these traits.

Lent

Lent is a season in the Christian calendar that lasts for 40 days, not counting Sundays, leading up to Easter. It begins on Ash Wednesday and is a time for reflection, repentance, and preparation for the celebration of Jesus Christ's resurrection.

During Lent, many Christians practice fasting, give up certain foods or habits, and engage in prayer and penance to grow spiritually.

Ash Wednesday

Ash Wednesday is the first day of Lent in the Christian calendar. On this day, many Christians attend church services where ashes are applied to their foreheads in the shape of a cross. They symbolise mortality and the need for repentance.

Palm Sunday

Palm Sunday is the Sunday before Easter and marks the beginning of Holy Week in the Christian calendar. It commemorates Jesus's triumphant entry into Jerusalem, where crowds welcomed Him by waving palm branches and laying them on the ground.

This event is celebrated with the distribution of palm branches in church services, symbolising Jesus as the King and Savior.

Apologetics

Apologetics is the practice of defending and explaining religious beliefs, particularly within Christianity. It involves providing reasons and arguments to justify faith, counter objections, and clarify misunderstandings.

Apologetics aims to help believers strengthen their faith and to engage in meaningful discussions with those who question or challenge religious doctrines.

Hermeneutics

Hermeneutics is the study and method of interpreting texts, especially religious scriptures like the Bible. It involves analysing the language, context, and historical background of a text to understand its meaning and relevance.

Hermeneutics helps people apply ancient texts to contemporary life and ensures accurate and meaningful interpretations.

Atonement

Atonement is the concept in Christianity that refers to the reconciliation between God and humanity, achieved through the sacrifice of Jesus Christ.

It is the belief that Jesus's death and resurrection paid the price for sin, allowing believers to be forgiven and restored to a right relationship with God.

Atonement is central to Christian theology, emphasising Jesus's role as a savior who made it possible for people to be redeemed from sin.

Immaculate Conception

The Immaculate Conception is a Catholic doctrine that teaches that Mary, the mother of Jesus, was conceived without original sin.

This belief holds that from the moment of her conception, Mary was preserved by God's grace from the stain of sin, allowing her to be a pure and holy vessel to carry Jesus. The doctrine is specific to Mary and is distinct from the virgin birth of Jesus.

Consecration

Consecration is the act of making something or someone sacred and dedicating it to God.

In a religious context, it often refers to the part of a Christian church service, especially in the Eucharist, where the bread and wine are blessed and believed to become the body and blood of Christ.

Consecration can also refer to the dedication of a building, altar, or person, such as a priest or bishop, for sacred purposes.

Headship of God

The headship of God refers to the belief in God's supreme authority and leadership over all creation, including humanity. In Christian theology, it emphasises God's role as the ultimate ruler, guide, and protector, with all power and authority coming from Him.

The concept often extends to the idea that believers should submit to God's will and follow His guidance in all aspects of life.

Headship of the Home

The headship of the home is a belief, particularly in some Christian traditions, that the husband or father has a leadership role within the family.

This idea is based on interpretations of certain biblical passages that suggest the husband should lead the household in matters of faith, decision-making, and moral guidance, while the wife and children are expected to support and follow this leadership.

However, how this concept is applied can vary widely among different denominations and individual families.

Baptism in the Holy Spirit

Baptism in the Holy Spirit is a Christian experience believed to occur after or alongside water baptism, where a person receives an intensified presence of the Holy Spirit.

This event often involves a deeper spiritual awakening and empowerment for living a Christian life, sometimes accompanied by spiritual gifts like speaking in tongues, prophecy, or healing.

It is especially emphasised in Pentecostal and Charismatic traditions as a key moment in a believer's spiritual journey.

Laying on of hands

The laying on of hands is a religious practice where a person places their hands on someone else, usually during prayer or a blessing. In Christianity, it is often used during ceremonies such as ordination, healing, and the Baptism in the Holy Spirit.

The act symbolises the transfer of spiritual power, authority, or blessing from one person to another and is a way to invoke God's presence and support for the person being touched.

Omnipotence

Omnipotence is the attribute of being all-powerful. In a religious context, it refers to God's unlimited power and ability to accomplish anything that is consistent with His nature and will. This means God can do all that is logically possible and in line with His divine nature.

Omniscient

Omniscient means having complete and unlimited knowledge. In a religious context, it describes God's attribute of knowing everything—past, present, and future—fully and perfectly. This means God is aware of all events, thoughts, and details in the universe.

Omnipresent

Omnipresent means being present everywhere at the same time. In a religious context, it refers to God's attribute of being fully and equally present in all places, without limitation by space or time.

This means God is not confined to any one location but is present everywhere simultaneously.

The Love Chapter

The "Love Chapter" refers to 1 Corinthians 13 in the New Testament. This chapter, written by the Apostle Paul, describes the nature and importance of love.

It highlights that love is patient, kind, and enduring, and it is considered the greatest of all virtues. The chapter emphasises that love is essential for meaningful relationships and effective ministry, surpassing other gifts and actions in significance.

Complementarianism

Complementarianism is a theological view that holds men and women have different, complementary roles in marriage and church leadership.

It teaches that while men and women are equal in worth and value, they have distinct roles: men are typically seen as the leaders or heads in the family and church, while women are seen as having supportive and nurturing roles.

This view is often contrasted with egalitarianism, which advocates for equal roles and opportunities for men and women in all areas of life.

Purity Culture

Purity culture is a movement within some Christian communities that emphasises sexual abstinence and moral purity, often focusing on the importance of remaining sexually pure until marriage. It promotes specific standards and guidelines for behaviour, attire, and relationships to avoid temptation and maintain purity.

This culture can also include teachings about modesty, the significance of virginity, and the consequences of sexual activity outside of marriage.

Purity Ring

A purity ring is a symbolic piece of jewellery worn by some individuals, particularly teenagers and young adults, to signify their commitment to remain sexually abstinent until marriage. Often given as a gift or worn as part of a purity pledge, the ring represents a promise to uphold certain moral standards and values regarding sexual behaviour.

The practice is associated with purity culture and is intended to serve as a physical reminder of one's commitment to personal and religious principles.

Purity Ball

A purity ball is a formal event, often organised by Christian communities, where young women and their fathers (or male guardians) participate in a ceremony to celebrate and pledge commitment to sexual abstinence until marriage.

During the event, the young women may make a promise of purity, and the fathers may offer blessings or vows of protection.

The event typically includes a ceremonial element, such as a formal dinner, dancing, and speeches, and is intended to emphasise the importance of purity and traditional values in relationships.

The Gift of Singleness

The "gift of singleness" is a concept in Christian theology that refers to the belief that some individuals are given a special calling or ability to remain single and focus on their relationship with God and service to others.

The Gift of Hospitality

The gift of hospitality is a spiritual gift in Christianity that involves welcoming, caring for, and serving others, often in one's home. It is the ability to create a warm, inviting environment and to meet the needs of guests and strangers with generosity and kindness.

The Gift of Prayer

The gift of prayer refers to the special ability to pray deeply and effectively, often interceding on behalf of others or seeking God's guidance. Those with this gift are believed to have a strong connection with God through prayer, offering powerful and sincere petitions, thanksgiving, and worship.

Intercession

Intercession is the act of praying on behalf of others, asking God to intervene in their lives or circumstances. It involves making requests, seeking guidance, or pleading for help for individuals, groups, or situations. Intercessory prayer is often seen as a way to support and uplift others, asking for divine assistance and blessings for their needs and challenges.

Sanctification

Sanctification is the process of becoming more holy and spiritually mature, aligning one's life more closely with God's will and character. In

Christianity, it involves growing in faith, righteousness, and purity through the work of the Holy Spirit.

Sanctification is often viewed as a lifelong journey of transformation and renewal, where believers are gradually set apart from sin and increasingly conformed to the image of Christ.

Glorification

Glorification is the final stage in the Christian understanding of salvation, where believers are transformed and perfected in the presence of God. It refers to the ultimate state of being fully conformed to Christ and experiencing eternal life with God in a glorified, imperishable body.

This process completes the journey of salvation, following justification (being declared righteous) and sanctification (the process of growing in holiness). Glorification represents the fulfilment of God's promise of eternal life and perfect communion with Him.

Spiritual Warfare

Spiritual warfare refers to the struggle against spiritual forces of evil that are believed to influence and affect individuals and communities.

In Christianity, it involves prayer, faith, and reliance on God to combat and overcome spiritual challenges, temptations, and demonic influences.

The concept is often associated with resisting temptation, standing firm in faith, and using spiritual tools, such as Scripture and prayer, to protect oneself from spiritual attacks and to promote spiritual growth and victory.

Temptation

Temptation is the desire or enticement to engage in behaviour or actions that go against one's moral or spiritual principles. In a Christian context, it often refers to the influence or urge to sin or make choices that are contrary to God's will.

Temptation can come from external sources, such as societal pressures or temptations from others, as well as internal desires or weaknesses.

Overcoming temptation involves seeking strength and guidance from God, using spiritual practices, and making choices that align with one's faith and values.

Beseech

To beseech means to urgently and earnestly ask or beg someone for something. It conveys a strong sense of pleading or imploring, often used when someone is seeking help, guidance, or favour. The word is frequently found in religious or formal contexts, where someone might beseech God or another person for assistance or mercy.

Incarnate

Incarnate refers to the embodiment of a deity or spirit in a physical, human form. In Christian theology, it specifically refers to the belief that Jesus Christ is God made flesh, meaning that God took on human nature and lived as a man. The term highlights the concept of divinity being present in a physical, earthly form.

Witnessing

Witnessing, refers to the act of sharing one's faith or personal experiences with God to others, often with the goal of spreading the message of Christianity. It involves giving testimony to the truth of the gospel and encouraging others to consider or accept the teachings of Jesus. Witnessing can take the form of conversations, personal stories, or public declarations of faith.

Hedge of Protection

A hedge of protection is a term used in Christian prayers to ask God for spiritual and physical safety. It symbolises a protective barrier or shield, much like a literal hedge around a property, that guards against harm, danger, or evil influences.

The phrase reflects the belief that God's power can provide protection from both spiritual attacks and physical threats.

Anointing

Anointing refers to the act of applying oil to a person as a symbol of consecration, blessing, or divine favour. In a religious context, it signifies that someone is set apart for a special purpose or is being empowered by God.

Anointing can also represent the presence of the Holy Spirit and is used in ceremonies such as healing, ordination, or commissioning leaders. It is both a symbolic and spiritual act of dedication.

Spirit of Confusion

The "spirit of confusion" is a term used in Christian contexts to describe a state of mental or spiritual disarray believed to be caused by spiritual forces or influences.

It refers to situations where a person or group experiences uncertainty, doubt, or chaos, often interpreted as being caused by negative or demonic interference. Christians may pray against the spirit of confusion, seeking clarity, peace, and understanding from God.

Interpretation of Tongues

Interpretation of tongues is a spiritual gift in Christianity where someone is given the ability to understand and explain the meaning of a message spoken in tongues (a language unknown to the speaker).

This gift allows a message delivered in tongues to be understood by others in a church or group setting, bringing clarity and ensuring that the message edifies the community. It is often paired with the gift of speaking in tongues and is viewed as a way for God to communicate with believers.

Submission

Submission to God: This involves yielding to God's will, authority, and guidance. It means trusting and obeying God's commands and accepting His plans for one's life with humility and faith.

Submission to God is central to a believer's spiritual growth and relationship with Him.

Submission to the Church: This refers to respecting and following the leadership and teachings of the church. It involves participating in the church's activities, adhering to its doctrines, and supporting its mission and goals.

Submission to the church is about contributing to the faith community and honouring its role in spiritual life.

Submission to a Husband: In some Christian teachings, this means a wife supporting and cooperating with her husband's leadership in the family.

It should involve mutual respect and partnership, with the understanding that this role should be balanced by the husband's love, care, and responsibility towards his wife. However, this isn't always how it presents and can become abusive and controlling.

Jezebel Spirit

The "Jezebel spirit" is a term used in some Christian circles to describe a set of negative behaviours or influences believed to be similar to those attributed to Queen Jezebel in the Bible.

This concept is often associated with manipulation, control, and rebellion against God's authority. It can also refer to a spirit or attitude that seeks to undermine leadership, create division, or exert dominance inappropriately.

However, it's important to note that the term "Jezebel spirit" has been criticised for being disproportionately applied to women, often used to label and discredit assertive or outspoken women in religious and leadership contexts.

This can reinforce gender biases and discourage women from expressing their voices or participating fully in church life.

Justification

Justification is the act of being declared right or forgiven by God. In Christianity, it means that through faith in Jesus, a person is forgiven of their sins and considered righteous in God's eyes. This happens not because of anything the person has done, but because of what Jesus has done.

Transubstantiation

Transubstantiation is the belief that during the Eucharist, the bread and wine used in Communion become the actual body and blood of Jesus Christ, even though they still appear as bread and wine. This doctrine is central to Catholicism and holds that the substance of the bread and wine changes, while their appearance remains the same. Also referred to as the 'consecrated host'.

Repose

Repose means a state of rest, peace, or tranquility. In a religious context, it can refer to a restful state of eternal peace after death, or the peaceful presence of the deceased. It is often used to describe the calm and restfulness found in a spiritual or physical sense.

Sacramental Grace

Sacramental grace refers to the spiritual benefits and blessings that are believed to be received through participating in the sacraments. In Christianity, sacraments are sacred rituals, such as Baptism, Eucharist, and Confirmation, that convey God's grace to believers. Sacramental grace helps individuals grow in their faith, strengthens their relationship with God, and supports their spiritual journey.

Treasury of Merit

The Treasury of Merit is a concept in Catholic theology that refers to the accumulated good works, prayers, and sacrifices of Jesus Christ, the Virgin Mary, and the saints. These merits are believed to be stored by the Church and can be applied to others through the granting of indulgences.

The idea is that the Church can draw upon this treasury to offer spiritual benefits and remission of temporal punishment for sins, helping individuals grow in holiness and receive God's grace.

Fellowship

Fellowship refers to the sense of community and shared experience among people, particularly within a religious or spiritual context. It involves building relationships, offering support, and participating in mutual activities that strengthen bonds and promote spiritual growth.

In Christian terms, fellowship often includes gathering for worship, prayer, study, and service, fostering a sense of unity and belonging among believers.

Spiritual Covering

Spiritual covering is a concept in some Christian communities where an individual or group seeks protection, guidance, and support from a spiritual leader or authority. It often involves submitting to the leadership and spiritual oversight of a pastor, church, or elder, with the belief that this covering provides spiritual safety, accountability, and blessing. The idea is that through this relationship, individuals receive guidance and support in their faith journey and are protected from spiritual harm.

Proverbs 31 Woman

The "Proverbs 31 woman" refers to a passage in the Bible, specifically Proverbs 31:10-31, which describes an idealised, virtuous woman. This passage portrays her as a model of wisdom, strength, and diligence, highlighting qualities such as trustworthiness, hard work, compassion, and care for her family. She is depicted as managing her household efficiently, engaging in business, and providing for her loved ones, all while being respected and valued in her community.

The Proverbs 31 woman is often seen as a symbol of virtue and a guide for women seeking to embody these qualities in their own lives.

Unequally Yoked

"Unequally yoked" is a phrase from the Bible (2 Corinthians 6:14) that refers to the idea of two people being bound together in a relationship, such as marriage or partnership, where their beliefs or values are significantly different. In a Christian context, it often specifically means a believer being closely connected with a non-believer, which can create tension and conflict due to differing spiritual priorities.

Immutability

Immutability refers to the belief that God does not change in His nature, character, or promises.

This concept means that God remains constant and unchanging over time, always maintaining the same attributes, such as love, justice, and power.

In Christian theology, immutability provides assurance that God's character and actions are reliable and consistent throughout eternity.

Rebuking

Rebuking refers to the act of expressing strong disapproval or criticism, often with the intent to correct someone's behaviour or beliefs. It is typically used when someone is correcting or calling out actions that are seen as sinful or going against God's teachings.

Covenant

A sacred agreement or promise between God and humans, often involving commitments or obligations from both sides. These covenants often include God's promises of protection or blessings, and in return, people are expected to follow certain laws or maintain faithfulness to God. Covenants can be seen as binding spiritual contracts that shape the relationship between God and His people.

Covenant Family

A covenant family refers to a family that is bound together by a spiritual or religious covenant with God. In Christian theology, this concept often implies that the family, as a unit, participates in a covenant relationship with God, promising faithfulness, obedience, and trust in exchange for God's protection, blessings, and guidance.

It emphasises the idea that families are part of God's larger covenant community, committed to living according to His will and passing down faith through generations.

This idea can be seen in the Old Testament with God's covenants with figures like Abraham, where his descendants were included in the promises made by God.

Clobber Passages

"Clobber passages" is a term used to describe certain Bible verses that have historically been used to condemn or criticise LGBTQIA+ people and relationships.

These passages, often found in both the Old and New Testaments, are interpreted by some to oppose same-sex relationships or gender nonconformity. However, many scholars and theologians argue that these verses are often taken out of context or misinterpreted, and they advocate for a more inclusive and affirming understanding of Scripture.

The term "clobber" reflects the way these verses have been used to "hit" or harm LGBTQIA+ individuals.

Servant Hearted

Servant-hearted means having a genuine desire to help and care for others, putting their needs before your own. It reflects a selfless attitude and willingness to serve, inspired by the example of Jesus.

Tithing

As a Doctrine: Tithing is traditionally understood as giving 10% of one's income to the church. It is seen as a biblical mandate and a way to honour God by contributing to His work on earth. The doctrine is based on Old Testament practices, which encourages bringing tithes to the storehouse, and is continued in the New Testament as a principle of stewardship.

The Role: Tithing is to support the financial needs of the church, including paying staff, maintaining facilities, funding outreach and missions, and supporting charitable activities. Intended to foster a spirit of generosity and commitment among believers, reflecting their trust in God's provision and their responsibility toward the community.

In Practice: Tithing involves regularly setting aside a portion of one's income and donating it to the church. This can be done through direct giving during church services, online donations, or other methods prescribed by the church. While some churches strictly adhere to the 10% guideline, others may encourage tithing in a more flexible or symbolic manner, emphasising the importance of giving in accordance with one's ability and willingness to support the church's mission.

CHURCH LANGUAGE

Narthex

A narthex is the entrance or lobby area of a church, located just inside the main doors. It serves as a gathering space for people before entering the main worship area.

Pastor

A pastor is a church leader responsible for guiding and caring for a congregation. They typically preach, teach, provide spiritual support, and oversee church activities. Pastors are often seen as shepherds who help their community grow in faith and navigate life's challenges.

Deacon

A deacon is a church leader who helps serve the congregation, often focusing on practical tasks like caring for the needy, assisting with church services, and supporting the pastor. In some denominations, deacons also have specific roles in teaching and leadership.

Elder

An elder is a leader in a church who helps oversee the spiritual direction and well-being of the congregation. They often provide guidance, teaching, and decision-making within the church, working closely with pastors and other leaders. Elders are typically respected for their wisdom, faith, and experience in the church community.

Minister

A minister is a person who leads or serves in a church, providing spiritual guidance, teaching, and support to the congregation. They often preach sermons, perform religious ceremonies like weddings or baptisms, and help people grow in their faith. "Minister" is a general term that can apply to various roles in Christian leadership, similar to pastors, but in some traditions, it has a broader or more specific meaning depending on duties.

Reverend

"Reverend" is a respectful title for church leaders like pastors or priests. It's used in front of their name, like "Reverend Smith," to show honor for their role in guiding the church.

Priest/Father

In the Catholic Church, "Father" is a title given to priests. It signifies their role as spiritual leaders and caregivers for their parish community. Priests are responsible for administering the sacraments, offering guidance, and providing pastoral care.

Calling a priest "Father" reflects the respect and authority they hold within the church, symbolising their role in nurturing the faith of their congregation, much like a parent cares for a family.

Bishop

A bishop is a senior church leader who oversees multiple congregations or a specific geographical area called a diocese.

They are responsible for providing spiritual guidance to their clergy and laity, administering the sacraments, and ensuring that church teachings and practices are upheld within their jurisdiction. Bishops often have a role in ordaining new priests and making important decisions for their diocese.

Archbishop

An archbishop is a higher-ranking bishop who oversees a larger area or a group of dioceses, known as an archdiocese. They have similar responsibilities to bishops but on a broader scale. Archbishops often play a significant role in church governance, representing their region in broader church matters.

Cardinal

Cardinals are senior leaders in the Roman Catholic Church, appointed by the Pope. They are tasked with advising the Pope, assisting in the governance of the church, and overseeing major church institutions. Cardinals also have the crucial responsibility of electing a new Pope when the position becomes vacant.

Pope

The Pope is the highest leader of the Roman Catholic Church and serves as the spiritual head for Catholics worldwide. He is considered the successor to Saint Peter, and has supreme authority over the Church's teachings, governance, and administration. The Pope provides spiritual leadership, makes key doctrinal decisions, and represents the Catholic Church in global affairs.

Vicar

A vicar is a clergy member who acts on behalf of a higher authority, such as a bishop or archbishop. In the Anglican tradition, a vicar is a priest in charge of a parish, representing the church's authority in that community. In Catholicism, the term "vicar" may refer to a representative of the Pope or a bishop, such as a vicar general who assists in managing a diocese.

Chaplin

A chaplain is a clergy member who provides spiritual care and support in non-church settings, such as hospitals, military units, schools, or prisons. They offer informal counselling, conduct religious services, and provide comfort and guidance to individuals in these environments, often working in close partnership with other professionals to support the well-being of those they serve.

Nun

A nun is a woman who has made special vows to live a religious life in service and prayer. She usually lives in a community with other nuns and works in areas like teaching or helping those in need. Nuns wear special clothes, called habits, to show their commitment.

Ordination

Ordination is the formal process by which an individual is officially recognised and authorised to serve as a clergy member in a religious community. It typically involves a ceremony or ritual where the person is consecrated or set apart for their specific role, such as a priest, pastor, or deacon.

During ordination, the individual receives spiritual authority and responsibilities associated with their position, including performing sacraments, preaching, and providing pastoral care. The process often includes an examination of the candidate's qualifications and calling, as well as prayers and blessings from existing church leaders.

Church Militant

"Church militant" refers to the Christian community on earth that is actively engaged in the struggle against sin and evil. It emphasises the idea of Christians fighting spiritual battles and striving to live according to God's teachings while facing challenges and temptations.

Church Triumphant

"Church triumphant" refers to the Christians who have died and are now in heaven, enjoying eternal life with God. This term emphasises their victory over sin and death, and their ultimate rest and fulfillment in God's presence

Church Suffering

"Church suffering" refers to the souls in purgatory, who are undergoing a process of purification before entering heaven. These are individuals who have died in a state of grace but still need to be purified of remaining imperfections

Mass

Mass is the central act of worship in the Catholic Church and some other Christian denominations, where the Eucharist (Holy Communion) is celebrated. During Mass, the priest leads the congregation in prayers, hymns, and the reading of Scripture, and the bread and wine are consecrated to become the body and blood of Christ. The Mass is a key expression of faith and a way for Catholics to participate in the sacrificial offering of Jesus.

Service

A church service is a gathering where Christians come together to worship, pray, and hear teachings from the Bible.

It typically includes elements such as singing hymns, listening to a sermon or message, reading Scripture, and participating in rituals or sacraments. Church services are a way for believers to express their faith, receive spiritual nourishment, and build community with one another.

Chapel

A chapel is a small place of worship or prayer, often found within larger institutions like hospitals, schools, or military bases. It can also be a separate building or a designated area within a church or other religious facility.

Chapels are used for private or small group worship, ceremonies, and reflection, providing a space for spiritual activities and personal prayer.

PHRASES/SAYINGS

“I Exalt Thee..”

"I exalt thee" is a phrase commonly used in Christian worship to express deep reverence and praise for God. To exalt means to lift up or elevate, so when someone says "I exalt thee," they are essentially saying they are lifting God above all else in their life, acknowledging His greatness, holiness, and supreme authority.

The phrase captures a sense of awe and devotion, often used in songs or prayers to show a heart fully focused on honoring and worshiping God.

“Glory of the Lord”

"Glory of the Lord" means God's powerful and holy presence. It's used to describe moments when God's greatness is seen or felt, either spiritually or physically.

In church, it refers to times when people experience God's awe-inspiring power and beauty. The phrase expresses how God's presence shines in the world and in people's lives.

“Fear of the Lord”

"Fear of the Lord" means having deep respect and reverence for God. It involves recognising His power, holiness, and authority, and responding with humility and obedience.

This kind of fear is not about being scared, but about understanding God's greatness and being motivated to live according to His ways. It reflects a sense of awe and honor towards God.

“Movement of the Spirit”

"Movement of the Spirit" refers to the way the Holy Spirit works and influences people and events. It describes moments when individuals or groups feel guided, inspired, or empowered by the Spirit, leading to changes in their lives or in their worship.

This phrase captures experiences of spiritual renewal, guidance, or transformation that are attributed to the presence and action of the Holy Spirit.

“Lift your hands”

"Lift your hands" means to raise your hands during worship as a way to show praise and openness to God. It's a gesture of surrender and connection in worship.

“Prophetic Word”

A "prophetic word" is a message believed to be from God, given to guide, encourage, or warn people. It's often shared by someone who feels compelled by the Holy Spirit to speak about future events or divine insights.

This term captures the idea of receiving and sharing guidance that is thought to come directly from God.

“Every head bowed and every eye closed”

A phrase used during prayer or reflective moments in a service to encourage a posture of humility and focus. It means to bow your head and close your eyes as a way to show reverence and to minimise distractions, allowing for a more personal and respectful connection with God.

“Cast Out”

"Cast out" means to remove or drive away something unwanted or harmful, often in a spiritual context. It typically refers to expelling evil spirits or demons from a person or place through prayer or divine authority. It symbolises a clear and decisive action to rid someone of spiritual negativity or oppression.

“Born again Christian”

A "born again Christian" refers to someone who has experienced a spiritual rebirth through accepting Jesus Christ. This term highlights a transformation where a person believes they have been spiritually renewed and given a new life through their faith in Jesus.

It signifies a deep, personal change and commitment to living according to Christian beliefs.

“God spoke to me”

When a person feels they have received a direct message, guidance, or insight from God. This can happen through various means, such as prayer, scripture, or personal reflection. It expresses a sense of having heard or felt God's communication in a way that provides direction or reassurance.

“A backslider”

Someone who has moved away from their earlier commitment or enthusiasm for their faith. This term can sometimes be used critically to label individuals who are struggling with their faith or have experienced a period of spiritual decline.

“On fire for God”

"On fire for God" describes a person who is extremely passionate and enthusiastic about their faith. It means they are deeply committed to living out their beliefs, actively participating in church activities, and sharing their faith with others.

This phrase captures a strong, zealous devotion and excitement for spiritual growth and service.

“Lukewarm”

"Lukewarm" refers to a state of being indifferent or lacking strong commitment in one's faith. It describes someone who is neither passionate nor completely disinterested but is in a middle ground of apathy or minimal enthusiasm.

The term is often used to encourage a more fervent and dedicated spiritual life, as it implies a lack of genuine zeal or engagement.

“God’s timing”

"God's timing" refers to the belief that events and outcomes in life happen according to God's perfect schedule and plan. It suggests that things unfold when they are meant to, even if it doesn't align with our own expectations or desires.

“Mountain top experience”

A "mountain top experience" describes a profound and uplifting moment of spiritual insight or connection with God. It's often characterised by a sense of clarity, inspiration, or closeness to the divine, much like the high, elevated perspective of a mountain top. This term highlights a peak experience in one's faith journey, where one feels particularly enlightened or spiritually renewed.

“Under Attack”

Experiencing spiritual opposition or temptation believed to come from the devil. It describes situations where a person feels targeted by evil forces or negative spiritual influences that seek to undermine their faith, well-being, or relationship with God. This phrase conveys the idea of a direct spiritual struggle or conflict against malevolent forces.

“Speak the truth in love”

To communicate honest or difficult messages with kindness and compassion. It encourages sharing the truth while being considerate of the other person's feelings, aiming for constructive and caring communication. However, this phrase can sometimes be used to justify delivering harsh or critical feedback under the guise of concern/love.

“Go home to be with the Lord”

"Go home to be with the Lord" is a phrase often used by Christians to describe someone's death.

It reflects the belief that when a person dies, their soul leaves the physical world and goes to heaven to be with God. The phrase is designed to offer comfort by emphasising that the individual is now in a peaceful, eternal relationship with God.

“We lift up..”

A phrase used in prayer or spiritual settings to express offering support, care, or intercession for someone. It means praying for or thinking of a person, asking God to provide them with guidance, strength, healing, or comfort. It conveys a sense of community and solidarity, showing concern for the well-being of others through prayer.

“Pick up your cross”

"Pick up your cross" means to accept and face personal challenges or sacrifices as part of following Jesus. It encourages believers to stay committed to their faith, even when life is hard or requires sacrifice.

“Blessings in disguise”

Often used in church settings to describe tough or painful situations that are believed to be God's way of bringing about hidden or unexpected blessings. The idea is that God is working through difficulties to ultimately bestow good outcomes.

However, this mindset can sometimes lead to spiritual bypassing, where people dismiss or downplay real pain and struggles by insisting it's all part of God's plan, preventing them from fully processing emotions or addressing the hardship itself.

“WWJD”

"WWJD" stands for "What Would Jesus Do?" It's a phrase used to encourage people to consider how Jesus might respond to a situation and to act accordingly.

It's meant to inspire individuals to follow Jesus' example in their decisions and actions, emphasising living out Christian values and principles in everyday life.

“Sinning in your heart”

"Sinning in your heart" refers to harbouring sinful thoughts, intentions, or desires, even if they aren't acted upon outwardly. It suggests that wrongdoing isn't just about external actions but also involves internal attitudes and feelings.

This concept can sometimes bring guilt, as individuals may feel that their inner thoughts or desires are just as significant as their actions. It emphasises the need to address and transform inner motivations and attitudes, not just external behavior.

“Divine Simplicity”

"Divine simplicity" is the theological concept that God is fundamentally simple and unified, without any internal complexity or division. It means that God's nature is not composed of parts or different aspects but is a single, undivided whole.

This idea emphasises that God's attributes, such as love, power, and wisdom, are not separate elements but are all part of His singular essence. It highlights the belief in God's absolute, unified, and unchanging nature.

“Love On”

"Love on" means to continue showing love and kindness to others, often despite difficulties or challenges. It encourages a persistent and unconditional expression of care and support, emphasising the importance of maintaining a loving attitude and actions in relationships and interactions.

“Selah, baby, Selah”

"Selah, baby, selah" combines the term "Selah," which is a word found in the Psalms and often interpreted as a pause or a moment for reflection, with a casual or emphatic tone. It suggests taking a moment to reflect deeply or appreciate the significance of a spiritual insight or message.

Adding "baby" and "selah" emphasises a personal or passionate response, inviting a pause to fully absorb and contemplate the spiritual truth or experience.

“Secular music”

"Secular music" is music that isn't about religion. It covers all kinds of topics and doesn't aim to worship or express spiritual ideas.

“Slain in the Spirit”

"Slain in the Spirit" refers to a spiritual experience where a person falls to the ground, often as a response to a powerful encounter with the Holy Spirit during prayer or worship. This phenomenon is seen as a manifestation of God's presence and power, where individuals may feel overwhelmed or overcome by the Spirit, leading to physical prostration.

It is viewed as a deeply transformative or spiritual moment, although interpretations and experiences can vary among different Christian traditions.

“In the world, but not of the world”

"In the world but not of the world" means living in everyday life while maintaining Christian values and not being influenced by secular or sinful behaviours.

It emphasises being part of society without adopting its negative aspects, focusing on staying true to one's faith and principles. It also carries a sense of being set apart, highlighting a distinct identity and purpose that reflects one's spiritual commitment.

“Giving the enemy a foothold”

"Giving the enemy a foothold" means allowing negative influences, temptations, or problems to take root in one's life, which can lead to larger issues or spiritual struggles. It suggests that even small concessions or weaknesses can give way to more significant challenges or disruptions, emphasising the need to guard against allowing harmful influences to gain any advantage.

“Trad-Wife”

In a Christian context, a "trad wife" refers to a woman who upholds traditional Christian values regarding gender roles and family life.

This typically involves focusing on homemaking, nurturing children, and supporting her husband in a way that aligns with conservative interpretations of biblical teachings about marriage and family.

The term highlights a commitment to living out these traditional roles and values within the framework of Christian faith.

“God works in mysterious ways”

"God works in mysterious ways" is a phrase used to express that God's plans and actions may not always be clear or understandable from a human perspective. It suggests that there is a divine purpose behind events that might not be immediately apparent.

However, this phrase can sometimes serve as a thought-stopping cliché, dismissing genuine questions or concerns by attributing them solely to divine mystery, rather than encouraging deeper exploration or understanding.



Is this going to feel like it's just scraping the surface?
Absolutely.

There are so many other phrases, terms and beliefs out there. As always it is best to be curious about the language your clients use, while using this a foundation of learning.

Any questions?

Reach out via email - info@anchoredcounsellingservices.com.au
Reach out over on Instagram - [@anchoredcounsellingservices](https://www.instagram.com/anchoredcounsellingservices)

You can also find more information about my work on my website
www.anchoredcounsellingservices.com.au