

# Religion // Cruciformity

There is no standard scholarly agreement on what exactly is meant by the word *religion*, so defining *religion* (from the Latin *religiō*) can be a bit tricky. In fact, prior to the 16th and 17th centuries, the concept of religion, as a *distinct set of beliefs or doctrines*, didn't really exist.

Today, we would probably summarise religion as a *unifying social-cultural system of beliefs and practices relating to sacred, supernatural, or spiritual elements*. We may tend to also think of religion, particularly in a Christian context, as somewhat *creedal*, that is, as a set of ideas, formulas, regulations, or practices that are defined in some formal way, such as through statements, creeds, confessions, and denominational distinctives.

The word religion, from the Latin *religiō*, meaning 'to bind', is a word which in the ancient and medieval world was used to refer to *individual virtue of worship; respect for what was sacred, and a reverence for the divine*. It described an attitude of *being* rather than a *creedal position* and it related to the *individual* rather than the *collective*.

The act of *binding to* – of *religio* – is an act of faithfulness to something or someone, to which one is bound as if by a pledge or duty. It's similar to when someone makes an *oath of allegiance* to their country, effectively *binding themselves* to that country and pledging to respect, uphold and obey its laws.

In fact, companions to the word *religio* would be words like *duty, fealty, allegiance, or obedience*. Used with its original meaning in mind, it's a worthy addition to a list of descriptors we might use for the relationship that is formed when someone surrenders authority over their life to Jesus.

*Religion* is actually a necessary undertaking of every

Christian who wishes to give their life and allegiance to Jesus as king and who chooses to surrender to his guidance and leadership in their life. This *binding to Jesus – religio* – and the reality that he becomes everything in a person's life – is what it means to become a child of God, joined to the mission of God to the world and submitting to His will, in Christ, for our lives. It is an act of individual virtue of worship, not simply an acceptance of a creedal statement or list of practices.

*“So, then, you are no longer foreigners and strangers, but fellow citizens with the saints, and members of God’s household, built on the foundation of the apostles and prophets, with Christ Jesus himself as the cornerstone.” | Ephesians 2:19-20 CSB*

For many of us, however, this isn't our experience of religion.

What we may have experienced or grown up with and what we would describe as *religion* is probably; adherence to a distinct set of beliefs, doctrines, or practices (some of which find their roots in scripture, some which don't).

Perhaps our family's beliefs eventually became our own; their set of doctrines were absorbed as ours, and we found ourselves one day 'a Christian, attending church', without giving too much thought to the process by which we got there. We accepted, without question, someone else's *religion*, as we might accept an old, hand-me-down sweater, thinking to make it our own.

*Religious* is perhaps what many of us became; that is, we converted to Christianity by adopting a set of beliefs and practices related to the historical figure of Jesus. Our *religiosity* as Christians might have been further defined by our identification with one particular denomination's creeds and practices over another.

Yet both these actions are not describing the true nature of *religion*. The differences may be subtle, almost indistinguishable from one another; however the reality is that what we may have ended up giving our allegiance to was a *system*, rather than to *Jesus*.

While being a Christian is certainly communal, and while Christians tend to believe mostly all the same fundamental creeds, and while the creeds and practices of Christianity can be taught and preached and are, in many ways, intrinsically invaluable to religion, *true religion* is the *individual and deeply personal matter of an individual's binding to the person of Christ*.

*Religion*, in the true sense of the word, cannot be passed down.

*'Part of the genius of genuine Christianity is that each generation has to think it through afresh. Precisely because God wants every single Christian to grow up in understanding as well as trust, the Christian faith has never been something that one generation can sort out in such a way as to leave their successors with no work to do.'* (N T Wright)

*"Don't think of worship in terms of attending a church service, singing praise and worship songs or honouring the name of Jesus. The meaning of worship touches much larger questions. Namely, worship is all about who has the authority over our lives. Who will have our submission? Who will be given first place? Who will win our love, allegiance and devotion? True worship is absolute committal, surrender and submission to God." | Frank Viola, Insurgence*

## **Counterfeit Religion**

Paul the Apostle wrote his letter to the Galatians addressing an idea that had taken root at that time that right standing with God depended on what Jesus did plus additional 'spiritual

acts' that are undertaken, that we are made "*right with God by what we do*".

However, this is performance-based Christianity – in fact, probably a rather apt description of our modern understanding of *religion*. Paul reiterates to the Galatians that anything which adds to our standing in the eyes of God, apart from the performance of Jesus on the cross, is legalistic teaching and counterfeit Christianity.

*"Foolish Galatians, who has cunningly deceived you, before whose eyes Jesus Christ was openly set forth as crucified? Are you so foolish? Having begun in the Spirit, are you now completed in the flesh? He therefore who supplies the Spirit to you, and works miracles among you, does He do it by the works of the law, or by hearing of faith?" | Galatians 3:1-5, New Heart English Bible*

Patterns of thought, actions, or behaviours, which are deemed 'godly' 'spiritual' or 'biblical' can often become the outward markers of people who are perceived to be *religious* but may, in reality, mask a heart far from allegiance to Christ.

Anything apart from 'binding to the cross of Jesus' results in toxic faith – *religion* that has gone wrong, leading to dependence on others' approval and not God's. Anything that adds to our standing in the eyes of God, apart from the performance of Jesus on the cross, is legalistic teaching and binds us to human systems of belief or worship, and not to God.

Yielding our allegiance to a set of beliefs, as *the primary driving force*, will result in Christians who may have a form of godliness but who deny the miraculous power of transformation implicit in such a life; a Christian life marked by the cruciform love of Jesus (John 13:5).

It is, quite simply, putting the cart before the horse.

As Christian Evangelist Gordon Fee comments, *“If you had asked Paul to define what a Christian is, he would not have said, ‘A Christian is a person who believes X and Y doctrines about Christ,’ but ‘A Christian is a person who walks in the Spirit, who **knows** Christ.’”* (Gordon Fee, 1934-2022)

There is a subtle yet crucial difference and the long-term effects of mistaking one for the other can be disastrous.

Christian life will become joyless, suffocating, without meaning, and without power. This kind of Christian morphs into ‘clouds without water, carried along by the wind, inflated but empty; fruitless trees in autumn, whose branches are disappointingly empty at harvest time.’ They become rooted in performance, rules, patterns of behaviour, and intractable systems of belief that leave very little room for any theological growth or deeper understanding. The lifeblood of faith – the crucified and resurrected Christ – seems almost an afterthought when laid alongside the many parameters they will use to define their *religion*.

Critically, a true and meaningful relationship with God will never be sustained on this basis.

*“When faith is completely replaced by creed, worship by discipline, love by habit; when the crisis of today is ignored because of the splendor of the past; when faith becomes an heirloom rather than a living fountain; when religion speaks only in the name of authority rather than with the voice of compassion – its message becomes meaningless.” – Abraham Heschel*

This is why Paul makes what initially seems to be a brief and insignificant statement regarding the gospel (but is, in actual fact, one of the most powerful statements he makes), *“Remember Jesus Christ, raised from the dead, a descendant of David; such is my gospel.”* (2 Timothy 2:8, ISV).

The starting point – the impetus behind the act of binding to (*religio*) for the Christian life is *faith by grace alone in the crucified Christ*. The animating and life-transforming force in a Christian's [walk with God](#) is the [resurrection life](#) of the living Christ; a cruciform life.

This, and this alone, is what any Christian must first and foremost be bound to.

*“When I came to you, brothers and sisters, announcing the mystery of God to you, I did not come with brilliance of speech or wisdom. I decided to know nothing among you except Jesus Christ and him crucified.” | 1 Corinthians 2:1-3, CSB*

## **Journey To Cruciformity**

Choosing Jesus, truly choosing him above all else, means rethinking everything you thought you knew about your faith and what – or who – your life is bound to. It means learning that your identity must rest on the rock of Christ, not in others' opinions of you or in the set of beliefs to which they subscribe, even if those beliefs are ones which you would agree with. It means making decisions others can and will criticise and judge you for. It means being much less certain in your own abilities and more certain in the reality of God's grace in your life.

It means wrestling and arguing with God, with fervent prayer and pleading, to finally arriving at the understanding that God will provide everything that you need. It means, perhaps, starting again at the place where Jesus needs to truly become the Lord of your life; that he has your complete allegiance and your life is bound to his.

You may discover that what you have been searching for, all this time, to feel whole and secure, will only be found in the one who loved like no other, laying down his life for his friends (John 15:13).

*“To this I hold, my hope is only Jesus, for my life is wholly bound (religio) to his. Oh, how strange and divine, I can sing: all is mine. Yet not I, but through Christ in me.” | City Alight*

Jesus taught his disciples that following him meant that one had to be willing to *“pick up their cross daily”* (Luke 9:23; 14:27). Cruciformity is, in essence, *conformity to the cross*; a life that is shaped by the narrative of the cross.

Cruciformity was the beating heart of God’s mission to the world demonstrated in full measure by the ministry of Jesus, who came *“not to be served but to serve, and to give his life as a ransom for many.”* (Matthew 20:28; Mark 10:45; John 13:1-17). The cruciform life, therefore, is one that is a living exegesis of the story of Jesus, beginning firstly in identification with his death and then flowing outwards in a living embodiment of his resurrection.

Cruciformity does not mean *‘being spiritual’* or *‘belonging to a faith community’* or *‘seeking spiritual direction’*. Of course, it may involve those things but the cruciform life is grounded in the wholehearted trust that God will keep His promises, demonstrated in the crucified Jesus, and this trust is constantly affirmed and expressed by a transformed life.

A truly cruciform, gospel-shaped life starts with the activity of God. It is God who is saving us and it is God who is renewing us. It is God who accepts our belief in the sacrifice of Jesus and sends [His Spirit](#) into our lives to regenerate us as new creatures in His Son.

**A cruciform life is one that is pointed in pursuit of Jesus and utterly and completely bound to him.**

*“A person who lives by the indwelling life of Christ through the Holy Spirit is a person who is under Law. But it is not the Law of Moses. Nor is it a Law that some preacher created*

*from his own personal standards. No, the Law I'm referring to is 'the Law of the Spirit of life in Christ Jesus (Romans 8:3). This Law is like the law of gravity; it's a constant force or power. You and I have an indwelling Lord. The Law of God has been written on our hearts because Jesus Christ lives within us by his Spirit. This is the promise of the new covenant. Spiritual people (religious people)(italics, ours) are those who live by the Lord's life that indwells them. They know by instinct what the will of God is (1 John 2:27). Where the Spirit leads them, they yield to it (for the most part) – no matter what the cost. And life and peace are the results (Romans 8:6). The external Law, then, is no longer an outward thing full of dead letters and cold commands. It has been transferred into the indwelling life of Christ. To live by Christ is our highest calling as people of the insurgence." | Frank Viola, Insurgence*

*"Christ carried the burden of our sins. He was nailed to the cross, so we would stop sinning and start living right. By his cuts and bruises, you are healed. You had wandered away like sheep. Now you have returned to the one who is your shepherd and protector." | 1 Peter 2:24-25, CSB*

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**\*"The word 'theology' literally means '*thinking about God*'. One classic definition of theology was given by St Anselm. He called it '*faith seeking understanding*' and for many this is the true function of Christian theology." | Paul Badham**

**Our theology – what we think about God – is therefore important. How can we begin to know and understand ourselves and our place in this expansive creation if we have no sense of the One who made us and the purpose for which we've been made?**

**However, a robust and living theology will spring from knowing**



and experiencing *who God is* and what *He has done for us*, in Jesus, and is not simply giving agreement to a statement or creed of 'theological beliefs'.

By affirming the biblical narrative, that we are saved by grace through faith alone, we begin a journey towards a deeper understanding of *who God is*, which only grows as our Christian life progresses. Our theology is, perhaps then, best described as an expedition of discovery, rather than a destination at which we arrive. We discern more and more about the heart and mind of the Creator as our life progresses. This knowing and experiencing – this [walking with God](#) – renews us day by day to become more like the crucified Lord we follow.

Jesus was the exact representation of God and the very imprint of His nature ([Hebrews 1:3](#), [John 14:10-11](#)), the Word-made-flesh who took up residence amongst us ([John 1:1-14](#)). By knowing him, we can know God (Colossians 1:15, Hebrews 1:3, 2 Peter 1:3).

To know God is to know Jesus, whom He sent (John 17:3) and, therefore, the true starting point of our *theology* as Christians is looking to Jesus and, fundamentally, to Jesus crucified. Our *theology* begins with *cruciformity*; a life first and foremost surrendered to the crucified Christ in faith.

Theology, *true theology* – thinking about God – will be seen and witnessed in *cruciformity* (Galatians 5:22-23); a life pointed in pursuit of Jesus and utterly and completely *bound to him*.

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## True Religion

Religion is defined as “a cultural system of designated behaviours and practices, world views, texts, sanctified places, prophecies, ethics, or organisations, that relates

*humanity to supernatural, transcendental, or spiritual elements.*“

Yet, there is no actual consensus among scholars as to what precisely constitutes a religion.

Nearly 85% of the world's population identifies as being religious, claiming affiliation with one of the five largest religions; [Christianity](#), [Islam](#), [Hinduism](#), [Buddhism](#) or forms of [folk religion](#). These different religions all have distinct rules, regulations and beliefs that form part of that particular religion.

Christianity is the world's largest religion, with over 2.4 billion followers. Growing out of Judaism – its earliest converts were Jews who were followers of Jesus Christ in the first century – it quickly spread from Judea into Asia Minor and then further abroad. By the fourth century, Christianity had become the official state religion of the [Roman Empire](#). Christianity has, in fact, played a major role in the shaping of western civilisation.

## **What Is Religion?**

When the [Latin](#) word *religio* found its way into the English language as *religion*, around the 1200s, it took the meaning of “life bound by monastic vows” or monastic orders. It eventually came to distinguish the domain of the church and the domain of civil authorities.

Yet the ancient and medieval world understood the word *religio* quite differently. For the ancients, it carried a meaning of *individual virtue of worship*, never as doctrine, practice, or actual source of knowledge. In Hebrew, the language of the Old Testament, there is no precise equivalent of the English word *religion*. The Greek word *threskeia*, used in the New Testament, is sometimes translated as religion, however, the term was more correctly understood as ‘worship’,

well into the medieval period.

In the Quran, the Arabic word [din](#) is often translated as religion in modern translations, but up until the mid-1600s, translators expressed *din* as law.

Religion, in itself, is a modern, western concept and it was understood in quite a different way by those who lived in the ancient world. Today, religion would perhaps be explained as a system of rules or practices governed by certain beliefs. The ancient world would have viewed this concept as *law* and saw *religion* quite differently; as the idea of worship or reverence of God or the gods, careful pondering of divine things and piety, or diligence.

## Religion Has A Bad Reputation

Discussion about religion is often long, complex, divisive and inconclusive. It doesn't come as any surprise that the IPSOS Global Poll released in 2017 shows that a majority of Australians (63%) believe that religion does more harm than good. Only one in four Australians say religion defines them as a person.

Religion has been much maligned – and [perhaps with good reason](#). Unfortunately, when men and women get their hands on religion, it is often for the purpose of control and manipulation of others. Many [terrible acts](#) have been committed 'in the name of religion' and supposedly with a divine blessing – yet God is often furthest from the minds of those perpetrating such acts. In reality, God is often the last priority; intolerance is the driving force behind many actions that claim permission on religious grounds.

*“Christianity itself has a long history of such intolerance, including persecution of Jews, crusades against Muslims, and the Thirty Years' War, in which religious and nationalist rivalries combined to devastate Central Europe.” | [The New](#)*

## What Is True Religion?

The aim of this article is not to impress on any reader the 'rightness' of our particular beliefs or doctrines. Whether a man or woman chooses to be religious, or not, should be a deeply personal consideration, without manipulation or coercion from others.

Rather, it is intended to be an honest examination of what 'true religion' should be for any committed Christian, professing belief in Jesus' saving work and God's divine plan for the world.

If we have accepted Jesus as our saviour, our beliefs and our practices must line up and work together in harmony. We must profess and practice true religion, not merely an inadequate form, which hasn't touched our hearts. Timothy warns against a form of godliness, which appears righteous from the outside but in reality denies the power that godliness has to radically transform us (2 Timothy 3:2-5).

The word *religion* is only used a few times in the Bible. But the concept of religion, as it was originally understood, actually permeates the entire Bible. True religion, at its core, is about the relationship between God and ourselves and how this transforms us from the inside out.

This understanding began early on in the book of Genesis, where men began to call on the name of God (Genesis 4).

*"Now men began to worship God, not only in their closets and families, but in public and solemn assemblies. The worshippers of God began to distinguish themselves: so the margin reads it. 'Then began men to be called by the name of the Lord' – or, to call themselves by it. Now Cain and those that had deserted religion had built a city, and begun to*

*declare for irreligion, and called themselves the sons of men. Those that adhered to God began to declare for Him and His worship, and called themselves the sons of God.” | Benson Commentary*

Another commentary has this to say:

*“The name of God signifies in general ‘the whole nature of God, by which He attests His personal presence in the relation into which He has entered with man, the divine self-manifestation, or the whole of that revealed side of the divine nature, which is turned towards man’. In Genesis 4, we have an account of the commencement of that worship of God which consists in prayer, praise, and thanksgiving, or in the acknowledgment and celebration of the mercy and help of God. Those of the family of Seth began, by united invocation of the name of God of grace, to found and to erect the [kingdom of God](#).” – Keil and Delitzsch Biblical Commentary on the Old Testament*

True religion – pure religion – is the acknowledgment of our need for God’s mercy, our worship of Him and what He has done for us and the application of His character in our lives, because of our thankfulness.

True religion is the seamless unity of believing *and* doing and it’s demonstrated throughout the Bible by countless examples of [faithful men](#) and [women](#). (Hebrews 11:1-40). It’s an **active faith**, shown by both word and deed and not just empty talk.

*“Anyone who sets himself up as “religious” by talking a good game is self deceived. This kind of religion is hot air and only hot air. Real religion, the kind that passes muster before God the Father, is this: Reach out to the homeless and loveless (‘the fatherless and the widow’) in their plight, and guard against corruption from the godless world.” – James 1: 26-27, MSG*

Jesus put it in another way:

*“Love the Lord your God with all your heart and with all your soul and with all your mind. This is the first and greatest commandment. And the second is like it: ‘Love your neighbour as yourself.’” Matthew 22:37-39, NIV*

And again, in Hosea:

*“For I desire mercy, not sacrifice, and the knowledge of God rather than burnt offerings.” – Hosea 6:6, BSB*

## **What True Religion Isn't**

True religion isn't rules-based or rituals-based but is instead firmly rooted in faith. Faith, in response to God's action in our lives, [alters everything about us](#); our daily relationships, our perspective on life, our interactions with family, neighbours, friends and community. When God is present and completely sovereign in our lives, when we adhere to God and declare for Him and His worship, God calls us His children and part of His family. This is religion in its purest and most true form.

God's gift of freedom is easily perverted and often squandered by men or women placing religious burdens and rituals on their fellow man. Jesus condemned the religious leaders of his day for exactly this, commenting that *“they tie up heavy, burdensome loads and lay them on men's shoulders, but they themselves are not willing to lift a finger to move them...”* (Matthew 23:4).

God is not an impersonal force to be used to make people behave in certain prescribed ways. He is a deeply real and loving Father who invites us into a personal relationship with Him. It is always an invitation, never coercion or guilt-driven; we are given space and freedom to answer His

invitation. [Through Jesus](#), we have been set free and are invited to participate in God's saving work with humanity.

How important it is for any sincere and genuine Christian to constantly promote this extraordinary message of God's grace and ensure we don't unwittingly return to a life of rule-keeping, which God finds no pleasure in.

What people need to see and experience from us is **true religion** – active, transformative and inspiring. The kind of religion that Jesus demonstrated every day.

*“Is it not clear to you that to go back to that old rule-keeping, peer-pleasing religion would be an abandonment of everything personal and free in my relationship with God? I refuse to do that, to repudiate God's grace. If a living relationship with God could come by rule-keeping, **then Christ died unnecessarily.**” | Galatians 2:21, MSG*

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The modern concept of the meaning behind the word religion is an abstraction that involves distinct sets of beliefs or doctrines. Its usage, in this way, began with texts from the 17th century, resulting from events such as the splitting of Christendom during the Protestant Reformation and globalisation in the age of exploration.

However, the word religion, from the Latin *religio*, meaning 'to bind', is a word which in the ancient and medieval world was used to refer to *individual virtue of worship; respect for what was sacred, and a reverence for the divine*. It described an attitude of *being* rather than *creed*.

You may be interested to read more in the article: [From Religion To Cruciformity](#).