

7 Signs to Instantly Identify New Age Beliefs

 In a world where spirituality takes various forms, it is crucial for Christians to discern the true beliefs and values of individuals they encounter. According to Pew Research, approximately 60% of American adults embrace at least one New Age belief.

More specifically, 40% of individuals believe in the existence of psychics and the presence of spiritual energy within physical objects. Allen Parr discussed seven New Age beliefs and how we can recognize them.

1. Concept of being a spiritual person

One of the first things to listen for is how individuals describe themselves as spiritual people. While many may claim to be spiritual, it is vital to understand what this means to them in the context of their relationship with God. As Christians, our understanding of spirituality is rooted in our faith in Jesus Christ. Ephesians 2:8-9 reminds us, “For by grace you have been saved through faith, and this is not of yourselves. It is the gift of God, not of works, so that no one should boast.” Pay attention not only to their belief in Jesus Christ but also to their understanding and interpretation of His teachings. This insight will provide a glimpse into their true beliefs and ideologies.

2. Relativity of truth.

A significant characteristic of New Age spirituality is the belief in the relativity of truth. However, as Christians, we are called to anchor ourselves in the absolute truth found in God’s Word. Jesus Himself declared, “I am the way, the truth, and the life. No one comes to the Father except through Me”

(John 14:6). Parr said you can recognize someone who falls into this school of thought by listening for the phrase, "I won't judge you; therefore, you shouldn't judge me." This way of thinking is contradictory to the truth found in First John 4:1, which urges us to discern between truth and falsehood: "Beloved, do not believe every spirit, but test the spirits to see whether they are from God, because many false prophets have gone out into the world."

3. How they describe God

When engaging in conversations about God with individuals adhering to New Age spirituality, their descriptions of God may be diverse. It is essential to assess whether their understanding aligns with the biblical portrayal of God. The statement "I believe in a higher power or force" is an easy way to recognize someone who has fallen into New Age thinking, says Parr. In Exodus 34:6, God reveals Himself to Moses, saying, "The Lord passed by before him, and proclaimed, 'The Lord, the Lord God, merciful and gracious, slow to anger, and abounding in goodness and truth.'" Any description of God that deviates from the attributes revealed in Scripture should be carefully examined.

4. Energy, vibes and sending good vibes

A common phrase associated with New Age spirituality is the idea of sending good energy or good vibes. As Christians, we are called to be mindful of our actions and intentions, but we should not place our trust in the power of our own energy or vibes. Instead, we are instructed to rely on God's power and love. Proverbs 3:5-6 advises, "Trust in the Lord with all your heart, and lean not on your own understanding; in all your ways acknowledge Him, and He will direct your paths."

5. Embracing Inclusivity

New Age spirituality often promotes the belief in multiple paths to divinity, which contradicts the biblical teaching of

salvation through Jesus Christ alone. Jesus Himself declared, "I am the door. If anyone enters through Me, he will be saved and will go in and out and find pasture" (John 10:9). We should be discerning and hold fast to the truth that salvation comes solely through faith in Jesus Christ.

6. The law of attraction and karma.

The concept of the "law of attraction" or karma is contrary to biblical teachings. As Christians, we believe that our lives are guided by God's providence, not solely by our thoughts and actions. New Age beliefs can be identified by listening for the phrase, "Do good, and good things will come to you". This New Age way of thinking is the counterfeit to Galatians 6:7, which teaches, "Be not deceived. God is not mocked. For whatever a man sows, that will he also reap."

Our trust should be in God's sovereignty rather than in attempting to manipulate circumstances.

7. Involvement in mysticism.

Mystical practices, such as channeling, tarot card readings, astrology or out-of-body experiences, are prevalent in New Age spirituality. As the survey suggests, 40% of people have been deceived into this way of thinking. As Christians, we are called to seek God through prayer and His Word rather than seeking guidance from occult practices. Deuteronomy 18:10-12 warns against participating in these practices, stating, "There must not be found among you anyone who makes his son or his daughter pass through the fire, or who uses divination, or uses witchcraft, or an interpreter of omens, or a sorcerer, or one who casts spells, or a spiritualist, or an occultist, or a necromancer. For all that do these things are an abomination to the Lord, and because of these abominations the Lord your God will drive them out from before you."

As followers of Christ, it is crucial for us to discern the beliefs and values of those we encounter. By recognizing the

signs of New Age spirituality and aligning our discernment with Scripture, we can engage in meaningful conversations and share the truth of God's Word. Let us remain steadfast in our faith, rooted in the absolute truth found in Jesus Christ.

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