



1.8. Different Types of Religions

My belief is that all religions were inspired by God – in different cultures, at different times, and with different purposes or emphases.

As modern humans, we can no longer say, "I believe everything that comes from my religion, and nothing that comes from other religions."

On the path to God, we should learn from everything that comes from God.

From a religious studies perspective, a distinction is made between the abrahamic or scripture-centered religions and the mystical religions.

Major Scripture-Centered Religions

- Judaism
- Islam
- Christianity

Major Mystical Religions

- Hinduism
- Buddhism

The two main focuses of the religions

Mystical religions

In mystical religions, meditation and prayer are central.

They focus on the inner, personal path to God. The contents of the scriptures serve as a guide.

The belief here is that everyone is capable of finding God. This belief offers strong motivation on the path.

On this path, believers experience the enlightenment of truth. Ethics arise from inner enlightenment and the experience with the Holy Spirit.

Ultimately, it is about living from the love of God, to which one approaches.

Prayer Practice - Experience of God - Ethical Living and Love of Neighbor

Scripture-Centered Religions

In the scripture-centered religions, the writings and faith in them are of central importance. From this, the ethics according to which one should live arises. Alongside the sacraments

and rituals of faith, love for one's neighbor is the most important practice.

Truth - Faith - Ethical Living, and Love of Neighbor

Here we can recognize that scripture-centered religions tend to approach from the outside, through understanding, whereas mystical religions operate more through inner experiences of God.

Both complement each other on the path.

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