



Seculosity

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ABOUT THE AUTHOR

David Zahl is the founder and director of Mockingbird Ministries, which receives more than 1 million website page views per year and 35,000 newsletter subscribers and social media followers. He is editor-in-chief of the Mockingbird blog and cohost of the Mockingcast podcast. Zahl has written for Christianity Today and the Washington Post.

The Nutshell

In recent times it seems like more and more people are becoming secular. The reality is that people are abandoning what we traditionally call Religion, and are finding replacement religions in all areas of life. Seculosity is the reliance on earthly concepts for fundamental human needs like hope, purpose, connection, and what I call enoughness—the personal sense of being enough.

The Seculosity of Busyness is about a public display of enoughness: being busy all the time. It is supposed to signal importance and has become a virtue in and of itself. However, such obsession with performance has many negative consequences on a person's health, both physical and mental.

The Seculosity of Romance centers around looking to a romantic partner to fill the void left by Religion. Previously, people married for land, security, offspring, etc. But now we're often looking for someone to meet not only our material and societal needs but also our emotional needs.

The Seculosity of Parenting focuses on doing all the right things to raise “good” children. It becomes a problem when the parents start depending on their children for enoughness and all the child's achievements become the parent's justifying story.

The Seculosity of Technology is about depending on technology to distract ourselves at every given moment and avoid our internal pain. It also links to quantifying every task in our day-to-day lives to compete with others to rank ourselves and make sure we're doing enough.

The Seculosity of Work is when we need our career not just for the paycheck, but our identity. When work takes the responsibility for providing us with identity, purpose, and worth, it begins to serve as a religion, making human feelings of laziness and procrastination into mortal sins.

The Seculosity of Leisure applies to all those activities that we perform to relax and recharge, such as exercise, hobbies, play, and sleep. However, when we start to perform these activities with strict frameworks governing them, they go from being relaxing and fun, into yet another venue for score-keeping and self-justification.

The Seculosity of Food takes the phrase "You are what you eat" literally. It implies that there is a strict "right" and "wrong" when it comes to our food choices and doesn't shy away from judging those who are eating differently than we are.

The Seculosity of Politics makes a person's political preferences a measure of their moral character. It becomes a problem when political views become the only lens through which people view the world and make decisions about their morals, ethics, and social circle.

The Seculosity of Jesusland applies to religions, including Christianity, which have mainly become the religion of law, dictating what to do and what not to do instead of being a religion of grace, focusing on *why* we should be or act a certain way.

In conclusion, the problem with Seculosity is mainly about our human nature and our need for a loving God, who cannot be replaced by any framework, concept, or replacement religion.