Why is religion so complicated?

I honestly do not believe that it is. We have a tendency of making it so, but our faith really is about relationship. It is about how we are called into relationship with God, others, creation and self. The reality is that there are rules to any relationship, and those rules help us both to define what the relationship means and how it is intended to be lived out. What people see as complications really are just the difficulties we have in any real relationship.

Our faith is really founded on a few simple principles, but how we live out those principles are where things can get complicated. The basic reason is that most of us are pretty selfish and want things the way we want them. Hence, we need help in disentangling what our simple desires are and what God is calling us to do. We are also pretty good at rationalizing why our way of thinking is the right way of thinking. Therefore, again, we need help in seeking to find the truth.

Our faith and all we have been given, like the Scriptures and the Seven Sacraments, are simply ways to help us stay on track and grow in our relationship with God. Religion could be much simpler if we were willing to always follow God’s will perfectly, but we are not.