

Abstract

This paper examines the distinction between religiosity and spirituality which is not a new phenomenon among religious communities. It is one of the outcomes of the New Age spirituality. And, for the majority of people, being religious is equivalent to being spiritual, unfortunately the two phenomena are world apart. The relationship and distinction between religiosity and spirituality is a great challenge to the University students. Many of them are easily influenced by their peers, literature and the ideologies imparted to them by their Professors. Religiosity comprises a set of rules which guide one's life. This is why religious people underscore the rule of law, are interested in the written word and emphasize the righteousness of the law. Spirituality however, is a matter of the heart emanating from the supreme power. The paper examines factors which influence the dilemma of these phenomena and finally suggests reconciliation between the two in Kenyan Public Universities.