

THE SPIRITUAL WORLD

What is My Relationship with the Divine?

We join religious groups and institutions, and develop our spiritual lives. We connect with different people from different backgrounds, races, ages and social classes.

We develop spiritual practices which provide amounts of comfort and support. We explore questions like “What does my life mean?”

Dr. Michael Obsatz

Storytelling in small groups or through personal reflection. One by one, each person shares their answer to the first prompt below. Then go to next question and so forth. A person can pass.

1. Share about childhood religious organization experiences.

(Was your family active, or not, in a religious community?)

2. Tell a story about being part of, or turned off from, a religious organization.

(how does, or did, your involvement make you feel?)

3. Share what spiritual practices give you a sense of peace, connection, comfort, and support.

(going to worship services, prayer, meditation, mindfulness, being in nature, volunteering, etc.)