

**What is spirituality?**

Spirituality is how people connect deeply.

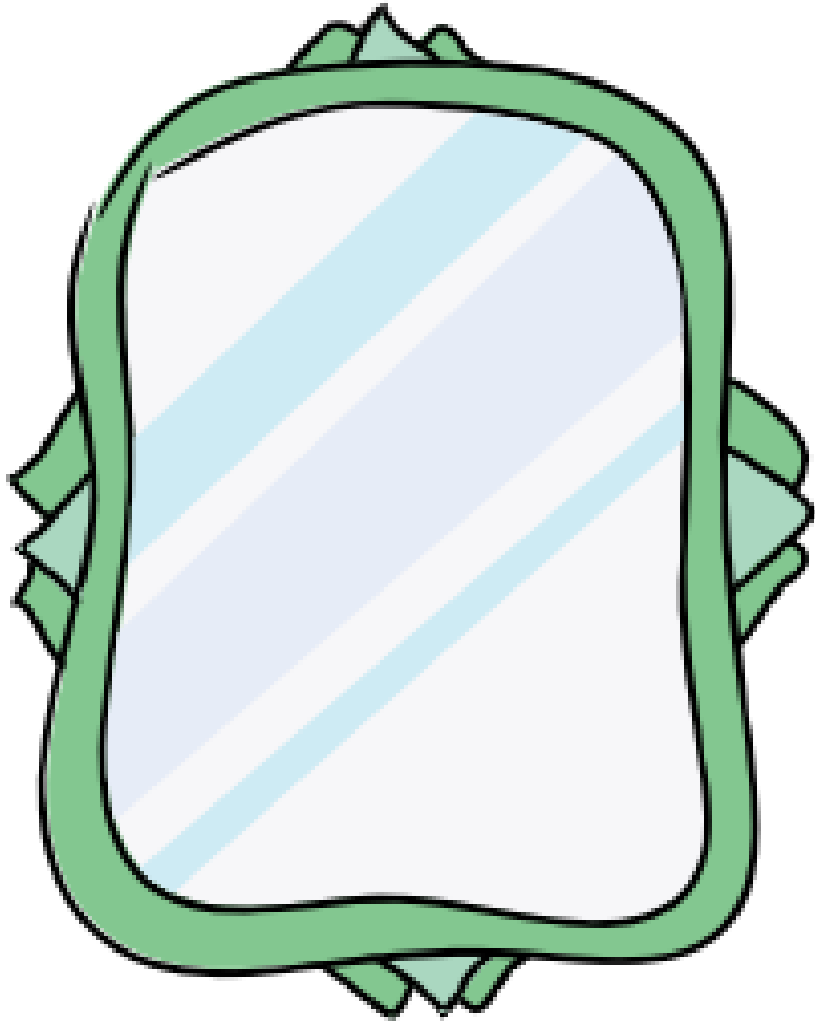
Spirituality is a deep connection to the world.

Spirituality is about finding meaning and purpose.

Spirituality is about considering BIG questions.

Spirituality is reflecting on our experiences and what we can learn from them.

Spirituality is exploring what our light is and how we can let it shine.



## The Mirror - Self - Looking IN

*Like looking in a mirror...*

What is my view on this?

How do I feel about it?

What can I learn from others about this?



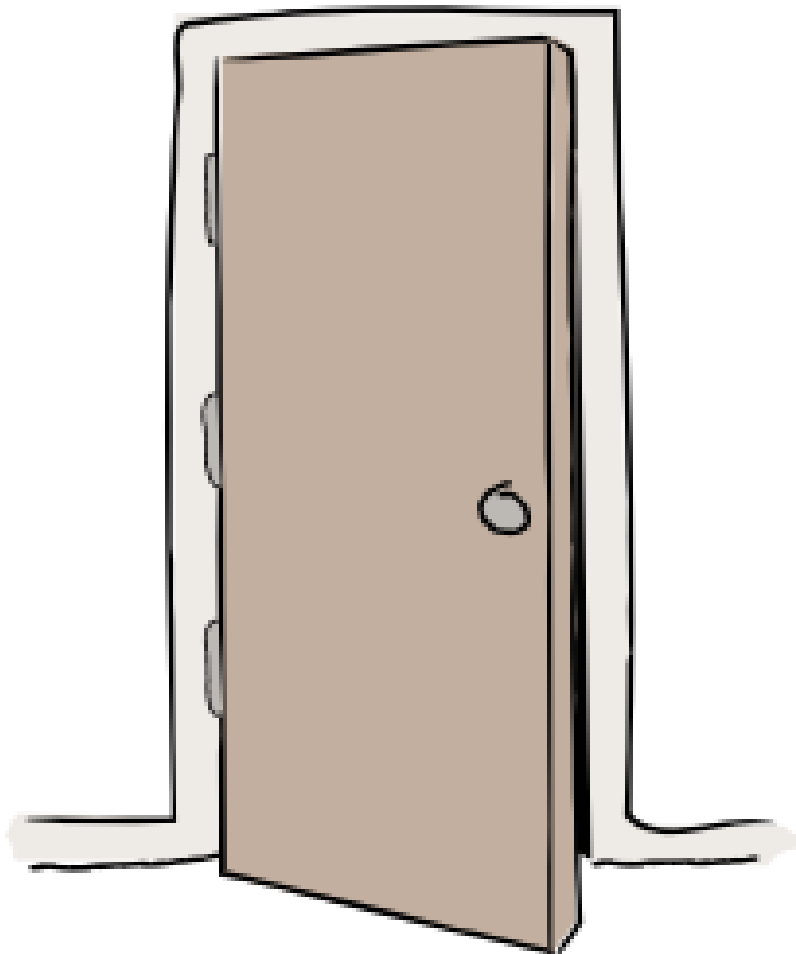
## The Window - Beauty of the World - Looking OUT

*Like looking through a window...*

What are the important facts?

What is challenging to me about this?

What is inspiring to me about this?



## The Door - Others - Looking AHEAD

*Like opening a door to let others in...*

What can I learn and take away with me today?

How can I respond to this?

Where can I find out more information about this?



**The Candle - The things we cannot see - BEYOND**

*Like watching a flame and thinking...*

What do I value and believe in?

What helps and guides me to make choices?

What does faith mean to me?

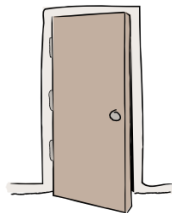


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## The Candle - The things we cannot see - Looking BEYOND

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What helps and guides me to make choices?

What does faith mean to me?

## Next steps...

- We are going to think about spiritual moments in our lessons and our day.
- We are going to share a spiritual moment in Celebration Worship on Fridays starting from Friday 15<sup>th</sup> September.