

Spirituality

1. Do you believe in God or a higher power?
2. What kind of religion and spiritual practices were you raised with? How do you feel about them?
3. What kind of feelings do you get when you think about religion and spirituality?
4. Is there a difference between religion and spirituality? What is the difference?
5. What is a religion or spiritual practice that you'd like to find out more about? Why would you like to find out more about it? How could you go about finding out more?
6. What about religion and spirituality scares you or makes you nervous? How can you work to resolve this?
7. If you could ask God/the Creator (if you believe in one) a question, what would it be?
8. Do you believe in a soul? If so, what does it mean to have a soul?
9. What do you think happens after death?
10. What, if anything, about spirituality and religion bring you comfort?

