

WHAT IS SPIRITUALITY?

Thinking Feeling Believing



THE CHURCH
OF ENGLAND

DIOCESE OF DURHAM



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Year 6 Leavers in Durham Diocese were invited to Durham Cathedral to celebrate the end of one part of their school journey. A collaboration between Newcastle and Durham Dioceses saw an activity ask 3 questions on spirituality: What do you think spirituality means? What does spirituality mean to you? Please give an example of your experience of that at school; at home; at church. Responses were collected from over 2500 pupils, and collated by the Diocesan Children and Youth teams.

This presentation offers a flavour from what we found out from our young people in Durham Diocese.

What do you think Spirituality
means?

I believe spirituality means that God is always with you in spirit no matter what you are or who you are. This shows God loves everyone no matter what.

I think spirituality means relaxing
while feeling close to God...

MANY OF THE CHILDREN TALKED ABOUT SPIRITUALITY IN TERMS OF THEIR FEELINGS AND EMOTIONS.

Being creative

Being free

happy

at peace

joyful

calm

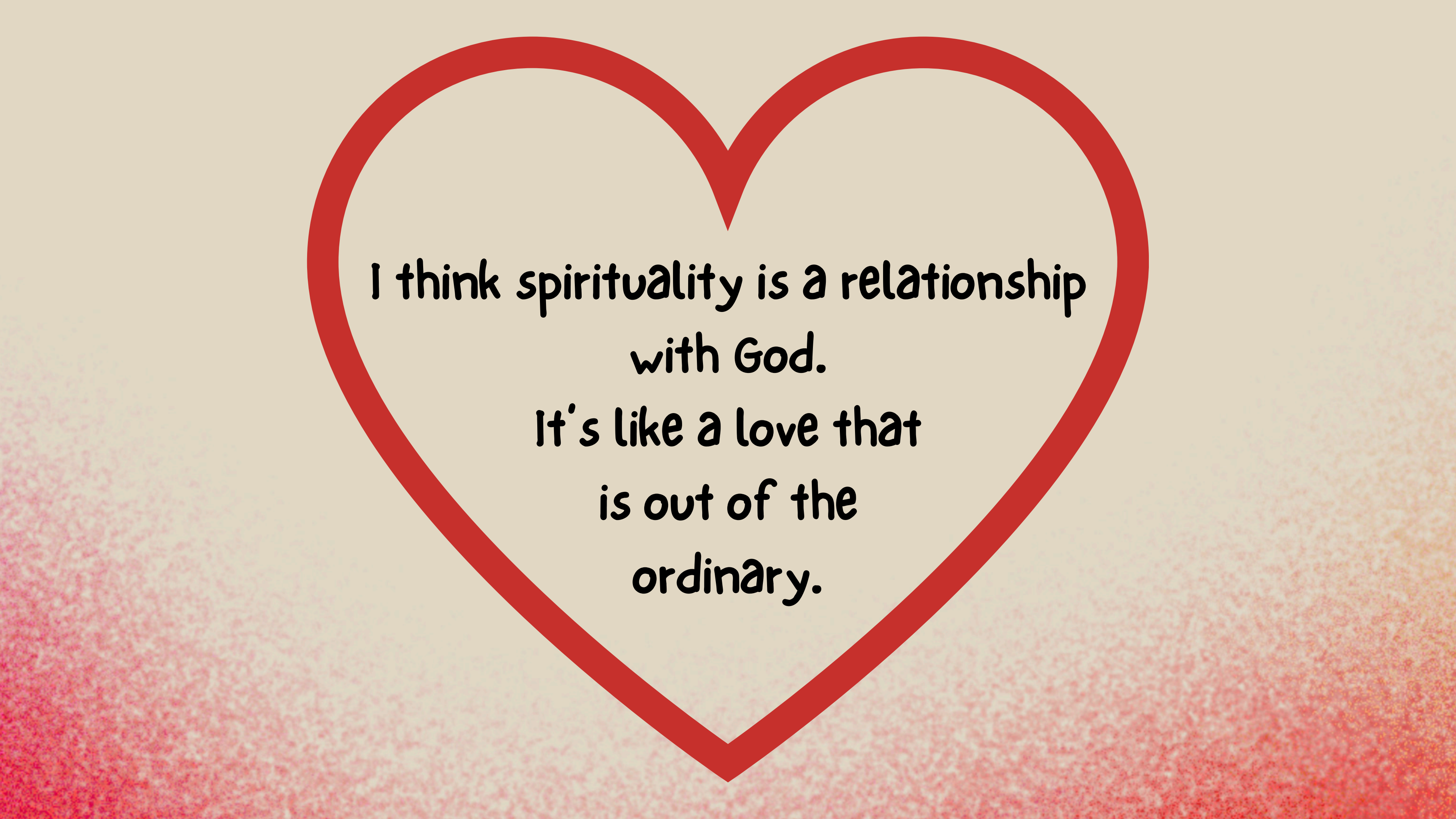
Relaxed

being kind to others

I think spirituality means you know that God is always with you. I think it comes with loads of emotions.

I think spirituality means being at one with yourself and finding your peace.

A way of thinking about God



**I think spirituality is a relationship
with God.
It's like a love that
is out of the
ordinary.**

MANY CHILDREN
ASSOCIATED
SPIRITUALITY WITH
ANOTHER REALM

Death



the Holy Spirit



Angels



Ghosts



Connection without words



the word
CONNECTION
came up a lot

I think spirituality is connecting with
God through prayer and worship
because we want His help and
guidance.

God is there for you.

I think spirituality means having a trust in God and believing that there is a greater spirit out there that will guide and protect you. A bigger connection than a human could.



I think it is connecting with people
who aren't just there physically.
They are with you in SPIRIT.

I think spirituality is
when you feel that a
higher force is upon
you and helping you.



LOOKING IN
LOOKING OUT
LOOKING UP

Connecting to
someone
or something on a
non-physical level.

Spirituality is
feeling like there is
more to life...

A guide to life.

AWE AND WONDER

When you look up at
the stars and
say WOW!

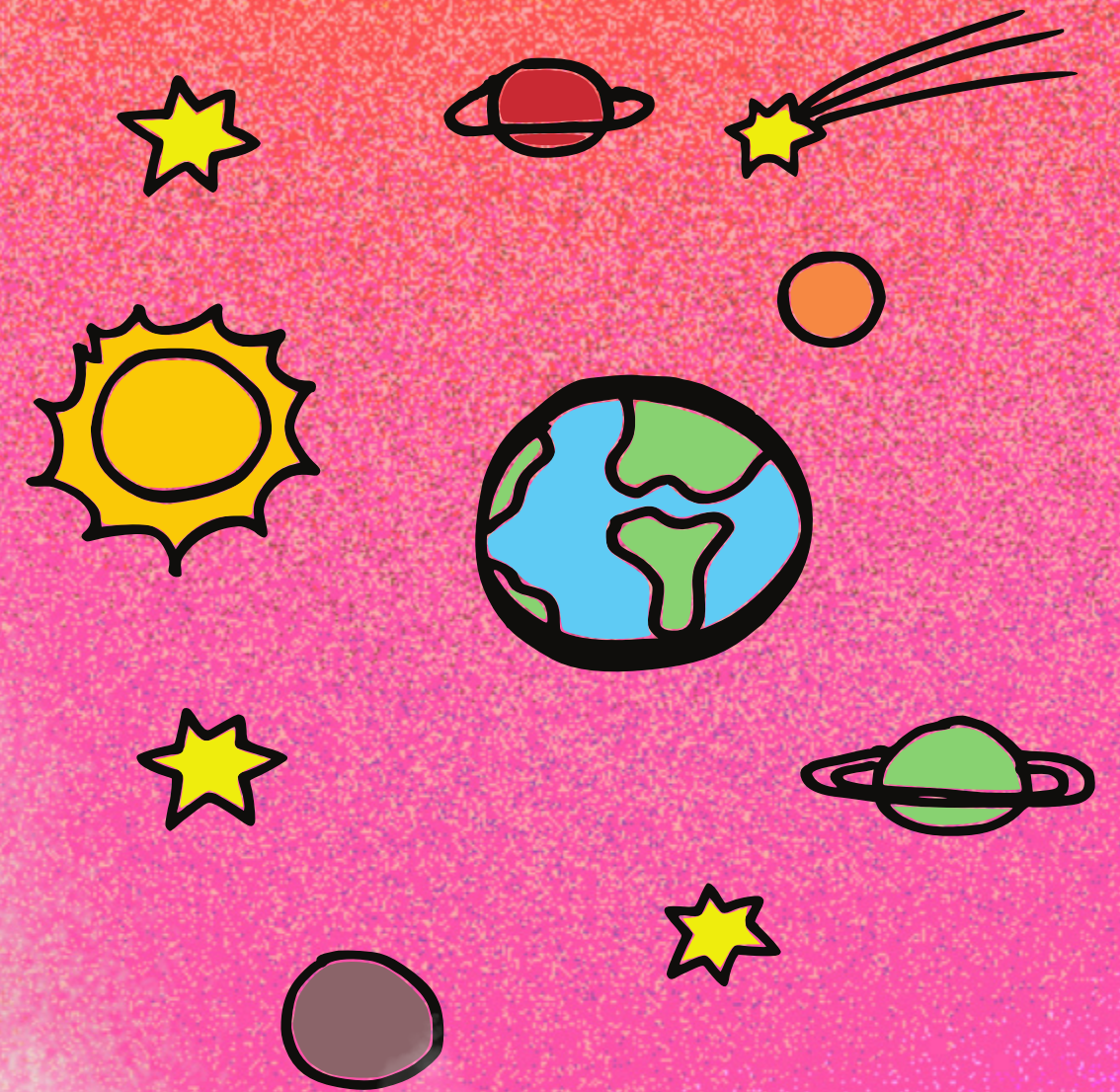


A moment of
AWE!


Seeing what God has created
and made for us.



Hearing the birds singing.



Heaven and Nature.



Something that's a lot
bigger than me!

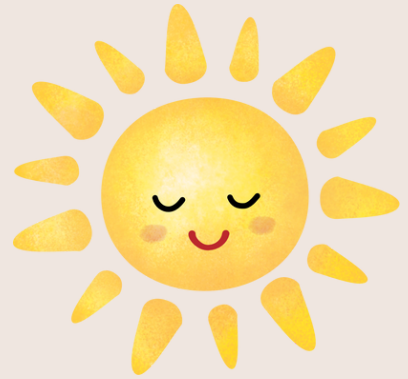
I think that
spirituality means love
and God loves you.



What does Spirituality
mean to you?

God helping and supporting us.

Being like God and believing in him.




Being calm and peaceful with God.

Loving and respecting God like he does to us.

Praying.



Feeling like God is by your side.



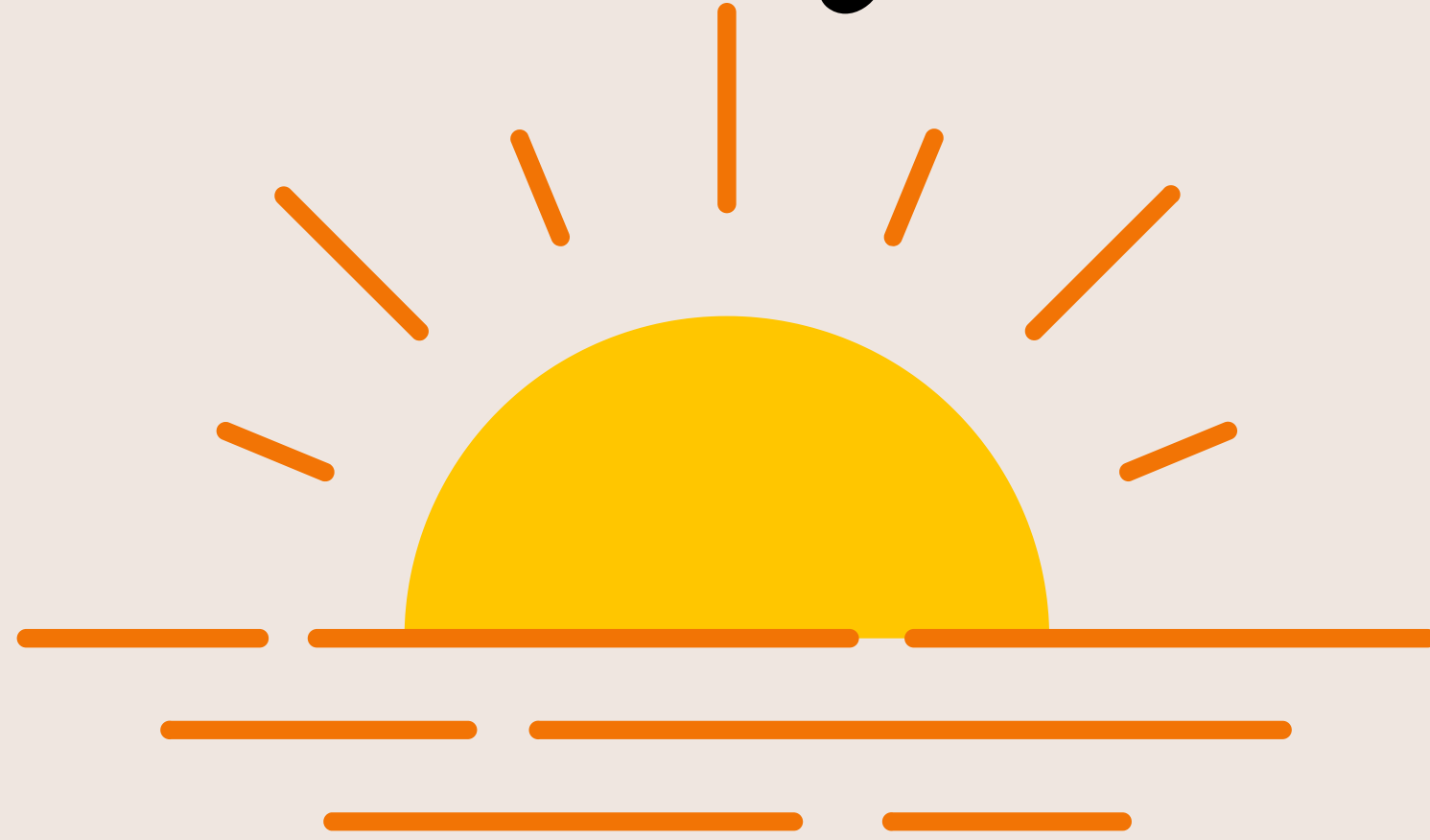
Communicating with God, whether in
thought or word or deed.

God is with me by his spirit.

When I'm playing with my dog and walking him
and when I'm on holiday at the beach because I
am calm and happy - I think God is looking out for
me.



For me it's connecting with nature.



That extraordinary feeling like when you see a sunset and it takes you out of the moment.



When I look up at the night sky.



Being creative and navigating through tough times.



For me it's about praying to God.

Singing to God!

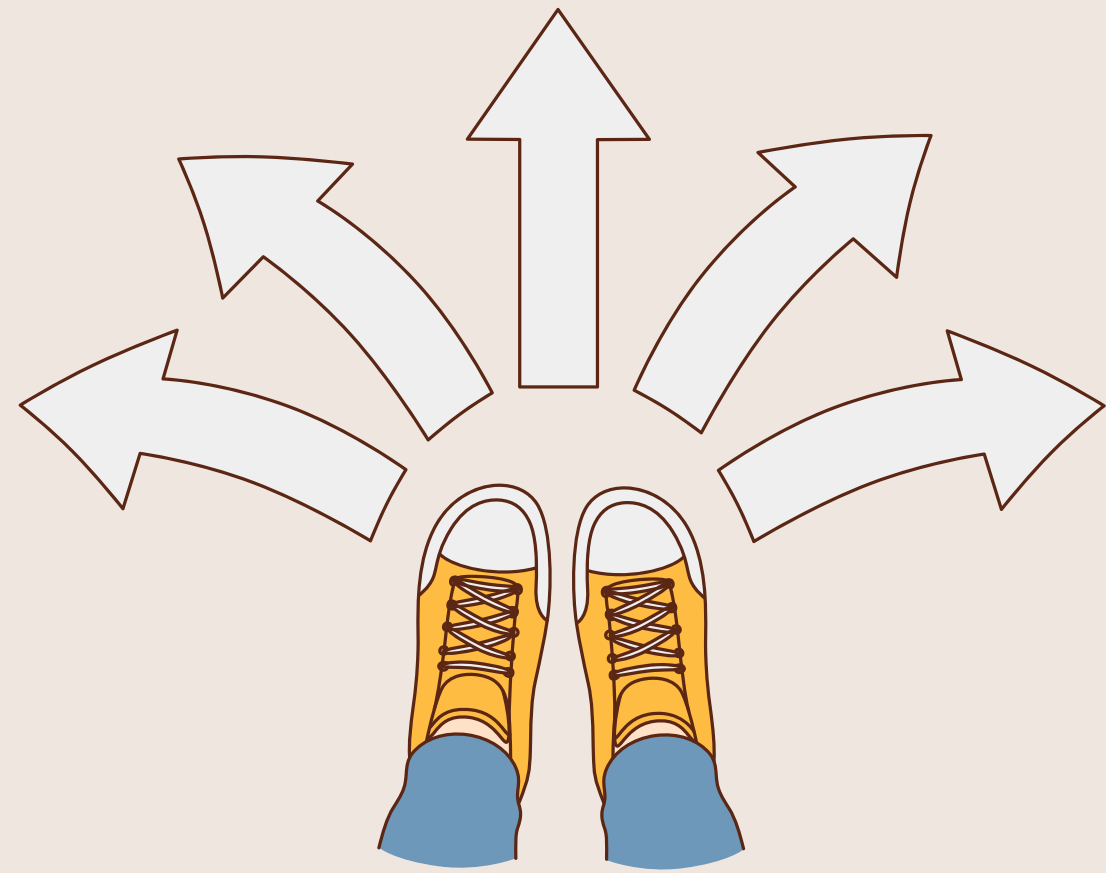


When I'm in church and I feel connected to God.



It is when God changes me.

Praying and feeling like I belong with God.



Spirituality means to me that you follow what your heart says and you pray to God when you need an answer for a deep specific question.

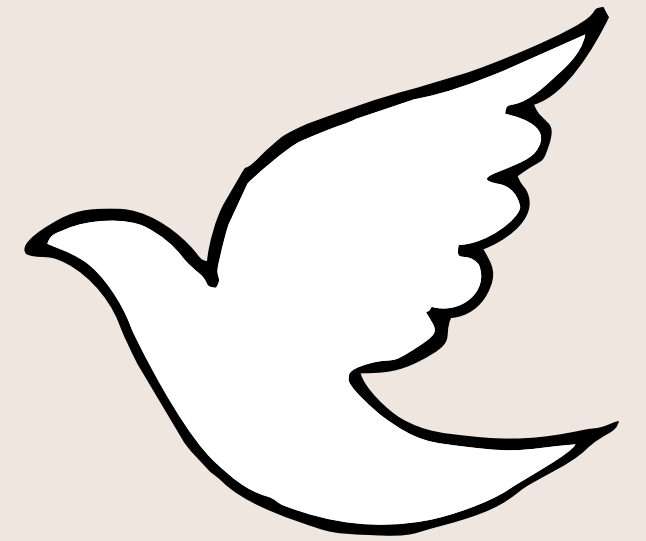
Pilgrimage.



Please give an example of
your experience of
spirituality...



At Church.



Praying in worship at school.

A spirituality moment for me is being outside
and playing with friends and feeling free!

At my mam's confirmation.

During worship at the end of the day.

Lighting a candle at school for
collective worship.



When I listen to the sound of
the rain pattering on the floor.



When we sing hymns at school.