



Spiritual? Me? Exploring spirituality

Hello,

In Year 7 you will begin by exploring what is meant by the term 'belief'. We will explore a range of beliefs and discuss your own beliefs as a part of this work.

We would like you to consider the question 'How spiritual am I?' by completing the attached activities.

You should print the following pages and complete the work on the pages. The boxes in Activity 3 give an indication how much you might write. You may respond to the questions in Activity 3 using bullet points.

Activity 1.

**Spiritual? Me?** A quiz to explore spirituality

Work by yourself. Choose 1 reply to each question. Use the chart on the next page to get your scores

A = Agree Strongly / B = Agree a bit / C = Disagree a bit / D = Disagree completely.

<i>Sixteen Spiritual signals: which ones matter to you?</i>		A	B	C	D
1.	Music matters to me because through my music, I can get my feelings tuned up and my life in harmony.				
2.	Other people matter to me because friends and family are the main meaning and purpose in my life				
3.	I'm not bothered about the natural world - animals, birds, streams and mountains. My way of life doesn't need the green				
4.	I believe in something more than just atoms and matter. I might not call this 'God', but there's more to life than science.				
5.	Silence and time alone are important for me to help me feel OK about life. I like thinking deeply by myself.				
6.	I don't believe that a partner and a love life makes you happy. You can be happy alone. 'Love' can make you unhappy too.				
7.	It's interesting to find out about the world of nature, evolution, where we come from and how the body works. This is exciting.				
8.	God doesn't exist. There's no such person. It's all in people's imagination. It's good to be certain about Atheism. It's right.				
9.	Sometimes I am amazed at life: the ideas, passions and things I can do make me wonder: 'Why do I deserve this?'				
10.	If you have a successful family, then that's a successful life. One of my top wishes is: make a good family when I grow up.				
11.	I get peace and calm from the outdoor life. I love the world of nature. River, wind, lightening and sea make me feel alive.				
12.	I just don't care about God at all. I'm not really an atheist, but it simply doesn't bother me. I don't ever think about God.				
13.	Being born is a gift. And a priceless gift too. I'm grateful for it.				
14.	I am a good friend, and I have good friends.				
15.	When we die, our bodies rot away, and go back to the dust we came from. This doesn't scare me. Flowers grow on graves.				
16.	I have felt, at least once in my life, that I was in touch with a power or a presence different to my 'everyday self'				

Activity 2:

What is your spiritual identity? Add up your scores.

Questions: circle your answer. Add your scores in the four columns.											
Spirituality and your self			Spirituality and relationships			Spirituality of the earth			Spirituality and the 'beyond'		
1	A=5 C=2	B=4 D=1	2	A=5 C=2	B=4 D=1	3	A=1 C=4	B=2 D=5	4	A=4 C=2	B=2 D=4
5	A=5 C=2	B=4 D=1	6	A=1 C=3	B=2 D=5	7	A=4 D=1	B=3 C=2	8	A=3 C=1	B=1 D=3
9	A=5 C=2	B=4 D=1	10	A=5 C=2	B=3 D=1	11	A=5 C=3	B=4 D=1	12	A=1 C=3	B=3 D=1
13	A=5 C=1	B=4 D=1	14	A=5 C=2	B=3 D=1	15	A=4 C=1	B=1 D=3	16	A=5 C=2	B=4 D=1
1, 5, 9, 13 Total:			2, 6, 10, 14 Total:			3, 7, 11, 15 Total:			4, 8, 12, 16 Total:		
Over 12 for these four questions means that your spiritual sense give a high value to the individual self			Over 12 for these four questions means that relationships are important to you in your spiritual life			Over 12 for these four questions says you have an earthy spirituality, in touch with the 'green'			Over 12 for these four questions is a signal that God or the 'beyond' (the 'transcendent') is important to your spiritual life		
<b>Grand total:</b>											

What was your grand total score?

Here are the interpretations of your score:

<b>16-28</b>	You don't think being spiritual is very important. You may find your life's meanings through very practical activity. You don't find thinking deeply about spiritual questions is worth the effort.
<b>29-42</b>	Some aspects of spirituality matter to you, but other ones don't. Your spiritual life may be connected to just one of the four elements of spirituality (self, relating, earth, God) Your way of life doesn't leave you much time for feeling and thinking deeply or reflectively. Try it some time - you might like it.
<b>43-58</b>	You are tuned in to spiritual questions. You find some (2 or 3) aspects of spiritual life important. You have many questions about life's mysteries to explore. Spiritual thinking and reflecting may help you find your own path in life.
<b>59-72</b>	You're a very spiritual person. All aspects of spiritual life touch you in some ways. You are a deep thinker about the things of the spirit. The spirituality of self, of relationships, of the Earth and of God (or the transcendent) all make a difference to you.

**Activity 3: Questions for written work about your own spirituality**

1. What did you like and dislike about the quiz?

2. Do you think the interpretations fit? Go back and look at the interpretations of each score. Give at least one reason to support your answer.

3. What do you think 'Spiritual' means?

4. Are you spiritual, religious, both or neither?

For example, you might write 'I am spiritual and think about God and the meaning of life but have not been raised by a particular religion. I do not follow any rituals but I do think there is something greater than myself in this world, some people might choose to call this God.'

5. The quiz uses the idea that spiritual life is about 4 things: relating to your self, relating to others, relating to the earth and relating to God (or 'the beyond').

Which of these matter to you? Which matters most? Give at least one reason to support your answer.

6. What would you say to the person who designed this quiz? Could it be made better? How?