



Spirituality

Why...?

Church Schools education

Flourishing of all in its broadest sense

Spirituality through the curriculum

Impact of collective worship on the spiritual flourishing of pupils *and* adults





Aims

To produce a shared understanding of what we mean by 'spirituality' and 'spiritual flourishing'

To consider ways in which we can express this in action (a 'lexicon' for spirituality)

Reviewing the Context

Around the world, many people who do not identify with any religion nevertheless hold a variety of spiritual and religious beliefs, including the belief that there is life after death, according to a Pew Research Center study of religiously unaffiliated adults in 22 countries.

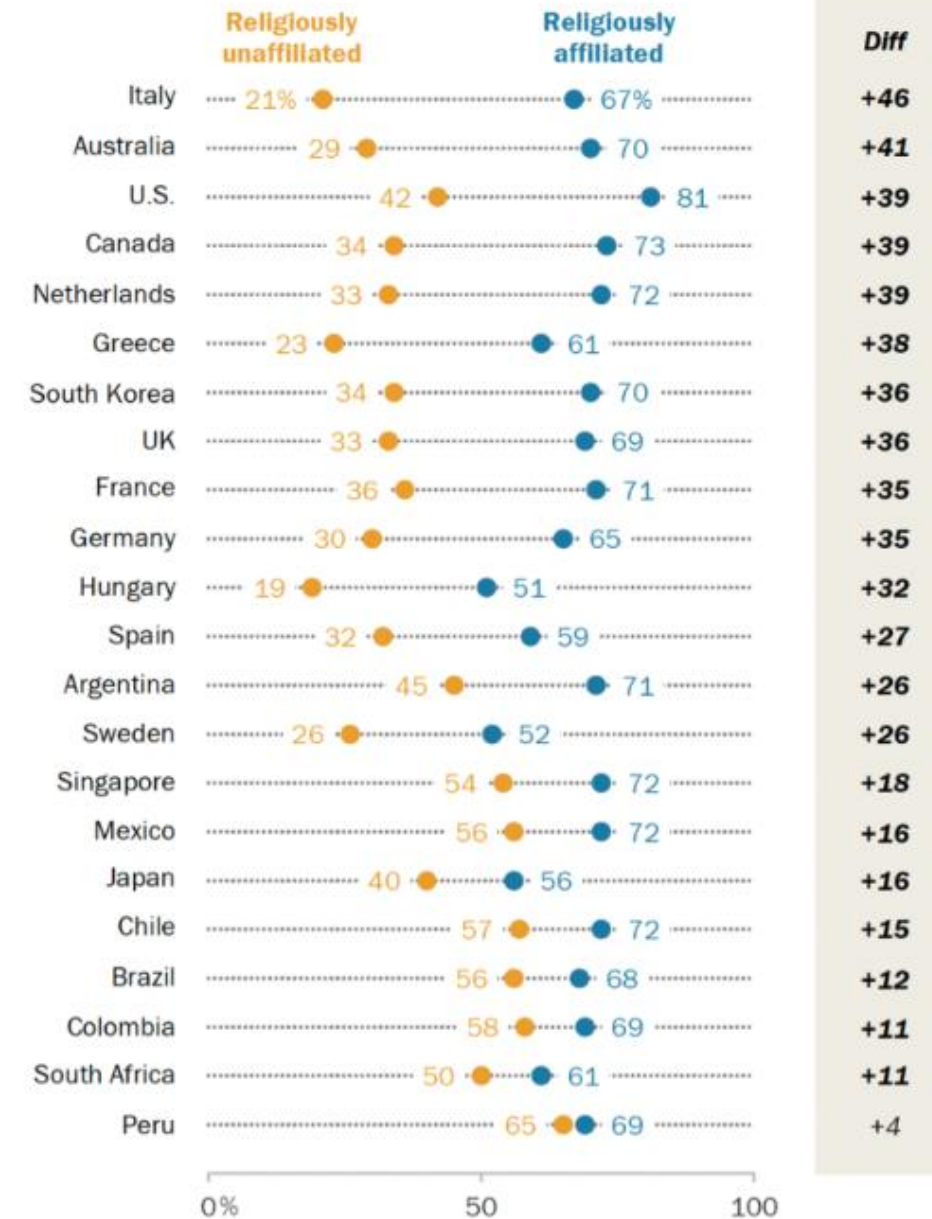
Many religiously unaffiliated adults also express belief in God. This includes solid majorities of “nones” in South Africa (77%) and several countries in Latin America, such as Brazil (92%), Colombia (86%) and Chile (69%).³

Religiously unaffiliated adults in Europe and Australia are much less inclined to believe in God. Just 18% of “nones” in Australia, 10% in Sweden and 9% in Hungary are believers.

In the United States, 45% of “nones” say they believe in God, according to our 2023 survey.⁴

‘Nones’ are less likely than religiously affiliated adults to believe in an afterlife

% of adults who say there is *definitely/probably* life after death, among those who are ...



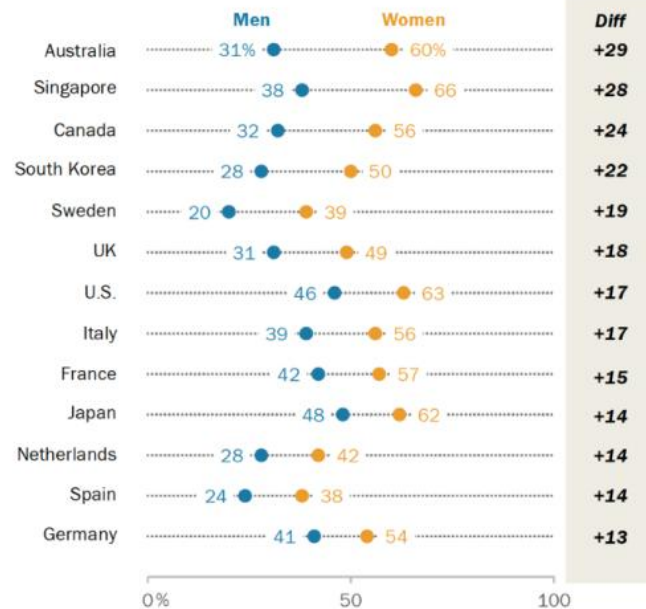
Reviewing the Context

In most of the countries analyzed, adults ages 18 to 39 are much more likely than older adults to identify as “nones.” For instance, 72% of Japanese adults under 40 say they are atheist, agnostic or “nothing in particular,” compared with 50% of older adults.

In a few countries, however, about half or more of “nones” say religion is either *somewhat* or *very* important in their lives. This is the case in Brazil, Colombia, Peru and South Africa – possibly reflecting the prevalence in these countries of traditional African, Afro-Caribbean, or Indigenous and Indian religious beliefs and practices (even among people who don’t identify with any religion).

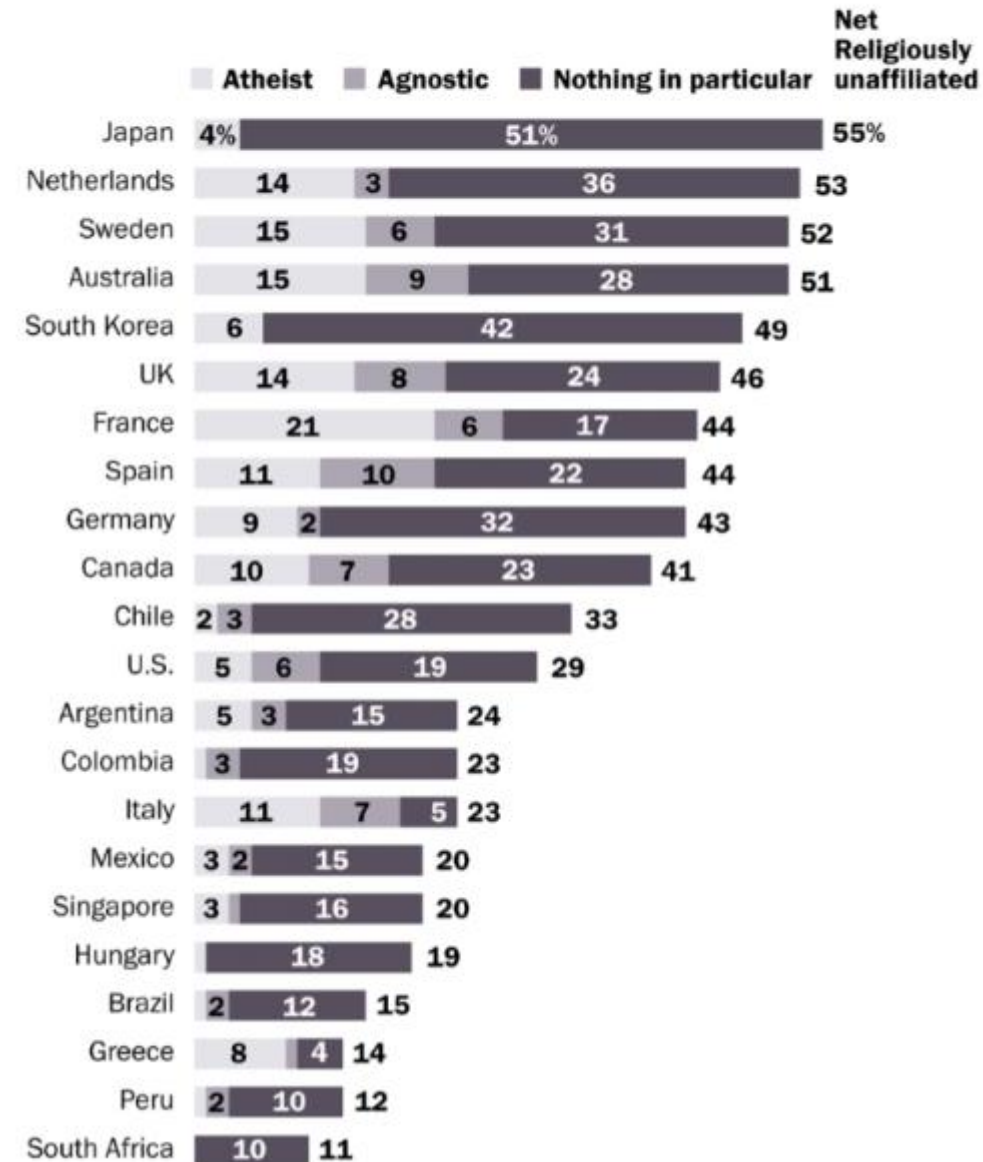
Religiously unaffiliated women are more likely than men to believe parts of nature can have spirits

% of *religiously unaffiliated* adults who say that parts of nature, like mountains, rivers or trees, can have spirits or spiritual energies, by gender



Many ‘nones’ identify religiously as ‘nothing in particular’ rather than as atheist or agnostic

% of adults who identify religiously as ...





“All the world’s major religions, with their emphasis on love, compassion, patience, tolerance, and forgiveness can and do promote inner values. But the reality of the world today is that grounding ethics in religion is no longer adequate. This is why I am increasingly convinced that the time has come to find a way of thinking about spirituality and ethics beyond religion altogether”



Spirituality and Christianity

Global nature of Christianity - meeting people where they are

Religious and non-religious worldviews develop over time

The importance of **context**

Prayer, Bible reading / study, worship / liturgy, fasting, service, fellowship, sacraments...

Spirituality and Christianity

“Do to others as you would have them do to you” (Luke 6.31)

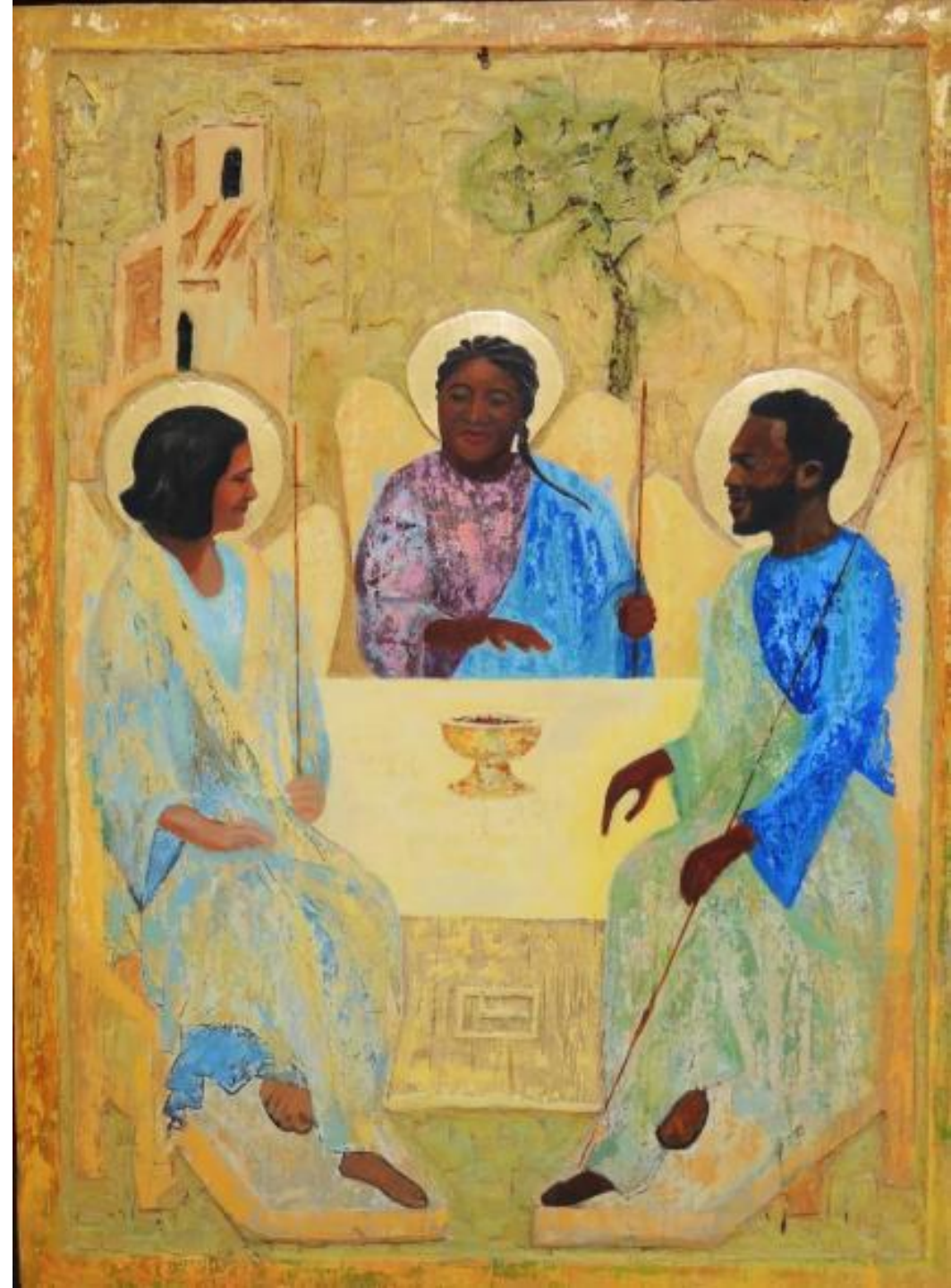
“All shall be well and all shall be well and all manner of things shall be well” (Julian of Norwich)

“...we must, as the church of God, proclaim that we are made for togetherness, for fellowship, for community, for oneness, for friendship, and peace” (Archbishop Desmond Tutu)

“...trusting God in the dark” (Charles Spurgeon)

“Joy is the serious business of Heaven” (C S Lewis)

“Pray as though everything depended on God. Work as though everything depended on you” (St Augustine of Hippo)

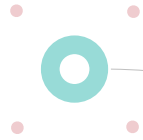


“

At the heart of just about all definitions of spirituality is an understanding that there is **more to life than this**. It is a way of **seeing, connecting** and **giving meaning to life** that goes beyond the immediate and the superficial. It affects the way in which people think about, understand and respond to what they experience. It encompasses emotions, physicality, senses, faith and peace. For many it is **a personal and developmental journey**. ”

Derek Holmes





Aspects of Spirituality



A sense of...

...the mystery of life: an awareness of there being something more to life than meets the eye

...awe and wonder

...pattern, sequence and order

...love for the natural world

...enquiry and open mindedness

...choice, decision making and personal responsibility

...life's joys and achievements

...disappointment and failure, suffering and pain

...self-confidence in expressing inner thoughts

...self-worth and the worth of others

...others as feeling, thinking people

...empathy with others

...silence and reflection

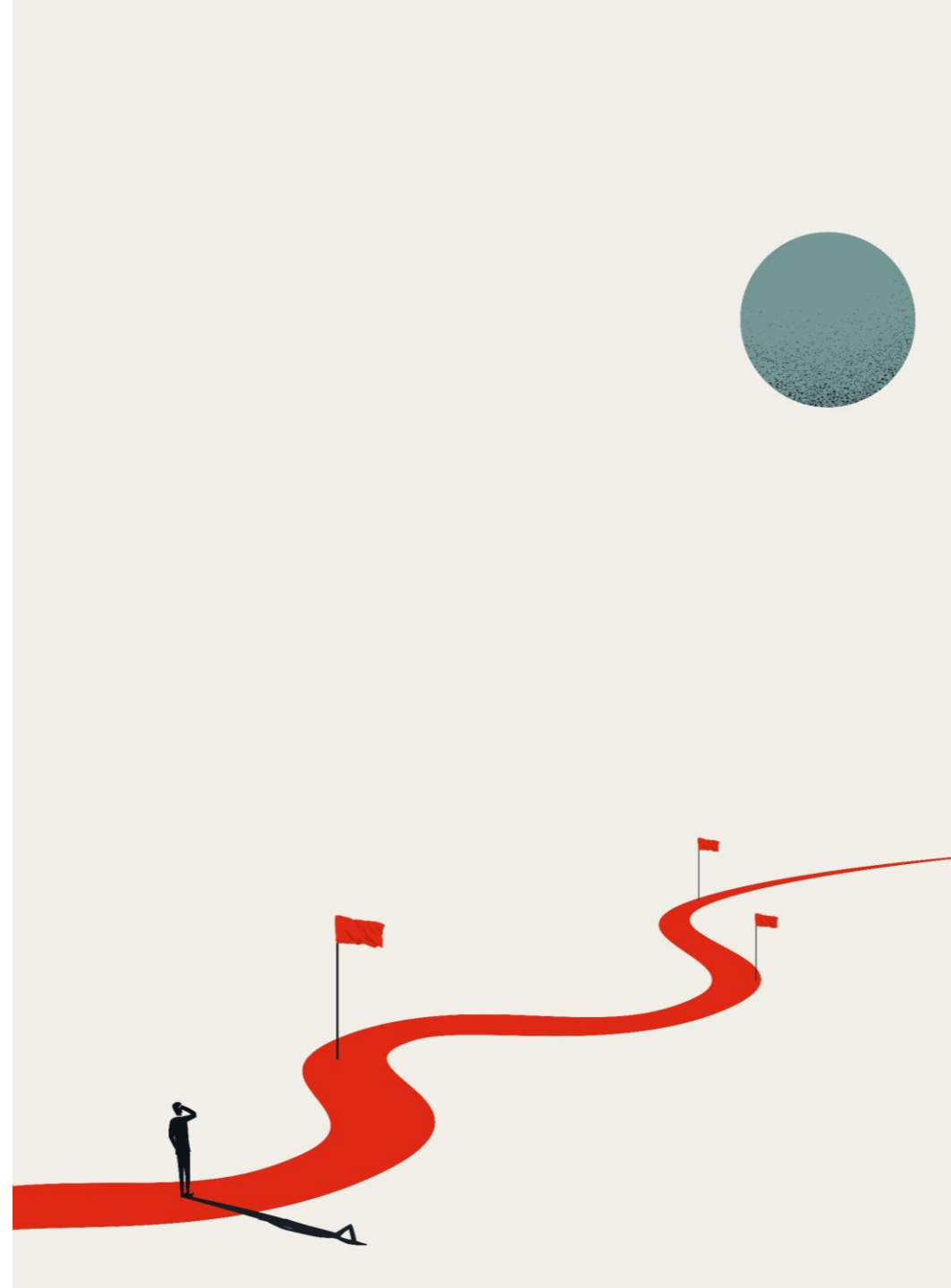
Next Steps

Have a wander!

Discussion:

Can we formulate a definition?

Can we articulate what this might look like in practice?



What works for us...?

- Being in nature, by the sea (majesty)
- Open space
- Travelling, exploring new places
- Stars, space – the big picture
- Exploring big questions, sitting with the unknown
- Gardening
- Driving – can never quite capture the moment!
- Care of / pride in things we own (car, house, possessions, etc.)
- Completing a task satisfactorily
- Candlelight
- Prayer / reflection
- Solitary
- Physical activity
- Pattern, rhythm, time, repeated sounds
- Faith, church, worship
- Community – equity, inclusion
- Connectedness with others (especially friends / family)
- Being around children
- Warmth, sunshine
- Creativity (graphic design, video, crafting, painting, etc.) – making abstract real
- Song / music (listening and singing)
- Specific places (pilgrimage)
- Memories (routines and traditions)
- Discovering something new – seeing anew, seeing the unseen
- Knowing when to stop, rest

What does spirituality look like for our team?

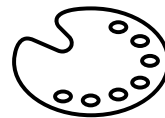
Engagement in and with the natural world

Physical activities

Creativity – tangible, task completion

Connectedness and community

Sitting with the unknown, seeing anew



Called	Aspirational	Rooted	Empowering
Care of natural world Care of physical health Responding to the world and others creatively Serving those around use, including the most vulnerable Challenging yourself to see things differently	Aspiring for the health of the natural world Setting goals for physical health Creating something new – fixing something that was broken Ensuring everyone feels they belong	Christian beliefs about creation Christian beliefs about humans being made in the image of God and responding to God’s creation Christian beliefs about humans being made in the image of God and being treated as such Christian beliefs about listening to / for God in the world	Ensuring each person knows they can contribute positively to the natural world Empowering through good physical health Empowering through creating something new Empowering by learning more about each other Empowering by facing what is unknown and seeing things anew

Engagement in and with the natural world
 Physical activities
 Creativity – tangible, task completion
 Connectedness and community
 Sitting with the unknown, seeing anew

