



SB Activity 6 - Overcoming Setbacks: Spirituality

People may get hung up on the concept of spirituality for several reasons such as:

- I am unsure with what I believe in when it comes to spirituality
- I am simply not interested in spirituality or anything related to the subject
- I am an atheist, therefore spirituality is a waste of time in my opinion
- I am too busy with my day to day concerns to think about spirituality
- I have had bad experiences with religion
- I don't agree with many of the things I've been taught about spirituality
- Other reasons? - _____

Group Discussion - Has anyone ever thought any of the above when it comes to spirituality?

Spirituality – Breaking it Down:

Regardless of what each person as an individual may or may not believe in, every human alive usually functions better with a sense of **meaning** and **purpose** in their life.

- **Meaning** (n.) - *the inner, symbolic, or true interpretation, value, or message*
- **Purpose** (n.) - *the reason for which anything is done, created, or exists*

Spirituality itself can be a very deep concept, however, regardless of one's specific beliefs, everyone should be able to relate to the basic idea searching for meaning and purpose in life.

With that said, consider some of the following questions for group thought and discussion when it comes to spirituality and setbacks:

- ✚ Who/what is meaningful in your life today?

- ✚ What could you do in order to increase a sense of meaning and purpose in your life?

- ✚ Does your life every feel empty or lacking in purpose? If so, what contributes to those feelings?



- ✚ Have you ever thought about a deeper purpose of life other than just surviving from day to day? If so, what comes to mind for you?
- ✚ What experiences have you had already that increased a sense of meaning or purpose in your life?
- ✚ What experiences have you not yet had that you think could help you increase your sense of meaning and purpose in life?
- ✚ Is there anything else that you think you could learn about, research, practice, explore, or study in order to increase your level of spirituality in life?





Additional Questions for Thought & Discussion Specifically for Those with Faith:

- **Faith** (n.) - *strong or unshakeable belief in something*

If you believe in prayer, what specifically can you pray for in order to be built up daily especially when you may be struggling?

A lot of times getting out and experiencing and studying nature can be an incredibly useful and healthy in expanding our spirituality. How can you increase your effort and awareness in this area?

What other ways, can you increase your faith and strength spiritually that will also help you with your process of positive change?

Spirituality is founded on learning, studying, searching and growing. What can you do in order grow, learn and expand in your spiritual understanding?

