

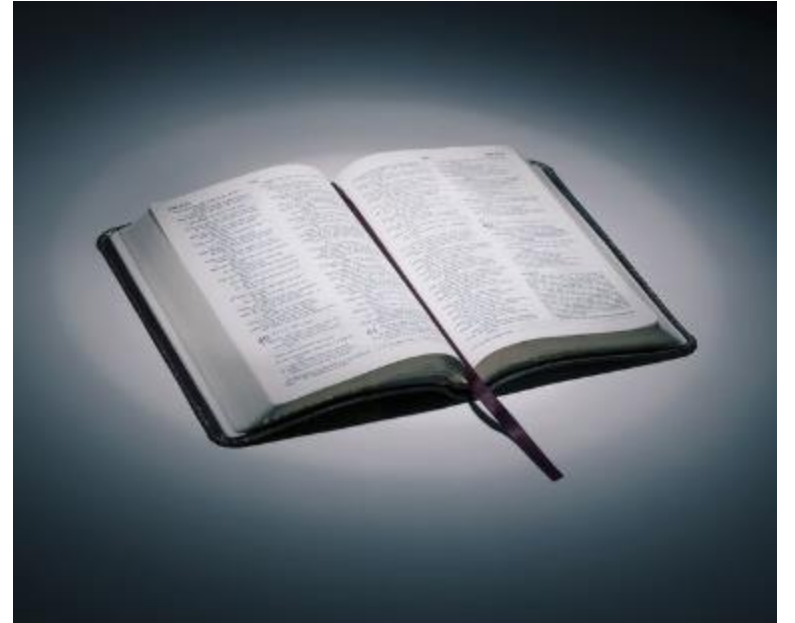


Spirituality at St Barnabas



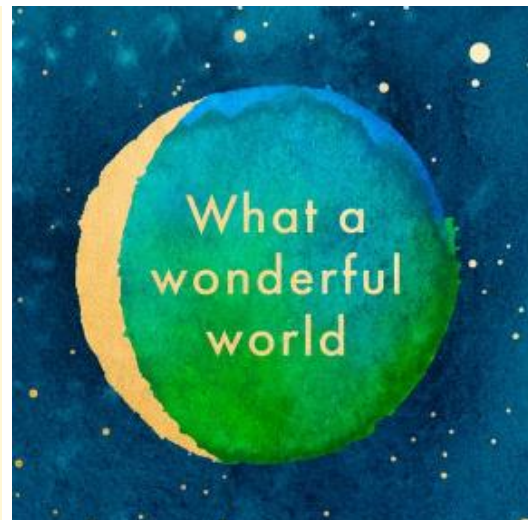
Genesis 2:7

God did not make a body and put a soul into it like a letter into an envelope of dust; rather he formed man's body from the dust, then, by breathing divine breath into it, he made the body of dust live, i.e. the dust did not embody a soul, but it became a soul – a whole creature.



Why is it important?

- Being aware of or spirituality is as important as understanding how we are growing physically and mentally.
- Developing spiritually - allows us all to **grow and flourish!**
- Opportunities for exploring and developing spirituality can happen in different times and ways.
- It helps us to understand spiritual moments or development if we can spot them!



What is spirituality?



- The human spirit is like our inner spark
- Spirituality involves experiences, beliefs, and practices that help us to find deeper meaning and fulfilment in our lives and help us flourish.
- It is the exploring what makes us humans through our connections.

Spirituality – understanding our unique way of being through our connections.

We develop our **spirituality** by **connecting to ourselves**, connecting to **others** and connecting to **the world** and by **exploring connections beyond our human experience** - that what we see, is not all there is.

EYFS and Key stage 1

What is spirituality?

- The human spirit is like our inner spark
- It helps us flourish (be our best self).
- It's exploring what makes me, me through my connections.



Spirituality – understanding our unique way of being through our connections.

We develop our **spirituality** by **connecting to ourselves, others and the world** and by **exploring connections beyond our human experience** - that what we see, is not all there is.

How do I nurture my spirit?

Its important to be aware of my spirit. – when do you notice yours?

What causes your spirit to lift?



The 'WOW' Times – explores the spiritual possibilities of fantastic times



When is my spirit crushed?

The 'OW' Times – explores the spiritual possibilities of hard times



Spiritual development

- You can't measure spiritual development it is like developing a photograph - a picture becoming clearer.
- To develop our spiritually we need to pay attention
- Through questions, discussion and experience it helps us see a clearer picture of ourselves, others, the world and beyond...



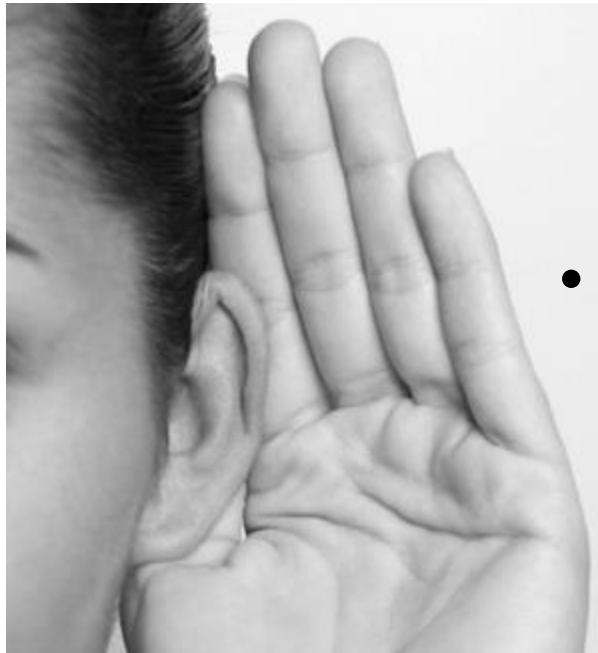
When might it happen?

- Any time - any place - any where
- We can't make spiritual moments, growth or understanding happen but we can look out for them.
- It might happen in a lesson: for example RE learning about faith or geography learning about our planet or in hearing a story, finding out someone's bad or good news or in collective worship.
- You might recognise it when you feel it.

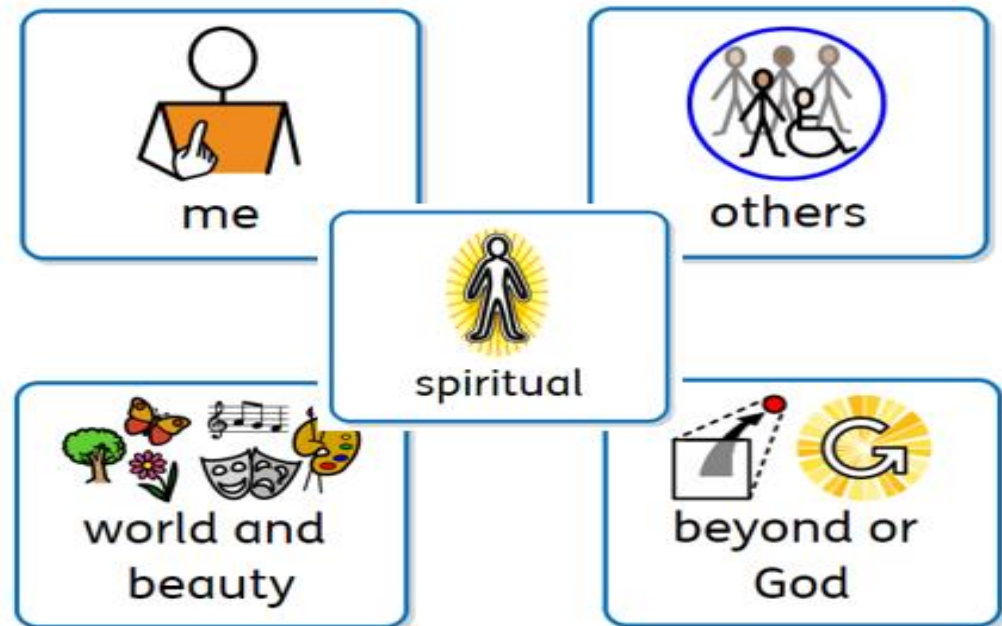


Spirituality – understating our unique way of being through our connections.

We develop our spirituality by **connecting** to ourselves, **connecting to others** and **connecting to the world** and by **exploring connections** beyond our human experience - that what we see, is not all there is.



- We need to pay attention to all areas

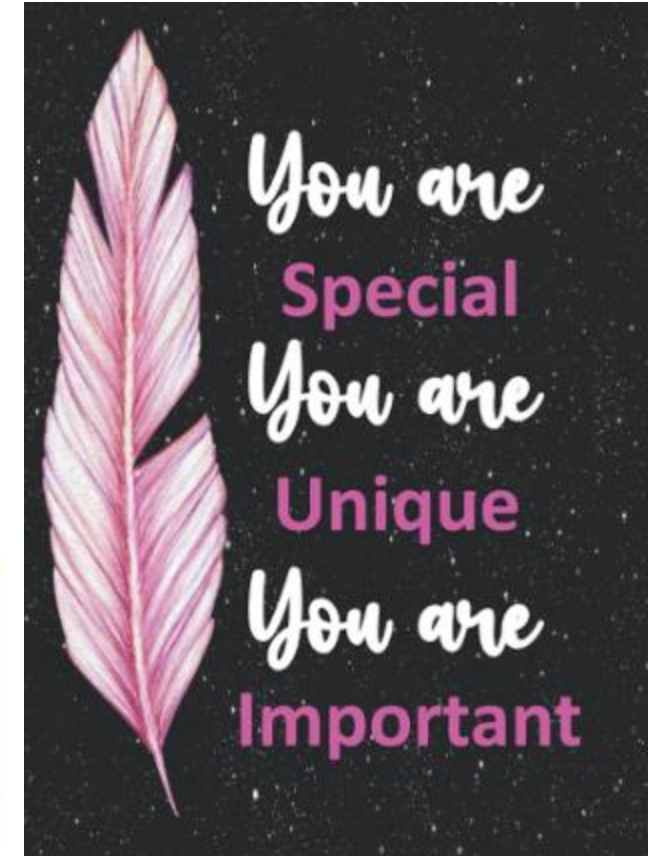
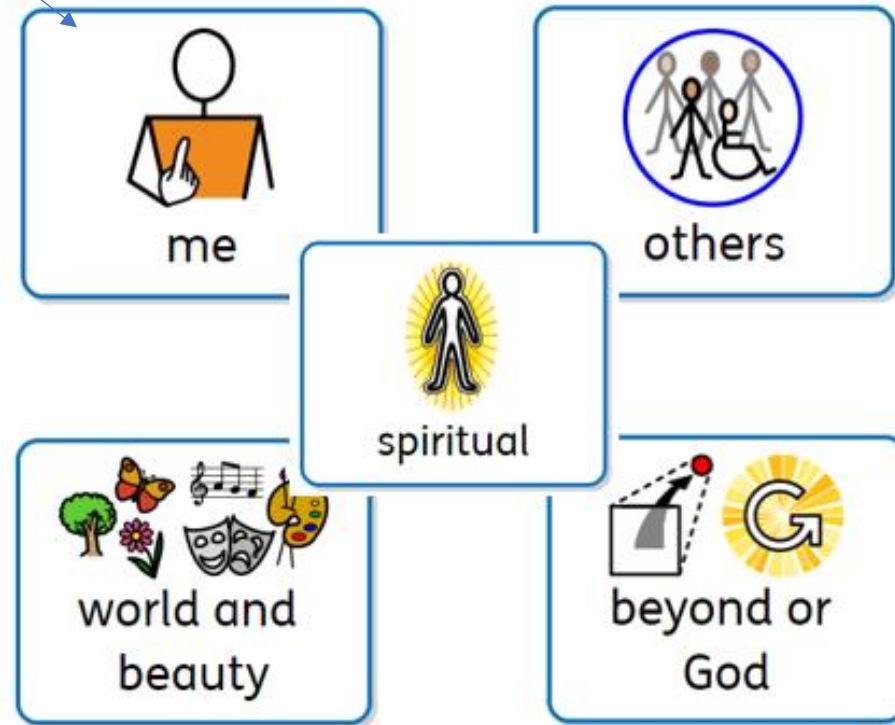


Spirituality is limitless - it's as wide as the sky and deep as the ocean – its our unique way of being.



Connecting to me – personal development

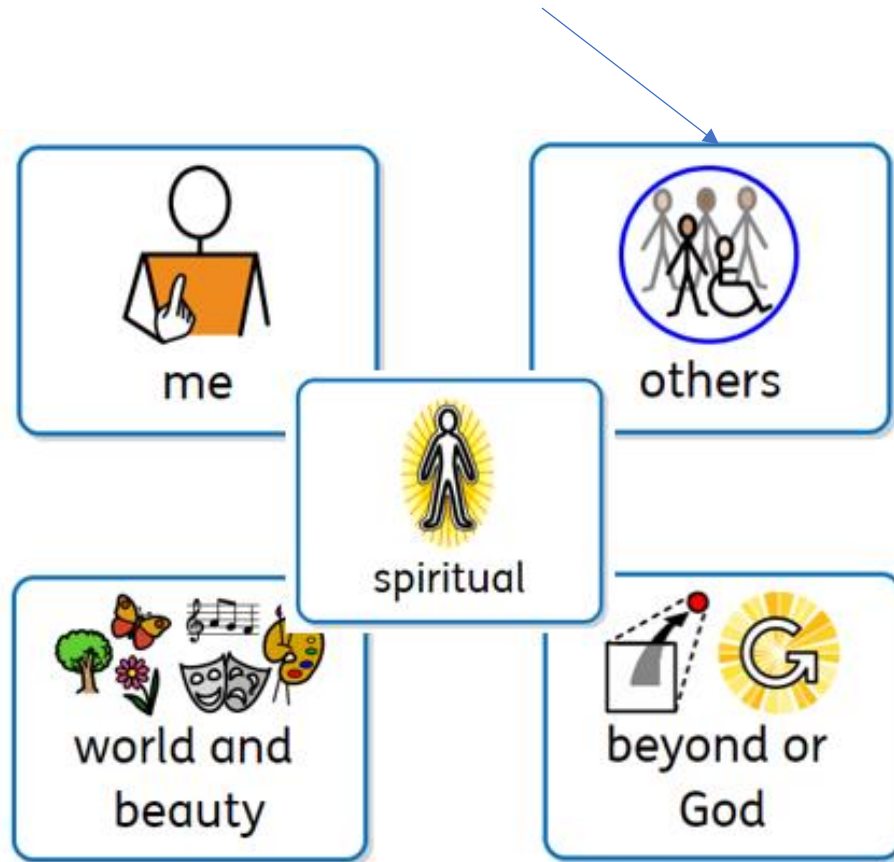
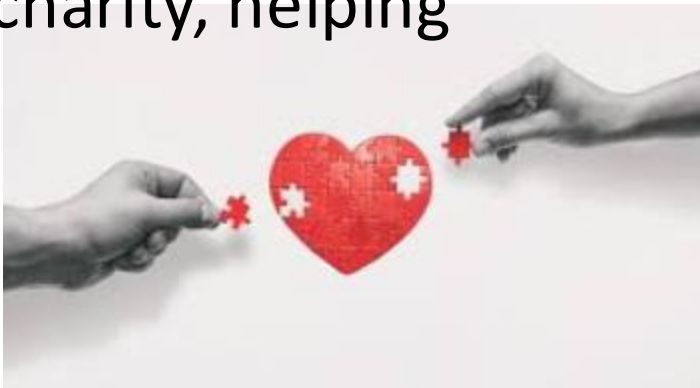
Our sense of self, our inner self and what makes me special and unique.



Connecting to others



Forgiveness,
service, kindness,
charity, helping

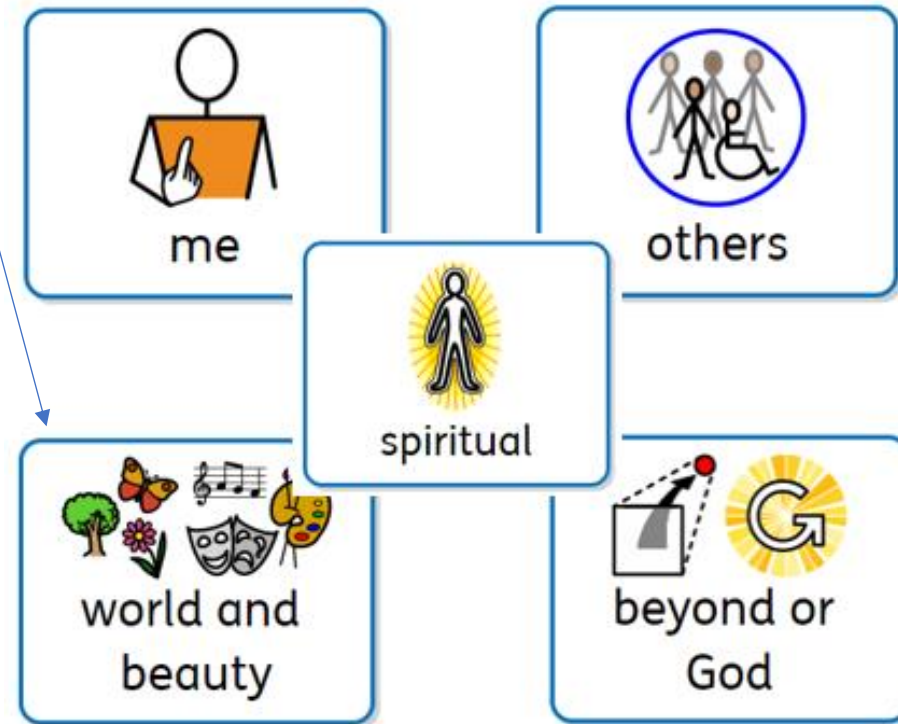


Our relationships with others. By growing in empathy, concern and **compassion** for others. How your values impact your relationships.



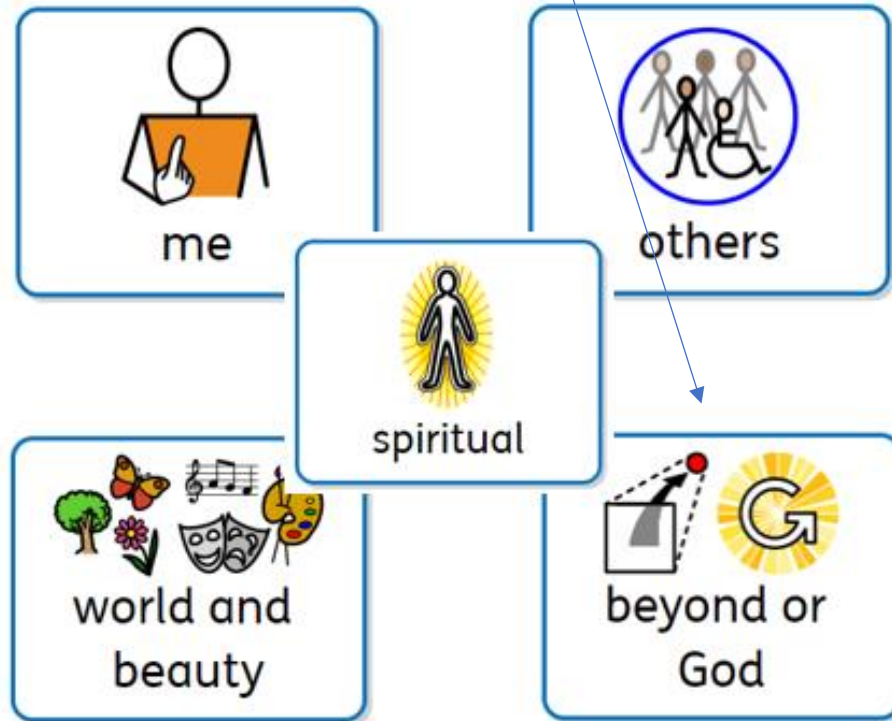
Connecting to the world.

Understanding the physical and creative world. Exploring the awe and wonder of beauty and the natural world. Exploring our relationships with the world.



Connecting to things beyond us as humans

Big questions and the meaning of life. Beyond the physical or God



That what we see, is not all there is.

Exploring beyond the everyday. Learning about values, God or searching for meaning in our very existence and our place in the greater scheme of things.

Encountering spirituality

Spirituality is about oneness – one love, one seeker, one soul, and one spirituality that speaks to all people. No matter a person's fame, fortune, or faith, they are one with you.

Emma Mildon

quasiqancy



Encountering spirituality - people of faith

Spirituality

expression of the life of the spirit
- or practice



Members of religious traditions may express their spirituality like this



Signs Of Spirituality

