



TALKING POINTS

Regina

Ep.8: Spoon-fed Religion Is Not Spiritually Nourishing

I invite you to take a closer look at the difference between religion and spirituality. Answer the following questions for yourself only or discuss them with friends and family.

Elaine Pagels, professor of religion at Princeton University, said, "In the beginning God created humanity, but now humanity creates God." Explain what this means to you.

On a scale of 1 – 5, with 1 being resistant and 5 being open, choose the number that best represents your comfort level with change. Describe why you chose as you did.

Austrian poet and novelist Rainer Maria Rilke wrote, "Perhaps all the dragons in our lives are princesses who are only waiting to see us act, just once, with beauty and courage. Perhaps everything that frightens us is, in its deepest essence, something helpless that wants our love." Write what you believe is your greatest fear. Then describe how you can transform your fear with love.

Describe how you have created your life based on your religious/spiritual beliefs.
