

Spirituality Quotes Activity

“Spirituality is one’s deepest belief about what in the end is ultimately important.”

-Brian Sweasey

This activity explores our unique spiritual journeys and invites conversations about theological diversity. It works well with young folks, adults, and intergenerational groups.

Plan for this conversation to take 30 minutes or longer.

Give each participant a copy of the sheet of spirituality quotes or download large color versions from www.quaker.org.uk/sharing-our-journeys, print them off and place them around the room.

Explain that there are a variety of quotes. Some are from *Quaker Faith & Practice* and *Advices & Queries*, others are quotes from people who are not Quakers. They are all quotes that say something about our spiritual lives.

Discern: People might find some of the quotes helpful, and feel they put into words some of what they think is important about being a Quaker. Others won’t be helpful to them; they might not like them, and that’s fine. Ask the group to concentrate on the ones that they like and find helpful.

Give people time to look at the quotes and read them. After a short time of worship and reflection, ask each individual to choose one or possibly two quotes that they like best.

Share: Ask everyone to get into groups of three and spend a few minutes talking about the quote they chose, why they chose it, and what they like about it.

Reflect: Return to the large group and reflect together on what they learned from listening to and sharing with each other.

**What does this activity show us about theological diversity within our meeting?
What do we have in common? Where can we learn from each other?**

Adapted with permission from the *Sharing Our Journeys* resource developed by Friends in Britain Yearly Meeting.

Spirituality quotes

The spiritual quest begins, for most people, as a search for meaning.

Marilyn Ferguson

Spirit is the real and eternal; matter is the unreal and temporal.

Mary Baker Eddy

Religion is a set of social and political institutions and spirituality is a private pursuit which may or may not take place in a church setting.

D. Patrick Miller

The spiritual life does not remove us from the world but leads us deeper into it.

Henri J. M. Nouwen

The deepest expression of spirituality is love.

Robert L. Simpson

We are not human beings on a spiritual journey. We are spiritual beings on a human journey.

Stephen Covey

Spiritual development is about getting in touch with the deep parts of life – valuing the experiences of awe and wonder, of hurt and sorrow, relationships with other people and the natural world, and coming to an understanding of what is meant by the term ‘God’.

Francis Cattermole

Spiritual development is about each person as a unique human being with life-long potential for growth and development.

John Lee

Spirituality is one’s deepest belief about what in the end is ultimately important.

Brian Sweasey

Spirituality is an awareness of that which is deepest within us, that which responds to other people and the world around us, that which gives us a direction in life.

Miranda Salamon

God helps them that help themselves.

Benjamin Franklin

Spirituality is like a bird: if you hold it too closely, it chokes, and if you hold it too loosely, it escapes.

Israel Salanter Lipkin

Spirituality quotes

There is no need for temples; no need for complicated philosophy. Our own brain, our own heart is our temple; the philosophy is kindness.

The Dalai Lama

The religious life is not a dull, grim drive towards moral virtues, but a response to a vision of greatness.

Thomas F. Green

It is because the learning process is continued throughout life that Friends are seekers as well as finders – not one or the other, but both. One only has to think of the need for a continual search for fresh language to know that we must, if we care about truth, continue to be seekers.

Ruth Fawell

There is a principle which is pure, placed in the human mind, which in different places and ages hath different names; it is, however, pure and proceeds from God. It is deep and inward, confined to no forms of religion nor excluded from any where the heart stands in perfect sincerity. In whomsoever this takes root and grows, of what nation so ever, they become brethren.

John Woolman

I should like to change the name 'seekers' to 'explorers'. We do not seek the Atlantic, we explore it. The whole field of religious experience has to be explored, and has to be described in a language understandable to modern men and women.

Ole Olden

I do not know the course I am to run, all is hid in mystery, but I try to do right in everything... I must not despair or grow sceptical if I do not always feel religious. I felt God as it were, and I must seek to find Him again.

Elizabeth Fry

This little light of mine,
I'm gonna let it shine!
This little light of mine,
I'm gonna let it shine!

African American Spiritual

These things we do not lay upon you as a rule or form to walk by, but that all, with the measure of light which is pure and holy, may be guided; and so in the light walking and abiding, these may be fulfilled in the Spirit, not from the letter, for the letter killeth, but the Spirit giveth life.

The Elders of Balby, 1656