

No.1 Stir

You are spiritual.



For more info scan the QR code or visit:
reignministries.co.uk/stircard1

A. Let's begin with a quiz:

I'm going to read a statement & you have to answer Agree or Disagree.

- *I would say I am a spiritual person.*
- *I think the person next to me is a spiritual person.*
- *I think the Pope is a spiritual person.*
- *I know at least one person who is spiritual.*

The answer to all the questions is really true. We are all spiritual. Do you **agree** or **disagree** & **why**? What do you think it means to be spiritual?

Continue



B. Prepare three balloons with the words *Body, Mind & Soul* written on them. Explain we each have these three different parts to us.

Ask: What do you think the soul is?

The soul – or spirit – is where our feelings and beliefs come from. It's the part of us that asks questions like "Why am I here?" "How did we get here?" & "Is there more to life than this?" To be spiritual is another way of saying that we have a soul. Since we all have a soul, we are all spiritual.

If it's true that you are made up of the physical, mental and spiritual, how do you use or fill up these three parts of your life? (*Put a puff of air in the relevant balloon for each answer.*)

Ask group to answer (Suggestions):

- **Body:** sports, video games, walking to school, kissing
- **Mind:** school, reading, documentaries, etc.
- **Soul:** (*Ask: is this something you do?*)

Most of our spiritual balloons will be flat. Why do you think we are not filling up our soul? What do you think happens when we don't fill up our soul?

We are spiritual. We just need to stir up these spiritual thoughts and feelings to the surface. So we are going to spend the next few weeks doing that. For this first week we want to ask: "Have you ever wondered how we got here on earth?"



Scan the QR Code or visit the website to read the page titled: "**Two Stories.**"

We're not trying to convince you right now which story is true. We just want to show that you have wondered about these things. And that shows you are spiritual.

To Review:

- **What does it mean to be spiritual?**
- **Agree/Disagree: I am a spiritual person.**

