

The Relationship of Rituals and Spiritual Moments

A ritual is a ceremony or regular occurrence consisting of a series of actions performed according to a prescribed order and a set time. Some common rituals are saying good morning to someone when waking up, or singing a song to a child before going to bed. One's life is filled with rituals that strengthen one's spirituality.

What are some rituals that were shared with you as a child?

At the time, how did you feel about those rituals?

How did it make you feel to participate in those rituals?

How do rituals strengthen your spirituality?

What are some of the rituals you share with a child in your life?
