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?
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At the time, how did you feel about those rituals?
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How did it make you feel to participate in those rituals?
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How do rituals strengthen your spirituality?
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What are some of the rituals you share with a child in your life?
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