

## 3. Spirituality

**John 3:1-7 and John 4:4-26**

What has been your experience of religion?

What is your experience of spirituality?

How did your experience of Jesus change your view?

On reading the passages above:

- What did you notice for the first time?
- What questions do you have?
- Was there anything that bothered you?
- What did you learn about God?

Why is spirituality a broken signpost?

What's the purpose of spiritual disciplines?

*Christian spirituality is different from other spirituality.* Explore this statement.

How did you feel about the Facebook post on spirituality?