Pre-class assignment on Spiritual Care

During this class, we will explore the concept of spirituality and spiritual care. The following questions are a way for you to prepare for the topic by assessing your own thoughts and ideas about spirituality. Take a break in a quiet place and write down your answers to the following questions. This is for your personal reflection.

1. What is your definition of spirituality?
2. Describe a spiritual experience that you have had.
3. When do you feel most peaceful?
4. When do you feel most healthy?
5. What give you fulfillment? Why?
6. How do you nurture your spiritual self?
7. Think back and describe your early childhood concepts of God. Describe your current concepts of God. Has there been a change or evolving of these concepts as you have journeyed through life? Explore that process.