**Spirituality for Pupils in the Diocese of Sheffield:**

**Your School, Your Spirituality**

*These notes and the accompanying slide show are for use with the Diocese’s Guidance on Spirituality.[[1]](#footnote-1) They provide a way of explaining the idea to pupils in our schools.*

**Jesus said…**

Someone called Nicodemus once came to talk to Jesus about religion. The story is told in the Gospel of John, chapter 3[[2]](#footnote-2)

While the two of them were chatting, Jesus talked about two ways in which we are alive.

One is by being born and growing from a baby.

Jesus also talked about being “born of the Spirit.”

It could be he was talking about being spiritual.

There is something about us, as people, that feels, thinks and believes in special ways we call “spiritual.”

In the story, Jesus says:

“A person is born physically of human parents, but is born spiritually of the Spirit.

…The wind blows wherever it wishes; you hear the sound it makes, but you do not know where it comes from or where it is going. It is like that with everyone who is born of the Spirit."

There is a physical life and world that we can see and touch and bump into.

Many people believe there is also a spiritual side to life,

one we don’t see.

Like the wind, we don’t see this spiritual thing, but we feel it, and experience it.

**What sorts of things are ‘spiritual’**

I experience spirituality in many ways, at many times, but some of the ways include:

* my beliefs
* understanding others
* joy, wonder and fascination
* using our imagination and being creative
* reflecting on life and experiences.

Explaining these a bit more…

* my beliefs are all those things I think and believe. I can also think about why they matter to me.
* understanding others happens when I listen to and respect other peoples beliefs and thinking
* joy, wonder and fascination are the feelings we get when something is fantastic or fascinating
* imagination and creativity are the things that help us have new thoughts and create new things, springing form our thinking
* reflectiveness happens when we stop and think about things in our life.



**Doing Spirituality**

There are many ways we experience spirituality. There are many ways we do it. Sometimes people:

* say things like “I believe…” or “in my opinion” or “I wonder…”
* listen to and discuss someone else’s beliefs and feelings
* talk about an experience they had of something being awesome
* create or imagine something new that takes their thinking one step further
* reflect, taking an extra time to stop and think about things.

**“My Spirituality”**

In our school, you will always be encouraged to think about spirituality.

You’ll regularly encounter Christian spirituality – this is one type of spiritual thinking and theology built on the life and teachings of Jesus.

You will always be encouraged to grow your own spirituality. You’ll be encouraged to have your own thoughts and beliefs.

You’ll be encouraged to talk about something you will call: “My Spirituality.”

**Huw Thomas**

**Diocese of Sheffield**

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1. https://www.sheffield.anglican.org/wp-content/uploads/2024/08/Church-Schools-and-Spirituality.pdf [↑](#footnote-ref-1)
2. from John 3:6-9. The phrase omitted, “born again” can also be translated “born from above” [↑](#footnote-ref-2)