



# 4.3 Spiritual Expression

Religions and worldviews – Christianity,

Key Vocabulary	
<b>Christian</b>	People to follow the teachings of Jesus and believe He is the Son of God.
<b>Spiritual</b>	To do with your thoughts, belief and imagination, not your body or the physical world around you.
<b>Worship</b>	To show a lot of love and respect to God
<b>Devotion</b>	Love and loyalty towards something, religious prayers of worship
<b>Belief</b>	To think that something is true
<b>Self-Expression</b>	Expressing your own thoughts, ideas and feelings through writing, art or dance for example.

- Special Stories**
- The book of Psalms in the Old Testament- Psalm 33.
  - Joseph and the Technicolour Dream Coat.

**Prior Learning**

Beliefs and Teachings 1.3

Religion, family and community: Prayer 3.2

- Big Questions**
- How is music important in Christian life?
- What do the words mean in Christian Musical worship?
- How are Christian Bible stories told through music?
- What pieces of music are spiritual or inspiring for you?

- Special Times**
- Music and singing are really important to Christians because...
- It brings them together in their place of worship to celebrate their faith
  - It both unifies members of the religion and helps to communicate and express themselves to God.
  - It allows them to express many emotions, not only joy but also sorrow and thanks.

Life is a spiritual journey. Being spiritual is about your own self, and how you fit the world together, about self, other people, and God (if you believe in God). Meditation is used by Christians as a means of being closer to God but also by a wide variety of people to help relax, distress and to improve self-esteem, improve focus and concentration. Singing and music is also important to Christians as it is a part of Christian services and worship.