

Peulat Shabbat: Spirituality

Read 2 texts

- 1) From God in Search of Man by Abraham Joshua Heschel
- 2) From The Sabbath by Abraham Joshua Heschel

Discussion: about 20 min

1. What do you think is the greatest quality possessed by humans?
2. What is a human's greatest distraction?
3. What prevents people from living up to their full potential?
4. Do you believe that humans are one species, like you might say when you see a pack of lions?
5. Do you believe in God?
6. Is there harm in not believing in God?
7. Is it possible to live a life in complete devotion to God?
8. How would you define spirituality?
9. If you do believe in God, when are you most in touch with your spirituality?
10. If you do not believe in God, when are you most in touch with your spirituality?
11. What enables you to have a spiritual experience?
 - a. Example: do you celebrate shabbat at home? How is it the same? How is it different?

Take a walk around camp, give instructions to stay silent and take in all the sounds, smells sights. They can stop when they arrive at a place that is holy to them or where they have had a spiritual experience.

Grove, agam by tzad-aleph gazebo, tzad aleph migrash, tzad-bet basketball courts, tzad bet migrash etc.