

# The Power of Beliefs

## Opening words and Chalice lighting:

“Fact of the matter is, there is no hip world, there is no straight world. There’s a world, you see, which has people in it who believe in a variety of different things. Everybody believes in something and everybody, by virtue of the fact that they believe in something, uses that something to support their own existence.” ~ *Frank Zappa*

**Welcome and check-in** (A time to share what is on your mind in order to clear it and be in the present.)

## Reading for discussion

“All of us, throughout our lives, develop and adopt systems of beliefs about the world we are living in. While our specific beliefs may be fluid, our set of beliefs, at any given time, shapes how we interpret and process each experience and moment. As such, it acts as a filter through which we perceive and observe.

It is hard to imagine ourselves in a time when we had no beliefs about the world, since it seems that from our earliest memories we were forming beliefs about our environment. With examination we can discover where and why particular beliefs made it into our consciousness. Yet, however aware and judicious we are of our belief systems, it would seem impossible to escape their influence and power over our perceptions.”

~ *taken from “The Power of Beliefs,” Kara Sweeney, March 2005*

## Questions for discussion

- a. Where do your beliefs come from? How did you form them?
- b. How have your beliefs changed over time? Which beliefs have stood the test of time?
- c. How have your beliefs influenced your life and experiences? Have they determined how happy you are?
- d. Is it important to challenge your beliefs? Why?

**Check-out** (A time to share likes and wishes, such as “I like how we...” “I wish we would...”, or express how you felt about the group.)

## Closing words and extinguishing the Chalice:

“Whatever you do, you must remain nimble in your thinking. Do not become so attached to any one belief that you cannot see past it to another possibility.”

~ *Christopher Paolini*

***Thanks to everyone for their participation and commitment to our group!***