

CONVERSATIONS ON

Recharging

THE SOUL

ELEVATE

Inspiration is important. Finding hidden truths within ourselves is amazing. But there are some truths which can only emerge through dialogue and consultation.

Having meaningful conversations and building collective visions is like a super-power that enables us to build fellow-feeling, uncover solutions to problems in our daily lives and communities, and design paths to action which allow us to work together to really improve things; even if the steps are simple, even if the challenges seem great.

With this in mind, Elevate would like to give you a couple of questions which might help kick-start a conversation about this week's theme. These questions might be explored as a group after collective worship, around a family dinner-table, or on your daily walk-and-talk phone call with your best friend. However you choose to explore this theme, whichever questions strike a chord with you, we hope that you will enjoy the new understanding and actions that result from your journey!

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Recharging
THE SOUL

*What is the Source of our
spiritual energy? How can we
tap into that Source?*

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*How do our spiritual, physical
and emotional energy levels
effect the way we serve others?*

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What are the things that you like to do that make you feel recharged? Do these things stay the same over time or change?

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*How can we create the space with
ourselves to keep up with how
we're feeling and what our souls
need to be recharged?*

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*How can we begin to create
environments in which we support
one another to recharge?*

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For inspirational quotes and prayers about this week's theme, take a look at our [Meditations](#) document.

Visit the Elevate Hub to enjoy more [collections of themes](#) and [let us know](#) how they've supported you in your personal journey, or your efforts to improve the life of your community.

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