

EXPLORING QUAKER SPIRITUALITY

QUAKER TESTIMONY – OPTIONAL ACTIVITIES

Here are a number of reflection activities that you might like to use. You can do them on your own or discuss them with others (e.g. family, friends or members of your Quaker community).

'Let Your Life Speak': The Spirituality of Quaker Testimony

Using the handouts or the Power Point slides, consider the following questions:

1. How has inward spiritual guidance led to changes in behaviour and lifestyle in your own experience?
2. Does "the fear of seeming peculiar" limit you in any way? How do you handle this in the day-to-day aspects of your life?

Rachel Muers on Quaker Testimony

Considering the summary of Rachel Muers's book on Testimony:

1. Can you think of any situations in which an attitude of 'interruption and refusal' has given rise to new opportunities or 'holy experiments'?
2. Has your personal witness ever been misunderstood or have you ever been found to be wrong about something? What impact has this experience had your understanding of testimony?

***Advices and Queries* – Quaker Testimony**

Considering the selected Advices and Queries:

1. What aspect of traditional Quaker testimony and witness do you most struggle with? Why?
2. How do you respond to the idea that, even those who are hateful, cruel, unjust and violent are 'children of God'? What challenges does this bring?

***Quaker Faith & Practice* – Quaker Testimony**

Read and reflect upon the passages selected from *Quaker Faith and Practice*.

1. Can you conceive of any situation in which you would willingly accept imprisonment for a matter of conscience? How does this prospect make you feel?
2. Can you see evidence of the 'nine characteristics of Quaker spirituality' within these passages? Are any of them particularly emphasised? Are any of them missing?