



## Challenge Your Religion -- 4 Powerful Questions

Your most powerful expectation, the one keeping you from reaching your full potential, may be hidden in your religious beliefs.

This worksheet will help you consider 4 powerful questions that will reveal any societal expectations that may have been placed on you by your religion.

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First, consider your religious beliefs. What are 3 core values your beliefs are built upon?

Prompts ( a few examples):

- Service
- Love/Grace
- Faith
- Integrity/honesty/loyalty
- Humility

Can you honestly say that you consistently live into the 3 values you listed? If not, it's definitely time to examine your religious beliefs and strengthen the foundation of your beliefs. If so, it will still be a good challenge to re-consider some of your beliefs.

Is there a teaching in your religious doctrine that you have been questioning? That doesn't sit right with you. Makes you feel uneasy in some way. Jot it down, and keep it in the back of your mind as you work through these questions.

## Question #1 Are these religious beliefs even yours?

- Or are you just following them because that's what you were taught to do?
- If you do believe they are yours, why do you believe that? What have you done to take ownership of your beliefs?
- If you don't believe you have taken ownership of your beliefs, what are some actions you could take to begin that process?



## Question #2 Why do I believe in Jesus (other deity) any more than I do Santa Clause?

- Think about why you stopped believing in Santa Clause in the first place. Think about why that was so easy to accept.
- Now, as with Santa, let's assume you have no empirical evidence that Jesus (other deity) exists and you know that some people do not believe in him. Think about why you do.
- Here's the kicker, is that reason really, truly good enough for you? Or do you need to remain curious and learn a little bit more about your beliefs?



### Question #3 Do I really believe the other 70% of the population (people who hold other beliefs) is going to Hell?

- If you do, do you believe that Hell is a just consequence for simply being a non believer? If that person is otherwise a "good," moral person. Why?
- Now, what if you know that this person is a righteous and devout believer in a different religion than yours -- is Hell still a just consequence for holding other beliefs? Why?
- What about people who hold your beliefs? Are they guaranteed entry into Heaven? Is there more to it than that? What? And why do you believe that?

### Question #4 Is morality dependent upon one's religious beliefs?

- How do you define morality?
- What part do you think religion plays in defining morality?
- Can someone live a virtuous life without following a religion?
- Why or why not?

Now that you've considered these 4 questions, would you answer the first question differently -- Is there a teaching in your religious doctrine that you are questioning?

- What is it?
- What actions can you take to solidify your belief in this part of the doctrine?
- Or, are you ready to discard your belief in that part of the doctrine? Why?

