**Who or What I Think God Is …**

1. Some people believe in One Almighty God (**monotheists**); others believe in many gods (**polytheists**); others believe that God is a spirit which exists in all things (**monistic**). Do any of these describe you? Explain why or why not.
2. God has been described in many ways:
3. As a loving, caring parent (“the Father” or “Mother Nature”)
4. As a vengeful, punishing judge
5. As a king – the ruler of the universe

\*Describe as clearly as possible what/who God is for you. Be honest and clear.

1. I feel (or have felt) God’s presence when …
2. Think of how often you use the word “God” and in what way. Do you usually think or speak about God positively or negatively? Explain.
3. Who has your understanding of God changed since you were a child?
4. I get angry at God when …
5. One of the biggest complaints about God is that “He allows his children to suffer.” Why do you think we suffer in life? Explain.
6. If you could ask God one question, what would it be?

Source: Dufferin-Peel Supplement to Course Profile HRT 3M