

CONVERSATIONS ON

Strength

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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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Strength

What is the source of our strength? How does having a moral core help people to be strong?

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Strength

*What habits can each of us
develop to become more
of a master of our moods?
What are some events which
might test our strength?*

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Does showing strength look the same for all of us? How might it differ in diverse situations? What does a hero look like?

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What opportunities at practicing strength do we have in our community? How might we support one another in practicing strength?

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How might we encourage others to be strong? How can we be examples of strength for others?

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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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