Living Religions of the World

Experiential Journal Prompt: What is Religion?

Close your laptop. Put away your phone. Cast aside your tablet (carefully). Close your dictionary. Don’t talk to anyone! Now, in your journal, write a 2-3 page response to the question “What is religion?” This response should come from your own thinking, experiences, impressions, emotions, and prior knowledge. Shoot from the hip!

Here are some additional prompts, if you would like: What is religion? What is religion to you? How do people around you use the word ‘religion’? What should religion be? What shouldn’t it be? What can it be? What is the *sine qua non* of religion? In other words, what is the *essence* of religion? Or is there one?

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