**Weekly Email 13**

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1. How do our values and beliefs determine the life paths that we may explore?

Our values and beliefs determine the life paths that we explore through many methods. For instance, one method our beliefs determine the paths that we explore is to limit other paths. Our personal morals and beliefs will often stop us from doing activities that people with different beliefs might not even give a second thought. Yet another way they determine the life paths that we choose to follow is compelling us to take part in certain other activities. For instance there could be a car accident, and people who had more self serving beliefs and morals would just drive past, while those that had more care and concern for everyone including strangers would likely stop. Of course, this refers to the person’s actual code of morals and beliefs, not their professed faith or lack of such.

1. What influences or necessitates the re-evaluation of our values and beliefs?

When we come across a situation that challenges our beliefs, or when we look back at something that we did in the past, we might stop and re-evaluate what we actually believe and if we are actually ‘practicing what we preach’. Other influences that might cause us to slow down and check to see if we still believe what we say believe could be other people that approach us and either ask us directly or imply that we need to re-evaluate. Sometimes, we can come across someone that hasn’t had the same experience that we’ve had from our beliefs and that person can show us a different side of our faith; which can cause us to either redefine what we believe or renounce it altogether. Yet another factor that can change what truths we believe about our world is scientific discoveries. We tend to choose what we believe in based on what facts we are presented with, and how those facts are interpreted. Often, as more facts are discovered, or more knowledge is gained about what we believe in, we will look at what we know and refine our beliefs.