

My Life Story

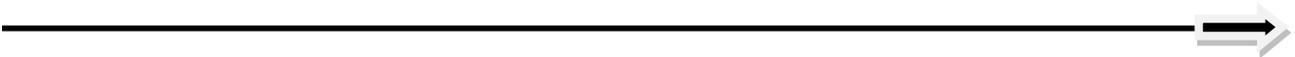
Growing in the understanding of faith involves recognizing how God has been a part of our lives in the past. While we can pinpoint important events in our lives, we don't always recognize God's activity in the turns and twists our lives take. We read the Bible narrative of God's involvement with humanity from creation through the establishment of the Christian church, and we are able to see how people of faith have recognized their place in the salvation story God enacts for the world. God continues to unfold the promises told in the Bible and made known in the Word made flesh. All creation has a place in the salvation story of God's grace.

Participants will need paper and pencils for this exercise. The catechist may provide a model time-line with categories or topics for participants to use.

This model invites participants to make a time line of their life. Beginning on the left of the paper, the time line is chronologically ordered by year. The individual may begin by noting his or her birth date and naming parents, older siblings, and other significant family members. The time line ends on the right side of the paper with an arrow pointing into the future. The person marks significant events, relationships, places, insights, achievements and so forth, on the time line as they are recalled.

Additional notes may be added to the time line as awareness of God's part in one's life grows. Participants may add comments about key values held at various points in life. The person's changing image of God could be another set of notations.

The time line can be saved and referred to again and again in prayer, reflection and discussion. The individual may choose to share some or all of the time line in a group gathering or in private conversation with a sponsor. This personal history provides a valuable tool for an individual to reflect on how his or her life has unfolded, and to consider how God has been present in the unfolding of that life.



consider these when forming your life line:

family

events

church

images of God

education

relationships

places

values