

WORKSHEET 1

GUIDELINES FOR WRITING YOUR SPIRITUAL AUTOBIOGRAPHY

Your religious life story is your own; no one can tell you how to present it. Because narrative is such a central part of the religious quest, here are some guidelines that might help you tell your own spiritual autobiography. While it is possible to share your story from notes, the greatest benefit will come if you write it in full.

Time Line

Draw a horizontal line on a piece of paper. At the left margin make a dot and write the date of your birth; at the right margin make another dot and write the date you expect to die (a reasonable estimate); along the line make a third dot and write the current date. How do you feel about this?

Life Functions in Space

Identify the places in which significant things have happened to you. We might call this process mapping the spirit.

All Life Is Meeting Others

Who are the three or four people who have had the greatest impact on your life? Why?

Experiences Shape Our Religious Faith

What were two or three formative experiences in your life? Why are they important to you? Some of these experiences we choose to call religious.

We Live in Communities

Which communities, religious or not, have had a lasting influence on your development?

We Are Choosing Creatures

Think of the important decisions in your life. Discuss what they meant to you, how they were made, and the results.

Life Is Made of Joy and Sorrow

List a few of the happiest and saddest experiences of your life.

A Master Story

Each of us has a "master story," a theme that summarizes our life endeavor. See if you can discern your master story. What might be a theme for your life thus far? Reflect on your odyssey and discern any theological values that have informed you.