



Spiritual Autobiography Maps

The purpose of this outline is to help you reflect upon and organize your life story, including the choices you have made as well as the general circumstances and context of your life. The goal of this process is twofold: 1) To help you share your life story with the members of your small group, and 2) To create space for you and your group to wonder together about God's presence in your story.

I. Generational

- A. Begin by making a timeline with 5 or 10 year intervals (starting with 5 years before your birth to the present time).
- B. Fill in with as many cultural, environmental, social, political, economic, and religious events as you can on the top of the timeline.
- C. Mark your own lifespan on the bottom of this timeline. Mark your age so you can see what age you were when events took place.

II. Transitions

- A. Mark changes in role/status, i.e. starting school, dropping out of school, gaining/losing siblings, starting work, graduation, marriage, motherhood, etc.
- B. Pay specific attention to what happened "out of time" from the norm?

III. Trajectories

- A. Mark a direction (up or down) to mark positive and negative trajectories in the areas of education, health, family life, work, and faith.

IV. Turning Points

Make a note of:

- A. Closed or open doors/opportunities (i.e. study abroad, internship, etc).
- B. Lasting changes on environment (i.e. parent moves out, family move, etc.).
- C. Changes in your self concept, beliefs, or expectations (i.e. conversion, exposure to different cultures, a new job experience).

V. Analyze

- A. What relationship do you see between your life and the cultural and historical moment?
- B. At what age did social, psychological, biological, spiritual events happen? (i.e. Did they happen "out of time" and what was the result?)
- C. When did you first discover community?
- D. Did you have agency in making choices? When did you think about freedom for the first time? Is there a time you wished you had more? Is there a time you wished you had less?
- E. **Where do you see most the evidence of the Holy Spirit at work? How do you know it was the Holy Spirit?**

IMPORTANT REMINDERS:

- 1) You are in complete control of how much or little of your story to share. If there are events you would rather not disclose or moments that feel even uncomfortable remembering let alone sharing, please feel free not to share.
- 2) While this may cause some discomfort, the goal is not for you to panic. Only you can know your comfort level. If you are not ready to share your story, please let your facilitator know.
- 3) The role of the small group is to practice active listening. This is not a time to give advice or to judge another person's story. These stories are simply to be received with gratitude.