

## Spiritual Timeline

My history with God. This week we encourage you to set aside some time to reflect on your history with God and draw a graph or outline of your life journey.

**To chart your spiritual timeline here are some suggestions to guide you:**

- Reflect on your life and write out a brief history.
- Chart your life on a piece of paper – you can do a graph, use post-it notes, draw a picture, make a collage, whatever helps you best outline your story.
- Take some time to read through these Scripture passages and how they help you understand yourself and your story more – Psalm 139:1-18, Isaiah 43:1-3, Hosea 11:1-10
- Pray through a few current events where you have not found meaning or understanding of how God might have been at work in you or that event.

**After you have completed this, here are some questions for reflection:**

- Where am I now in my life, my spiritual life, my family life, my work/academic life, my relational life, etc?
- What are my questions, my doubts, my confusions?
- How did I get to this place of my life? When did this time begin for me?
- Who have been the significant persons for me in this time of my life?
- What works have been rewarding/disappointing for me at this time?
- Who are the wisdom figures for me now?
- How do I feel about my relationship with God, about God's relationship with me right now?