

Discovering your story

This week will be an exercise in discovering and writing your story. This exercise will help you discover your story and how God shaped you through the discovery process.

Monday

- Using a pad of paper, divide your life into three categories... Childhood, Teenage Years, Adulthood
- Under each category write noteworthy events (salvation, marriage, death, etc.).

Tuesday

- As you look over the list from yesterday, list key critical (good and bad) moments in your life? How did these moments alter or affirm your views of God (anger, joy, abandonment, etc.)? Use a separate sheet of paper if necessary.

Critical Moment	Altering or Affirming View of God

Wednesday

- As you look over your list write down who or what helped or influenced you most through these critical stages.
- What part did they play in getting you through these stages? Were these influences positive or negative?
- What part did God play?

Thursday & Friday

Take the information you gleaned and write out your life story. To help in formulating your story answer these questions...

- What part did/does God play in shaping who you are today?
- How was/is God present the critical moments of your life (i.e. during the good and tough times)?
- When did "God show up" in your life? When did you feel his presence most? What was the outcome?