Writing Your Spiritual Autobiography

The story of your life, told by emphasizing your faith journey as the central theme, including “mountain top” experiences of God’s presence in your life, those times you felt utterly alone, and anything in between. Telling your story honestly (including strengths and weaknesses) is a key part of finding out where it fits into the metanarrative (big story) of God’s plan for our world. It’s also good preparation for sharing with others what faith means to you, (“being always ready in season and out of season; to give a reason for the hope that is within”).

Organize it by segments, like: childhood, teenage years, college/early adulthood, and marriage/children, and include motifs or themes, like:

**Significant Persons and Ideas** Your life has been shaped by parents, teachers, siblings, clergy, friends, characters in books or movies, etc. Which of these were most important? Who taught you something meaningful? Who really loved you, and who missed out on doing so? When and where did these relationships form? Who taught you to understand both yourself and God in Christ?

**Spiritual experiences** “Earth is crammed with heaven…” Spiritual life is always earthy and contextual, but often mysterious. Has something ever happened that you can’t quite explain, but that you know almost instinctively was God the Holy Spirit obviously working in your life? Examples include dreams, visions, prophecies, miracles, healings, etc.

**Recreation** How do you have fun? Where are the lines blurred between work and play for you? Have your interests or passions changed as you’ve gotten older? What do they show you about the way God made you? Do they shed light on what God has given you as *charismata*, spiritual gifts?

**Church** A once a week activity, never addressed, or an integral part of your atmosphere? Did you attend a church-school? Did you convert from a previous denomination/tradition? What role have the Sacraments played in showing you the presence of Jesus? How has belonging to Christ’s body shaped your life?

**Vocation** “Whatever you do, do your work heartily, as for the Lord rather than men.” How has your work history influenced your faith? Is it particularly easy or difficult to be a Christian in your current field, and is it more dream job or waystation? What unique opportunities do you have at work to love God/neighbor?