



## WRITING YOUR SPIRITUAL AUTOBIOGRAPHY

Opening--Read "Listening to Your Life, F. Buechner, July 23

What will I learn?

You will learn three things:

- How to examine your life in order to understand the ways in which God has been active there,
- How to notice the activity of God in your life and in the lives of those around you (the spiritual discipline of noticing, and
- How to share with others what God has been doing in your life and your response to God's activity—the good, the bad and the ugly!

*(Spiritual Autobiography: Discovering and Sharing Your Spiritual Story, Richard Peace)*

### SPIRITUAL AUTOBIOGRAPHY

As you write about the core of who you are and who you are in relationship to God and the world, you will be putting into words your spiritual autobiography. This is almost like speaking the language of the soul. This is not about data or fact, but about meaning and identity and about how the spirit is working in your life.

Think about these questions as you write, and write about yourself in words you would be willing to share with others, that reveal your true self.

**IDENTITY:** List as many words as you can to describe who you are.

Where did you learn these words about yourself?



## SPIRITUAL AUTOBIOGRAPHY QUESTIONS—GOING DEEPER

1. What are your hopes? Dreams?
2. What are your fears?
3. What are you great at? What gifts do you have?
4. What do you struggle with?
5. How do you share your gifts?
6. You get my best self when \_\_\_\_\_.
7. You get my worst self when \_\_\_\_\_.
8. How is God revealed to you?
9. How do you reveal God to others?
10. What is your image of God?

## EXPERIENCES:

1. Thinking back to your earliest years, what was most comforting?
2. In those early years, what do you remember being challenging, difficult or even scary?
3. Who were your protectors as a young person?
4. Thinking back to your middle years, what was most comforting?
5. In those middle years, what do you remember being challenging, difficult or even scary?
6. Who were your protectors in those years?
7. Thinking about recent years, what was most comforting?
8. What do you remember being challenging, difficult or even scary?
9. Who were your protectors?
10. Where did you see God show up in each of those situations?