**My Spiritual Faith Journey**

Has it ever occurred to you that your life is a story in the making – a story that matters?

One of the foundational exercises of life-on-life discipleship is taking time to reflect on your life story up to this point; what we call your spiritual journey. This exercise is useful for helping you and your Covenant Group understand where you’re at right now, what drives you, and what matters to you. It may be a difficult exercise for you, but rest assured, you will see the value of it the moment you begin thinking about the significant events and patterns in your life. It could take you a few moments to complete, or a few weeks depending on how deeply you begin mulling over your life.

Here’s how to do it. Draw a picture of your life story with about 8-10 key moments. You will be drawing a line graph that plots how you think about the twists and turns of your life story. At each turn in the road, put a label. You can think of the labels as chapter titles in your life story. They can represent significant events, turning points, changes in your view of life, experiences, trials, or triumphs. What matters is that when you look at the picture, you recognize it as an honest representation of your spiritual journey so far. Place a star where you believe you became a true follower of Christ. A few examples are provided below.

Birth 1967 1970 1975 1981 1992 1999 2003 Today

Birth 1988 1992 1995 1998 2000 2002 2004 Today

**Example A**

**Example B**

Grew up in church-

seemed dull, irrelevant

Partied in college –

no spiritual desire

Suspicious of

traditional religion

Divorced

Business success

makes me feel

significant

Doesn’t last –

searching for

something real

A friend told me

about Jesus –

answers a lot of

my questions

Mother died-

I questioned

God’s love

Attended Church

Camp and heard

about Jesus

Church Youth

group helped

some…

I know how much

Jesus love me – and

I’m determined to

follow Him

Met Jeff who

helped me

understand

who God is

Graduated from

University

Married- It’s great

but it also shows

me how spiritually

immature I am