



Mapping your journey with God

This worksheet is designed to help you explore God's active presence in your life-journey through creating a brief spiritual autobiography.

Gather materials

1. Find a flipchart-sized piece of paper or poster board.
2. Gather different colored pens or markers.
3. Bring your Journal.

Begin with prayer

Welcome Jesus into this prayer activity. Invite Him to be present and to guide you. Ask Him to show you what He wants you to see and know about Him and about yourself. Trust Him to lead you.

Note: You may want to begin by praying with Psalm 139.

Map your life journey

4. Create a high level map or timeline of your life journey, identifying the major events and significant transitions.
5. For each event and transition, ask God to show you:
 - a. How you experienced or didn't experience God's character and purpose.
 - b. How you reacted to the experience. You might consider how your faith was tested, confirmed, deepened or weakened through each event and transition. You might recognize truths and lies about God, yourself or others that you encountered, believed or rejected.

Conversation

Step back and consider the map you've created. Ask God to show you what He wants you to see, know or understand.

6. Write down the things He shows you in your journal or notepad.
7. Talk to God about what you've recognized through this prayer activity.



A note from Santé Ministries

Santé Ministries ~ ministry from intimacy with Christ

We hope that you've found this resource helpful. We'd love to hear your comments and feedback. Also, this resource is free - so you can print it and share it. However, please don't post it without our permission.

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