



Creating Your Faith Story

Often the people closest to us, even our own families, do not know what we believe about God, how our life has been shaped by our faith or the ways our values are influenced by what we believe. Many times this is because we have not taken time to reflect on this ourselves. These three exercises are designed to help us articulate our faith through the events of our lives.

Which way of telling your story is most helpful for you?

Reflecting on Thought Provoking Questions...

- · When did I first hear of Jesus and what was my reaction?
- · What was my life like before I heard about Jesus/God?
(Maybe you still haven't heard much about Him - maybe you always have)
- · Who influenced my faith the most? How? Why?
- · In the high times of life what was/is your faith life like?
In the low times of life what was/is your faith life like?
- · In times of tragedy, sorrow, joy, and challenges - what role did Jesus play?
- · Why would I want my loved ones to hear about and trust Jesus?
- · How would you describe your faith life right now?

Imagining a Trail...

The trail represents a close walk with Jesus.

- · Do you sense that Jesus is accompanying you on the trail?
- · Are you walking on the trail now?
- · Have you ever really been on the trail?
- · Are you so far out in the woods that you can't see the trail?
- · Have you ever seen the trail or only heard others talk about it?
- · Are you in the woods, but close enough to see the trail in the distance?
- · Right now, are you moving towards the trail or away

Timeline of Faith Impacting Events...

Start with the day you were born on one end of the timeline and use today's date on the other. Identify the times in your life when you have experienced God moving in your life. This line can be straight like a typical timeline or up and down to indicate high and low points in life.