



Telling Our Faith Story:

How to Create and Share Your Spiritual Autobiography

"I will pour out my Spirit on all flesh; your sons and daughters shall prophesy; your old men (and women) shall dream dreams, and your young men (and women) shall see visions." Joel 2 28, Acts 2:17b

Ours is a **storytelling** God. In God's Story we find our own and in our own stories, we find God at work in our lives and the lives of those whose lives touch ours. *The Acts of the Apostles* continue to be written by each person of faith. Your spiritual autobiography is your chapter in the book of *The Acts of the Apostles*.

Some Questions to Begin:

- What is your favorite Bible Story? Why?
- What is the first Bible Story you can remember being told? Why do you remember it?
- Is there a particular Bible passage or phrase that you find yourself thinking about or praying about or sharing?
- Is there a biblical passage that was particularly important to you at a time of struggle/crisis or of intense joy? Both?
- Do you have a favorite prayer? What does it mean to you?
- Do you have a favorite hymn? When do you find yourself singing it?
- Does your family have a grace or blessing handed down from generation to generation? Do you know who began the tradition? Is it important to you to continue it?

Write the answer to these questions on index cards or post-it notes or in a spiral bound notebook. Then take these items and put them on a piece of poster board. Take some time to look at what you have written. Circle what seems to be the most important. Do you see connections between the stories? Is there a theme? Let this poster board sit in a place in your home where you will see it and can meditate on it. Take as much time as **you**

need to see the pattern and themes emerge. Pray through these passages, sing the hymns to yourself - recite the prayers and blessings you have highlighted. Say the words out loud. Let these images and words hum in the background as you go about your daily tasks for a bit. When you are ready (and you will know when you are), collect the threads of the story you have to tell. You can use words - write a paragraph or page or poem or acrostic. You can use your hands to make an artifact that represents to you the patterns and images that are most meaningful to you - a quilt, a wood carving, a scarf or sampler. You can sing your story - think about adding a verse or two to your favorite hymn. Use whatever medium works best for you to tell the story of how God has worked in your life and how your life has been part of God's Story.

Don't think you are finished- God isn't done with you yet!

Some Passages to Think On that Apply to the Developmental Tasks of Mature Adulthood:

- What are the dreams you have? For yourself? Your Family? Your faith community? The world? (Joel 2:28, Acts 21:7b).
- What are you at peace with in your life? (Luke 2 29-32.)
- What new journeys might God be inviting you to (Genesis 6 -8, Genesis 12: 1-3).
- The next part of your story may be a call from God that surprises you- don't forget to laugh! (Genesis 18:12).

*This same practice of **creating a spiritual autobiography** can be done with your spouse. Follow the same questions above and look at the spiritual story of your marriage. You can also do this at Thanksgiving dinner/dessert time or over the Christmas holiday visits with your family. Think about hosting New Year's Eve/Day gathering with your oldest friends, your bible study group, etc. and doing the same exercise as a group. Telling our individual and corporate faith stories are a way into a deeper relationship with God and each other - and an occasion of grace where we see God's love and faithfulness revealed to us in our life experience and in the life experience of those we love.*