

My Spiritual Journey

(for use with *Times of Grace: Encountering God in Every Season of Life*)

Use these questions to document and explore your spiritual journey.

Choose a time period for each page. You can choose decades of your life (e.g., teens, 20s, 30s) or life stages (e.g., college years, early married life, family life, empty nest, retirement).

1. Note the world events you remember from that time period (e.g., Gulf War, death of Pope John Paul II, The Great Depression).
2. Identify your significant personal life events of that time period (e.g., joined the army, engaged/married, death of a parent).
3. Determine the spiritual season(s) you experienced during the time period. You may identify more than one season in a given time period.
4. Looking back on that time period:
 - *How was God working in your life? What graces were you aware of at the time or in retrospect?*
 - *What spiritual attacks did you face? How effective were they?*
 - *Can you identify any spiritual fruits of the season?*

This activity will be most fruitful if you work through it over a period of weeks as part of your prayer time, spending about 15 minutes each day recording whatever comes to mind for any of the time periods. When you feel it is complete, draw conclusions from your work:

- *What patterns do you see in the movements of God?*
- *What spiritual attacks are most common in your life? Why is that the area of attack chosen for you?*
- *How can you have more fruit in your current season?*
- *Are there any other insights gained from this exercise?*

The Times of My Life

(Copy this page as needed)

Time Period: _____

World Events	Life Events

My Spiritual Life

Seasons I experienced: _____

Movements of God:

Spiritual Attacks:

Fruits: