

Creating a Spiritual Timeline

- There is no right or wrong way to do this. Be flexible and creative.
- It doesn't have to be a straight line. You may want to reflect the ups and downs in your spiritual life with hills and valleys, or you may want to use different colors. You may want to draw it as a journey, with times when you wander off course.
- Like your spiritual life, this will be a work in progress. You will continue to interact with it and add to it throughout the week.
- Don't worry about exact dates.
- You don't have to use words for events—you can use pictures from magazines or draw your own. It only has to make sense to you.
- Like the Israelites, we all have times when we feel lost in the wilderness. Include those times in your timeline, too.

Consider beginning by reflecting on the following questions and writing down notes:

1. How did you begin attending church?
2. When were you baptized?
3. When did being a part of the church become a decision that **you** made?
4. Have there been times when you experienced God's presence?
5. Who are the people who have had an impact on your spiritual journey? How did they impact it?
6. Have there been times when you rebelled against God? What brought you back?

7. Have there been times when you felt abandoned by God? What kept you going?

8. Do you see themes for particular periods in your life?