



MY STORY

A LIFE MAPPING EXERCISE



A SPIRITUAL LIFE DEVELOPMENT RESOURCE

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We all have a story. Each story filled with moments, when added up, contributes to who we have become. These moments have shaped us and speak to who we are.

When we take the time to look at our personal history – the significant events and seemingly little moments - we become aware of the hand of God throughout our life. The residual is that we feel valued, loved, and secure in his care.

This booklet gives you an opportunity to look at those life moments – some significant and some outwardly insignificant. All these moments, stages, events, and relationships have played a part in molding us into the person we are today.

Sometimes we disregard arbitrary memories because we are too busy keeping up with what matters today. However, if we linger in what is revealed in God's presence, we may also find context for looking at our future.



WHAT IS LIFE MAPPING?

Life Mapping is an exercise where we create a timeline that captures moments in our lives and identifies and interprets God's activity in them. Then, reflecting on these past experiences, we better understand what has shaped us and how we live. Our joys, victories, challenges, trials, sins, and brokenness are often clues to our vocation, healing, and redemption.



LIFE MAPPING IS NOT...

- a plot for finding your next job,
- a diagram to find whom you will marry or whether to have children,
- discernment of spiritual gifting (although reflection may make patterns more apparent)



PRAYER AS YOU BEGIN

Lord, as I look over the people, places, and events of my life, bring to memory what you want me to write down on my timeline. I pray that your Holy Spirit will illuminate my past and examine how it has shaped me. Shield me from shame, fear, and pride to see how you have uniquely fashioned me for your glory. Amen.



LIFE MAPPING EXERCISE (about 20 minutes)

To participate in this exercise, you will need two different colors of sticky notes and a pen or pencil. If using standard-size sticky notes, you will want to cut them in half to fit a reasonable number of notes on the formatted road. Use one sticky color note to represent positive moments and the other to represent negative ones in your past. You do not have to write chronologically, just as random moments come to mind. However, you can place them on your road in chronological order later.

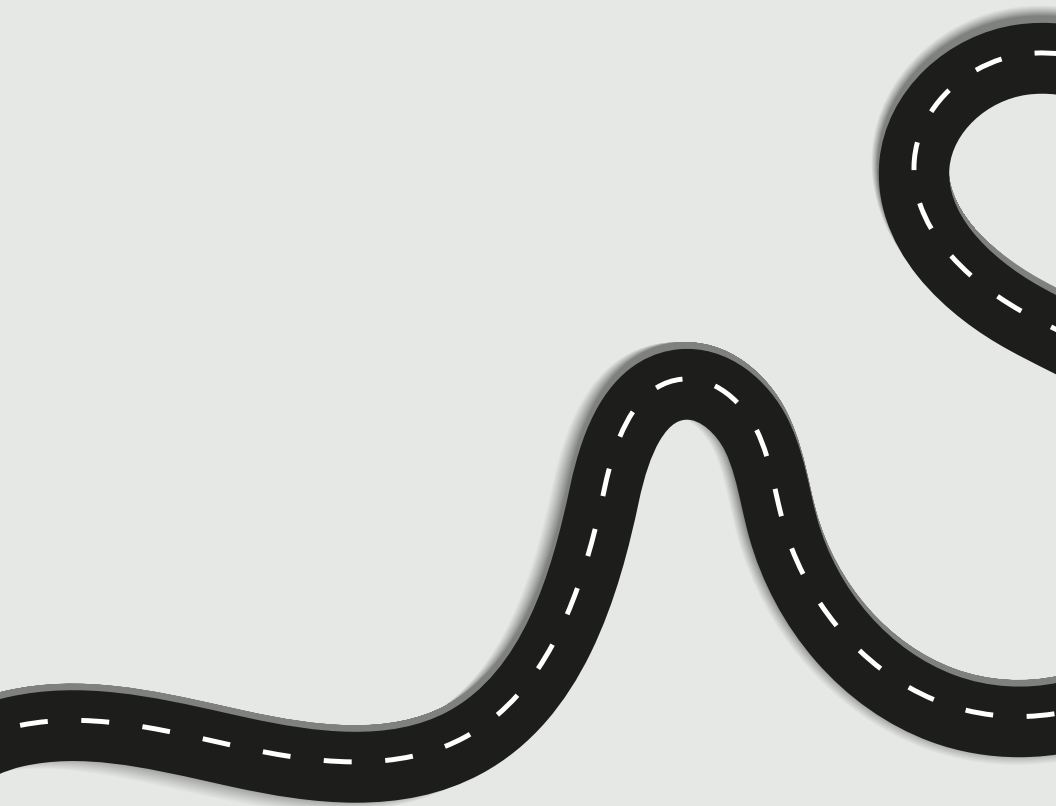
- Do not write details – simply write person, place, or things.
- Remember- education, jobs, ministries, successes, and failures.
- Joys – what people, places, or events have been most positive and made me most proud/happy?
- Sorrows – what have been my deepest hurts or disappointments?

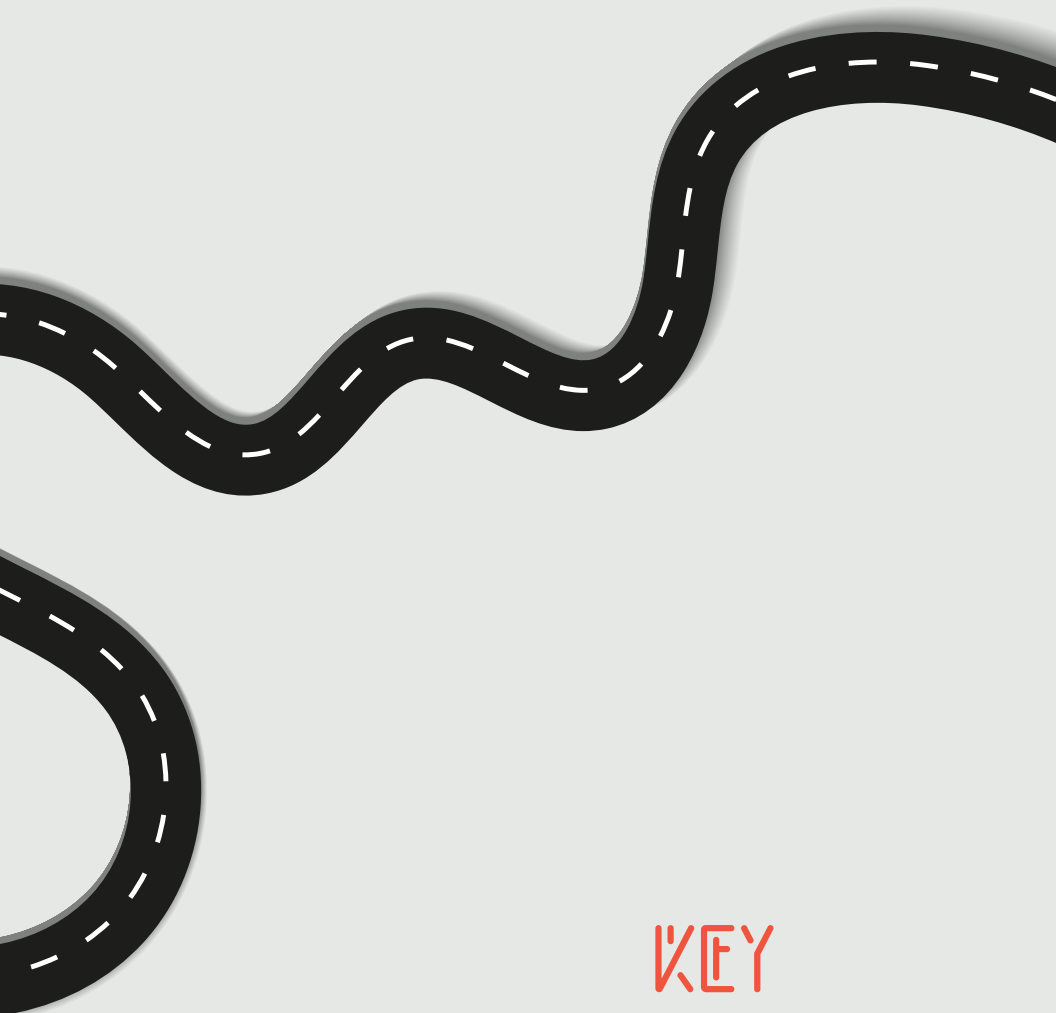
Because of the space provided (center section of the booklet), you can probably fit 15 to 20 small sticky notes on your road. If you have written more than that, decide those moments most pivotal to you and place them in chronological order on the road.



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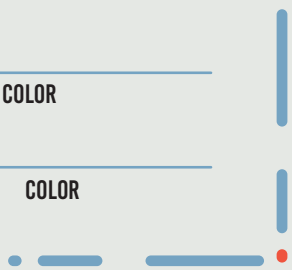





KEY

JOYS = _____
COLOR

SORROWS = _____
COLOR



- 
- Express gratitude to God for those precious people and moments on the road.

- From this exercise, have you learned anything that will equip you to move forward in your life?

- Commit any revelations to the Lord and ask for the Holy Spirit's continued work and illumination.



PRAYER

Lord, thank you for this time in your presence. I have felt your hand upon me today and as I have reviewed my past. Thank you for being my Companion and Guide. Show me what you want me to do with what has been revealed through this exercise. May I use it for your glory and my growth. Amen.



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