

nextstep DISCOVER YOUR STORY

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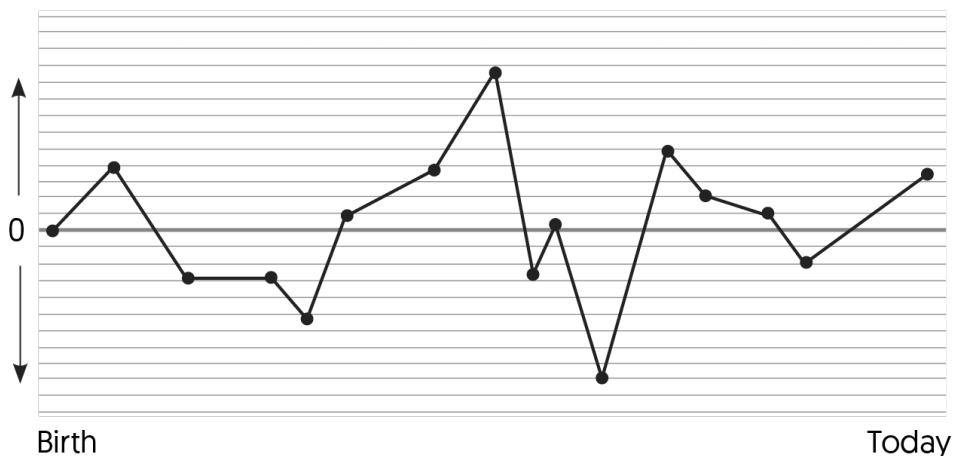
1. Ask God to help you reflect on the story of your life.
2. Create a life map representing your story (see below).
3. Prayerfully reflect on your story.

PRAYERFULLY MAKE A LIST

- High and low points
- Defining moments
- Influential relationships
- Felt God's presence
- Felt God's apparent absence
- Seasons of growth/discovery

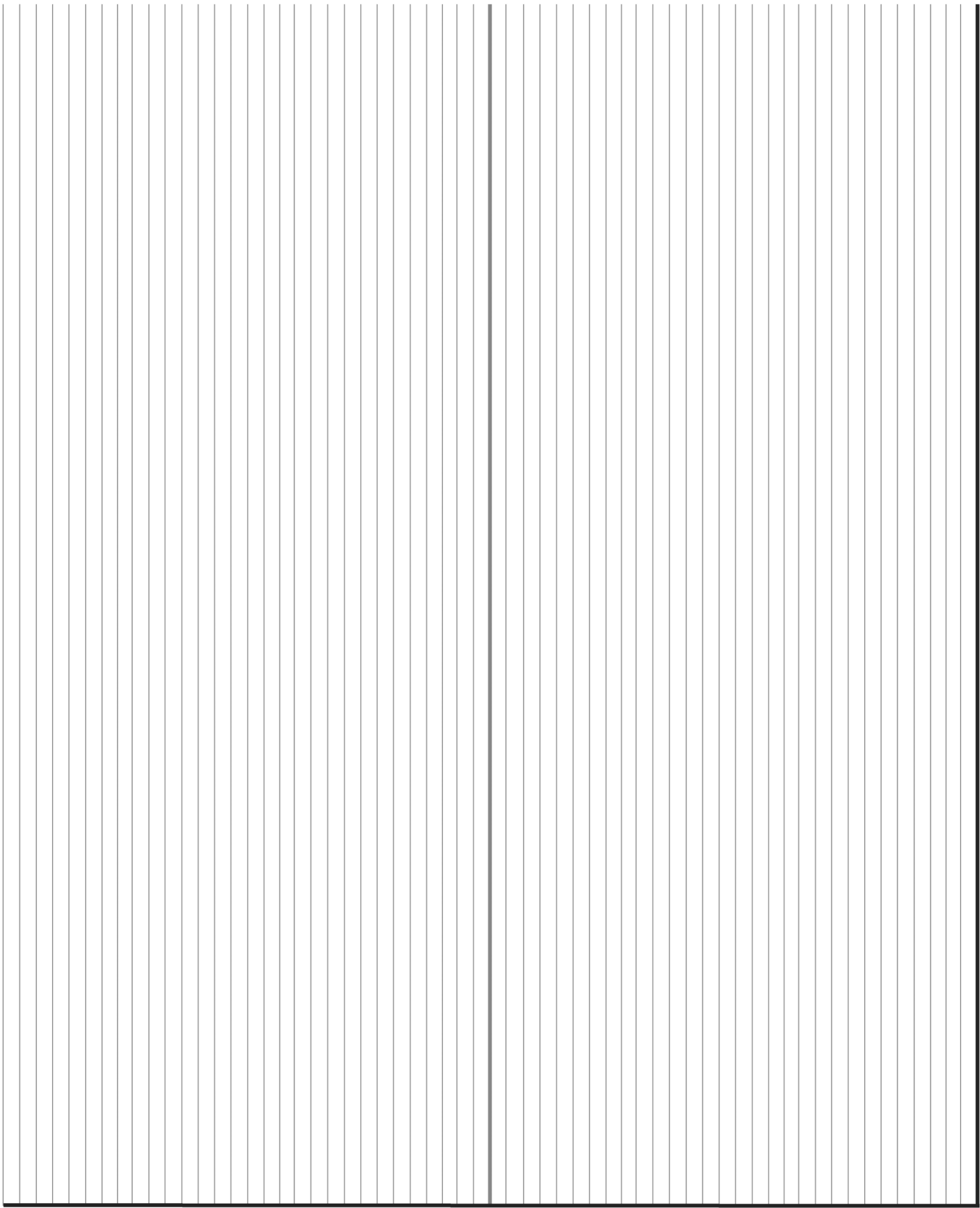
DRAW YOUR LIFE MAP

Plot the most influential moments of your life chronologically on a graph like the one below. Events above the middle horizontal line felt positive for you at the time, and events below the line felt negative.



REFLECT ON YOUR LIFE MAP

- How was God present to you in good times and in bad?
- Do you see any patterns?
- Bring any particularly positive or negative emotions to the Lord.
- How does this exercise affect your view of the past? Your experience of the present? Your feelings about the future?



Today

Birth

← 0 →