

## SPIRITUAL JOURNEY EXAMPLE

Has it ever occurred to you that your life is a story in the making – a story that matters?

One of the foundational exercises of life-to-life discipleship is taking time to reflect on your life story up to this point; what we call your spiritual journey. This exercise is useful for helping you and your Discipleship Group understand where you're at right now, what drives you, and what matters to you. It may be a difficult exercise for you, but rest assured, you will see the value of it the moment you begin thinking about the significant events and patterns in your life. It could take you a few moments to complete, or a few weeks depending on how deeply you begin mulling over your life.

Here's how to do it. On the document entitled "My Spiritual Journey (blank)" you're going to have an opportunity to draw a picture of your life story. You will be drawing a line graph that plots how you think about the twists and turns of your life story. They can represent significant events, turning points, changes in your view of life, experiences, trials, or triumphs. What matters is that when you look at the picture, you can recognize it as an honest representation of your spiritual journey so far. Place a star where you believe you became a true follower of Christ. A few examples are provided below. You can draw yours on the next page.

