

Our Spiritual Journeys: Points for Reflection

Please prepare to share around 15-20 minutes your spiritual history up to now, either verbally and/or with aids such as written outlines, pictures, or diagrams. It is not necessary to cover all significant experiences or to make everything fit together. Just try to give everyone a good, honest sense of your spiritual journey thus far.

You are invited to begin the sharing with a song that illustrates your spiritual journey, if you think it would be helpful. Or you might choose to use the song for a concluding prayer instead.

Find a quiet space or a favorite prayerful place where you might have some uninterrupted time. Imagine God gazing upon you with tenderness. Allow yourself to rest in God's very presence. Begin with asking God for the gift of seeing your life as it is, through God's eyes and "heart."

There are no adequate criteria to describe one's spiritual journey. Hence there are no "right" or "wrong" ways. The following questions can serve as starting points in preparing your sharing. You need not cover all the questions. Rather, focus on the ones most relevant to you. Be open to what these might be. While initially some experiences do seem the most obvious, allow God to lead you to what surfaces as significant experiences of growth. **However, please address the last two questions.**

1. What has been your religious upbringing (during childhood, young adulthood, etc...)? What have been your experiences of church, retreats, ministry, outreach to the poor, justice work, etc.? You might want to focus on several significant spiritual or religious experiences.
2. Who has been influential in your faith life and how?
3. How do you imagine God/Jesus? Has it changed at various times in your life and how?
4. What are your favorite Scriptures passages and/or prayers? What are some of your habits in living the spiritual life? How do you pray?
5. Do you notice any reoccurring threads or patterns in your life? If you were to choose a motif or image that describes your spiritual journey up to now, what will it be? (e.g. a road, hike, hanging bridge, river, plane trip, etc.)
6. What are your unique gifts and talents? Looking at your life thus far, what makes you truly happy? In the words of Pedro Arrupe SJ, what consistently "gets you out of bed in the morning" or "what breaks your heart?"