

Tell Your Story Walking – Sharing Your Spiritual Autobiography

For the Speaker:

Your spiritual autobiography is the story of you, God, and your life together. Like sharing stories of other relationships, sharing the story of our relationship with God can be a way to cultivate a deeper appreciation for and strengthen our relationship with God. It also offers us opportunity to build connection with others who are attending to their journey with God. When telling this story, it can be helpful to consider one or all of these questions:

- What was your earliest awareness or understanding of God like?
- How did you picture God back then?
- What are the significant "God encounters" along your journey?
- Have you experienced a significant change in your relationship with or understanding of God?
- What is your relationship with God like in this season?
- What changes would you hope for at this point in your journey?

For the Listener:

When listening to another person's spiritual autobiography, understand that you are receiving a very special gift and try to hear each word with gratefulness, both for the story and the individual sharing. Hold the person sharing in prayer, trusting the Spirit to guide sharing to the places in the story that offer the speaker the most in their own hearing of the words. Understand that this practice is not a time for advice giving, judgment, or "fixing". Simply offer the speaker the grace of your presence.

After the story:

When done in small groups or duos, a debriefing time may be welcome. Consider these questions:

- When sharing my story, what did I resist sharing and why? (You may wish to record your response to this in a private journal rather than aloud. Trust the guidance of the Spirit and your intuition).
- At what point in the telling of the story did I feel closest to God?
- What part of the story was I most grateful to remember?
- What part of the story was I least grateful to remember?
- Where do I need grace in light of this experience?

Close your time together giving thanks for each person, their story, and for God's presence in all of our stories.

