Spiritual Direction Training Program

Application

INSTRUCTIONS FOR WRITING YOUR SPIRITUAL AUTOBIOGRAPHY

A spiritual autobiography is the story of your own life, and how God has been present in it. It is a tool for reflecting on the patterns and key moments that have shaped your understanding of, and relationship with, God. Sometimes, spiritual autobiographies can be chronological, meaning that they follow the timeline of your life, but they can also be organized according to specific themes that come up repeatedly. It’s up to you, how you want to tell your story!

For most of us, there is no shortage of “God moments” we might talk about, but we are asking you to keep your autobiography to **3-4 pages, single-spaced**, although it can be shorter. In order to do this, you will need to focus on the most significant points. The reflection questions below might help you to find this focus.

As you write this, you do not need to share anything you do not feel comfortable sharing. The only ones who will read your spiritual autobiography are the members of the facilitation team for the training program.

Questions for Reflection

(Spend some time with these before you start writing.)

1. Begin with where you are in your spiritual journey right now:
	1. Who is God for you right now?
	2. How would you describe your relationship with God?
	3. What sorts of things help you feel close to God?
	4. What factors in your life right now hinder your relationship with God?

*Now, you will spend some time reflecting on how your spiritual life evolved to what it is now.*

1. Think of three people, who have had the greatest impact on your spiritual journey, for good or for bad.
2. Think of three moments or events in your life that have had the greatest impact on your spiritual journey, for good or for bad.
3. Think of three moments in your life when you felt close to God.
4. Think of three moments in your life when you felt distant from God.
5. How has your understanding of God evolved since you were a child?