

# Recalling your Faith Journey

## The Way to Where I Am Now



This is an invitation to look back over your life-journey, and to let God enable you to recognise the ways in which God has been with you at all the different moments.

First be still and quiet. Then ask God to give you that gift of remembering, and bring to mind whatever it would be good for you to notice.

Then let the landscape, or journey, of your life unfold before you, and let your attention roam where it will within that scene.

Maybe you might like to think about some of these questions:

- Where have been the special moments in your life's journey so far, the milestones and the mountain-tops (events, people, places)? What gifts was God giving you in these times?
- What about the valleys and the deserts - times of darkness, pain, or confusion? Where is the Lord in these? Where has God seemed absent?
- Where have you come to cross-roads, rivers to cross, a choice of paths - places of decision or crisis? How has God guided you in these times?

Draw a "map" of your journey, in whatever way you like. You might want to use a picture, or words, or symbols - make use of whatever is most meaningful to you. Because today is focussing on our journeying with God, perhaps you might consider some of the above events as corners and milestones in the journey of your life with God up to today. How was this journey travelled? See your faith history, in roads or rivers or mountain trails. Use colour, enjoy looking back and seeing what the first steps were, remember who taught you to walk, or sail, or climb, and who guided you on your way.

Sit back and look at it and notice where God has been in your life. Talk to Him about what you notice - let the Spirit lead you here.