

Some questions to ponder as you reflect on the story God is writing in your life...

Revisiting my past:

1. Family

- How do I feel about my family?
- How would I describe my relationship with my father/mother?
- What labels did my parents give me? What about my siblings?
- What were my most significant memories of my family?
- What are some of the spoken/unspoken expectations in your family?

2. School (Kindergarten, Primary, Secondary, JC/Poly, University)

- What was my identity in school? What was I known for?
- What labels did teachers/mentors give me? What about my peers?
- What are my most significant memories in school?

3. Relationships / Friendships

- What is my most significant relationship/friendship? Why?
- What was my most significant betrayal?

4. General

- Saddest or worst time in my life, and WHY
- Happiest or best time in my life, and WHY
- When have I personally experienced guilt or shame or embarrassment?
- What do I fear most deep within? Why? When did it start? *(If there is an experience of it, share it with us, and how it has changed/affected you. How did you handle it?)*
- What are some of my struggles with insecurities? And how did I deal / cope with it? *(It's okay if you are still struggling with it and have not / don't know how to deal with it. You can honestly mention that in your story.)*
- What events in my past have made me unconsciously say, "I will never...", or "I will always...", or "I must/ must not..."

5. Things I Value

- What are my dreams? What am I passionate about? What were some of the things that excited and challenged me the most in pursuing those dreams and passions?
- The accomplishment I'm most proud of, and WHY
- What I wanted to be when I was growing up, and WHY
- Something I want to do before I die, and WHY
- Someone I admire, and WHY
- What I like most about myself, and WHY
- What I dislike about myself, and WHY

6. My Relationship with God (these questions are not aimed at what you know about God, but at how you feel as you relate to Him)

- My favourite thing about God / Jesus, and WHY
- The thing I have the hardest time understanding about God, and WHY
- When I look back at what God has done in my life, these things stand out as major lessons and spiritual milestones, and WHY