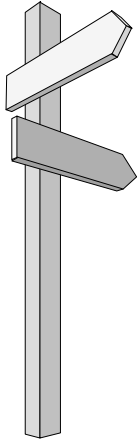


Listening to the Story of My Life



Telling the story of our lives in relation to God and reflecting on the different aspects of it help us to recognize where and how God has been and continues to be present and active in that story....

Our personal life is more like a winding stream than a series of isolated pools. There is a continuous flow between God's dealings with us in the past and God's leading of us into the future....

The more we take possession of our real and deepest selves through acknowledging, appropriating and accepting our personal and communal history in relation to God, the more we are able to grow in freedom. And the more we live in freedom, the more capable we are of hearing the voice of the Spirit and following where it leads.

David Lonsdale, *Listening to the Music of the Spirit*, 42, 43.

1. Ask the Holy Spirit to guide your reflections and to bring to mind times or events of your life. As these come to mind, jot them down on the timeline which leads from your birth to the present. Some of these may be milestones along the way. Others may represent pitfalls.
2. Where has God been most obviously present in your life?
3. Where has God seemed to be absent?
4. Do you see any patterns in the way God works in you?
5. Do you see any patterns in your way of responding?

Write or talk to God about what you have seen. Pray to be attentive to the presence of God in your life. Where God seems absent, ask to trust in the Divine Mystery working even when you are aware of nothing at all.