

Life Line Exercise This exercise is essential as preparation for ‘My Story’ (Topic VOC3)

It is important that we see the story of our lives as something dynamic which is still unfolding. We are always work in progress, journeying on with and into God. How we tell our story and how it might develop in the future is central to exploring our vocation.

This exercise helps us to stand back and see our life story to date and appreciate it for what it is.

In thinking about our vocation, it can be helpful to recognise that all of our past experiences can be relevant and have a place in our story. We may not at the time know just how God might just make sense and meaning of our past. In God’s eyes nothing is wasted.

Draw your lifeline

1. Take a large sheet of paper. Draw a straight line across the middle of it along the longest axis.
2. Write down the main / significant events of your life in chronological order. You may find it best to list them before you start writing along the line.
3. Now using the lower half of the paper, write single words or phrases that describe your feelings about the various events in your life, putting the high spots higher and the low spots lower as your feelings about them seem to require. If you going to share this lifeline, only include items that you are happy to talk about.
4. When you have finished writing them down, join them up with a line.
5. Then using the top half of the paper, jot down in a similar way your feelings about God at different points. Join these up with a line.
6. You may want to add in any special events that did not find a place in the centre line

You may find this exercise brings back painful memories as well as happy or pleasant ones. It is not the aim of this exercise to dwell on past event but rather to see the pattern of our story and how that relates to our experience of God in our lives.