

Faith Journey Exercise

Participants will record their faith journey, dividing their lives into 3 periods and leaving the fourth quadrant to consider hope for their future journey.

For each quadrant, the leader will present questions for consideration followed by a period of quiet reflection for participants to record their memories of that part of their lives

1st quadrant

- think back to your first church
- your baptism
- your favorite Sunday school teacher
- your favorite hymns from your childhood
- your view of God as a child

2nd quadrant

- this section might mark your faith as an adult, joining MU
- did you attend the same church where you grew up or a new church
- did you rebel against formal church as a young adult
- did you see your faith differently, as your own relationship with God
- did you raise a family and introduce your children to God
- did you join any groups as an adult in faith, serve the church on committees

3rd quadrant

- this section might mark a period when you had more time to explore and develop your own faith
- did you seek out bible studies, faith groups, retreats or conferences to explore your relationship with God
- are there hymns or prayers that became significant to your faith
- think about people who might have joined you on your journey

4th quadrant

- this is a section to consider where your dreams and wishes will take you
- are there places or people you want to include in your future faith journey
- how do you want your relationship with God to grow and deepen
- what will be your first step on this road

Faith Journey

Ages ____ to ____.

Ages ____ to ____.



Ages ____ to ____.
future

Hope for the