



# HOLY TRINITY

## ANGLICAN CHURCH

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### SPIRITUAL AUTOBIOGRAPHY

#### Purpose:

To share our individual spiritual journey with the group as a means of...

Deepening our knowledge of each other

Strengthening the bonds of Christian fellowship and love

Encouraging each other

Praying for each other

#### What is a spiritual autobiography?

While we are whole beings and our internal and external journeys are intertwined, what we are focusing on is our internal journey. Tracing a line from our upbringing to now that focuses on our spiritual journey, the highs, the lows, our parents, our families, our relationships with people and with the Lord, our sin and brokenness and the grace of God, etc.

#### Our Commitment:

As we share our stories, it is understood and assumed that along with the joys, blessings, and the presence of God's grace, we will also each have a measure of sorrow, sin, and brokenness to share. Therefore, it is very important that we all commit to the following values.

- Honesty: we should all prayerfully discern how and how much God would have us share of our stories, and yet we should ensure that we are being honest with ourselves and others.
- Safety: our group is to be a safe place in which we can share our vulnerability, weaknesses, sin, and brokenness without fear of condemnation, judgment, or rejection. On the contrary, our group needs to be a place where the grace, love, and compassion of God abound and the Spirit of God has freedom to move as He pleases.
- Confidentiality: what is shared will remain in the group.
- Freedom: there is no right or wrong way to do this. As you think, pray, write, prepare, and share: be free. Nothing should be forced or contrived.

#### General Guidelines:

The following questions are good thought-provoking questions aimed at helping you write out your story. If it is helpful for you, feel free to answer them in the format they are presented, but there is no obligation to do so. You may feel free to simply write your spiritual journey in your own way, but please do read through the questions as a means of capturing the essence of that for which we are aiming.

You may write brief answers and then expand upon those answers orally when we meet, or you may write lengthy answers and simply read your story to us when we meet. As mentioned, there is no right or wrong way to do this.

### Guiding Questions

1. Were you raised in a Christian home? Describe your home and family setting. What was your upbringing like, what are the spiritual/emotional highlights and “lowlights” of your childhood?
2. Describe your father and mother, focusing on what you know of their spiritual life and journey. What were your parents’ role in your upbringing? How did their spiritual and emotional life impact yours?
3. How did you come to know the Lord Jesus Christ?
4. When and under what circumstances have you experienced conversion or a reawakening of your faith?
5. Who have been important influences in your spiritual journey?
6. What life experiences have been most significant in forming your faith?
7. What struggles have been most significant in forming your faith?
8. Have you had any major spiritual “crashes”? What was the outcome?
9. How many years have you been married? Describe the story of your dating/courtship with your spouse.
10. What have been the greatest blessings of being married? What have been the greatest hardships of being married? Please be specific to your marriage.
11. What have been the greatest blessings of being a parent? What have been the greatest hardships of being a parent?
12. What spiritual and/or emotional aspects of life do you currently find most difficult (anger, shame, guilt, doubt, fear, etc.)? Why?
13. What elements of worship are most meaningful to you? Is there anything connected to worship with which you struggle? What are some favorite hymns/songs and why?
14. Describe your patterns and practices of personal and corporate devotions. How often do you read the Scriptures? When and how do you usually pray? In what other ways do you

seek to grow in grace? What other practices are meaningful for your spiritual life? Do you practice daily repentance?

15. Do you have close friends? Is it difficult for you to sustain friendships?
16. Briefly describe your sense of calling in life. Describe your gifts and strengths. How have others affirmed you in this sense of calling?
17. What leaders have been significant in your life? Have you been mentored? Please describe that experience.
18. What is your current working definition of the gospel? If you had to share the gospel with someone who didn't know Jesus, what's the heart of the Good News you would share?
19. Is there anything else you would like to communicate?