

Remembering Your Story

A SPIRITUAL AUTOBIOGRAPHY JOURNEY

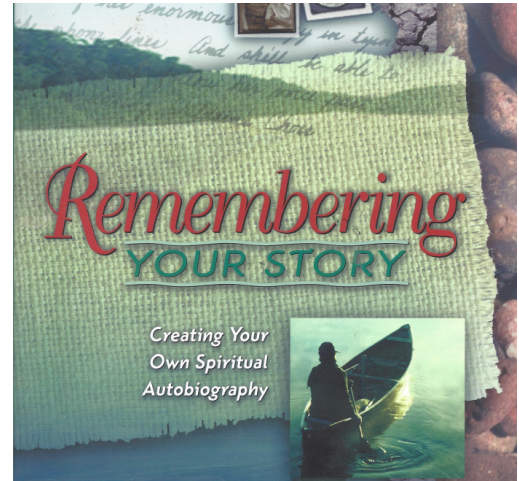
Study outline and session schedule

When: Join us either Thursdays, 7PM or
Sundays, after fellowship time

Starts: Thursday, September 24th

Finishes: Sunday, November 8th

Six sessions total (*no sessions Thu Oct 1st, Sun Oct 4th*)



Suggested reading: *Remembering Your Story: Creating Your Own Spiritual Autobiography*, by Richard L. Morgan (handouts available based on these and other materials). Each session does not require previous reading, but reading and continuing the exercises afterwards is suggested. Please come prepared to respect the sometimes confidential nature of these discussions.

Session One: *Chapter 1 - From Memory to Faith: Life Stories*

- Introductions, understanding how our story is healed by God's story

Session Two: *Chapters 2 + 3 - The Spiritual Lifeline, The River of Life*

- How to map your life story, how to meditate and pray on it

Session Three: *Chapters 4 + 5 - Reclaiming Childhood, Family and Relationship Stories*

- Bringing your child view of God to adulthood, recognizing family and relationship patterns that changed it, and offering them God's healing grace

Session Four: *Chapters 6 + 7 - Stories Connecting Generations, Facing Life Transitions*

- Learning how to make genograms of our family stories, and understanding how to face life transition points as we move through our own generation's story

Session Five: *Chapters 8 + 9 - Healing of Memories, Mapping to the Ongoing Story*

- How to approach major life and historical events with healing for ourselves and others, how to map our story to God's past, present, and future story

Session Six: *Chapter 10 - Finding a Pattern*

- Reflecting on your story, final messages to and from your story, mapping your story experience to a mature faith statement, closing celebration