Creating A Spiritual Autobiography

A guiding principle in Ignatian spirituality is looking backward over your spiritual journey in order to better shape and understand where you are going. Create your own spiritual autobiography using these questions as a guide.

1. What was your first awareness of God? When and where was your first “inner chapel” experience? What was your experience of God then? What were your reactions?

2. What were other ordinary or extraordinary experiences of God in your inner chapel? When and where did they take place; who or what was God like; what, if any, reactions did you have to those experiences?

3. Where have you had a sense of God at work in your life? How did God work-through a big moment or revelation or gradually, in small, quiet moments?

4. What has your search for God looked like? What desire do you feel stirring within you now?

5. What has your journey of prayer looked like? When did your prayer life begin?

6. How would you describe your inner chapel now?

7. What retreats, events, and programs have fostered your own spiritual growth?

Becky ELDREDGE