
LIFE MAP

Objective:

The goal of this exercise is to identify how God has worked in your life through people, circumstances, and events, to reflect on the major contributors that have shaped your life, and to consolidate learnings, lessons, and patterns in how God has worked in your life. These factors powerfully influence the way we feel, how we relate with God and with others, how we experience and interpret the ways others relate to us, and subsequently, how we lead those under our care.

Guidelines:

1. Identify both the positive and negative people, circumstances, and events that God has used to shape your life. Consider, but do not limit yourself to, some of the following categories:
 - Crises/losses
 - Defeats/failures
 - Adverse circumstances
 - Friends and mentors
 - Parents and significant relatives
 - Conflict
 - Successes
 - Meaning Scripture and promises of God
 - Major decisions
 - Pain
2. Create a chronological visual timeline of these people, circumstances, and/or events from your life. Some ideas in creating a life map include a written timeline, a graphical display of highs and lows throughout one's life, a timeline comprised of pictures, a collage, multi-colored Post-It notes on a posterboard display, etc. Engage in this exercise with the Lord in a way that is meaningful to you.
3. Prayerfully ask God to reveal to you any patterns, themes, lessons, or learnings in how He has written the story of your life, and who He has created you to be.
4. Bring your life map (or a picture of your life map) to the June Gathering, with life lessons, themes, and insights to share with your cohort.