

Discovering Your Evolving Faith Story

That's why I tell stories: to create readiness, to nudge the people toward receptive insight.

—Matthew 13, The Message



Listen carefully to your own journey as a people, for it is a sacred journey and it has taught you many things you must know for the journey yet to come.

—Doctrine and Covenants 162:2a

Invitation to Reflect:



You are invited to take time to reflect on your evolving faith story through the questions below. Let the Spirit guide you in your responses. If you feel led to linger on one of the questions longer than the others, allow yourself to

explore what you are being drawn to discover. The goal of this practice is to consider those things that have made up and are still making up the substance of your story. It is from this substance that we are called to share with others.

Consider a person who means a lot to you. How would you describe how that relationship has impacted your past, present, and future? This practice invites us to see our relationship with God in the same way, over time. (We use the word "God" in many of these questions, but invite you to substitute the word that has most meaning for you- God, Christ, Spirit, Divine, etc.)


A faith story is a story about a relationship. While beliefs are an important part of one's story, faith stories usually involve shifts in belief over time.

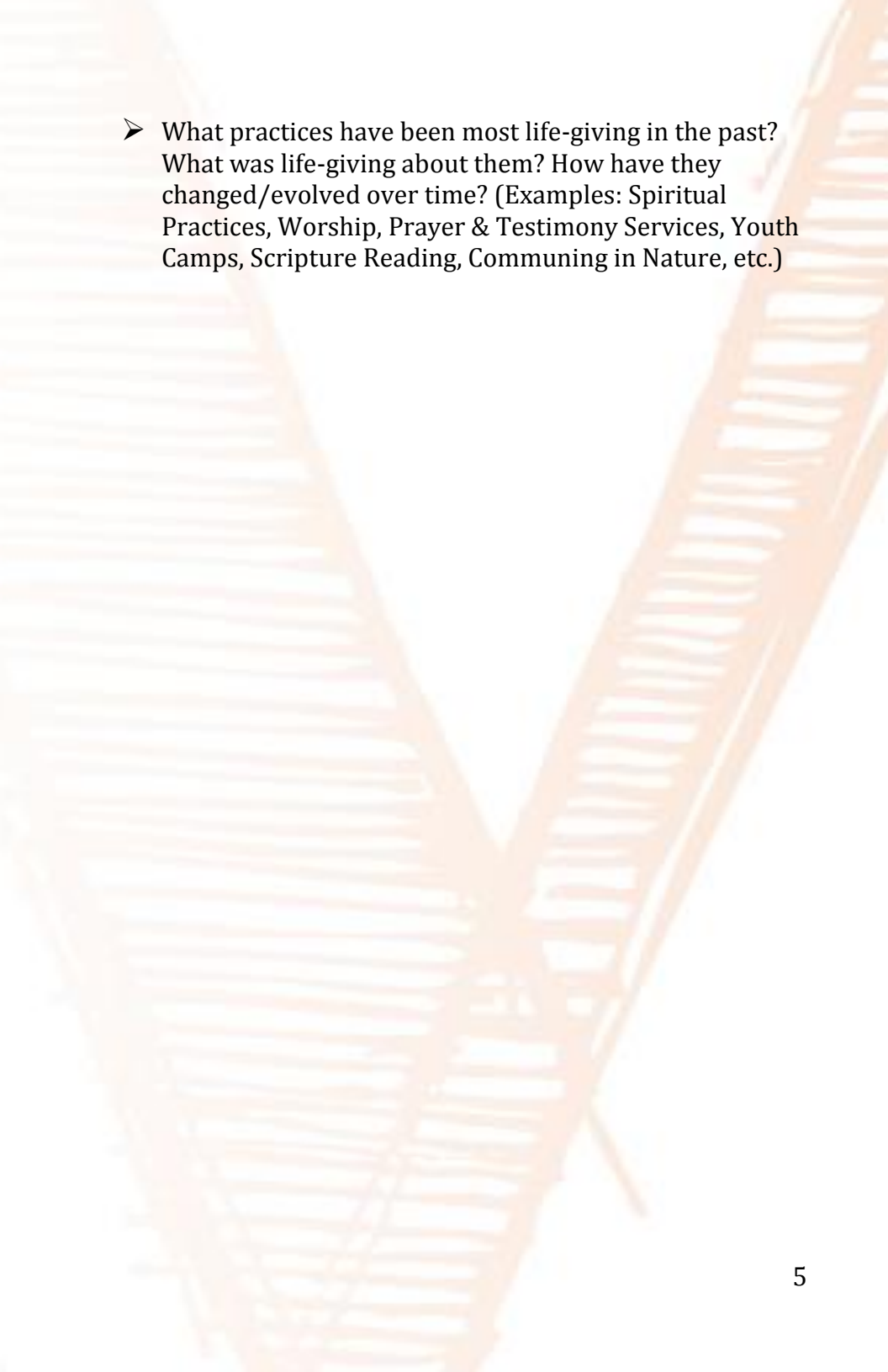
These questions are not intended to lead to definitive statements of belief. This practice is an expression of an evolving relationship that impacts every part of life. Who have you been, who are you now, and who are you becoming in Jesus Christ? This is the essence of all these questions.


Questions for Reflection


We invite you to approach this reflection in a prayerful way, with holy curiosity toward your own relationship with God!


- What foundational moments have formed the relationship you have with God today? What was it about these moments that made them significant?


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- How has your context impacted your faith story?
(Race/Ethnicity, Economic Status, Country of Origin,
Hometown/Village, Family History, etc.)

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- What practices have been most life-giving in the past? What was life-giving about them? How have they changed/evolved over time? (Examples: Spiritual Practices, Worship, Prayer & Testimony Services, Youth Camps, Scripture Reading, Communing in Nature, etc.)

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- Consider the choices (small and large) you have made that brought you to this exact moment. How have you approached decision making in the past? What role has your relationship with God had in your life decisions?

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- What defining questions have you asked that shaped the faith you have today? What impact did these questions have on your relationship with God? (Examples: Is God real? Is Jesus relevant? Who is saved?)

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- How has your faith story shaped who you are? How is your faith story your life story?

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- When do you feel most alive? What most excites and compels you in your relationship with God? (Why are you here? Why is it worth it to you?)



Expressing Your Evolving Faith Story

Take a few moments to look back prayerfully over your responses to these questions. Given the opportunity to express your faith story to someone else, what would be most important to share? In the space below, write a few sentences articulating the essence of your faith story and what it means in your life today.