

My Salvation History

CHRONOLOGY	PHILOSOPHY OF LIFE, KEY RELATIONSHIPS	EXPERIENCES OF GRATITUDE, FORGIVENESS, JOY, AND LOVE	EXPERIENCES OF SORROW ANXIETY, FEAR, AND SINFULNESS	IMAGE OF SELF	IMAGE OF GOD	HEARTFELT REVELATIONS, HEALINGS, AND TEACHINGS
Childhood						
Adolescence						
Youth						

THE STORY OF MY LIFE: MY SALVATION HISTORY

Usually we don't remember the events of the past, but we remember the emotions, the feelings, and the traces connected to them. This is called *affective memory*. It's very necessary that this kind of memory become *biblical memory*. That is:

I try to see the signs of the presence of God in my story. I let God give a positive meaning to whatever is written in the record of my past, even the most painful and troubled one.

- 1) Reconsider the whole of your life under the perspective of faith. Your life is not a series of disconnected events.
- 2) Recognize that what you remember of your past is not your past only, but also your interpretation of the past.
- 3) We all need to forgive.
- 4) Sometimes the past can hurt: recognize it.
- 5) Abandon your life into God's hands.

I put myself in the presence of God, and prayerfully I let Him look at my story and show me His work of salvation in it, using the chart.

1. BASIC PHILOSOPHY OF LIFE AND KEY RELATIONSHIPS: In a phrase, provide a basic description of how you looked at your life experience. Key relationships can be any relationship that you feel had a significant impact on your life at the time. The person mentioned need not to be living now, and you need not have known them personally.

2. MAJOR EXPERIENCES OF GRATITUDE, FORGIVENESS, JOY AND LOVE: What living memories of persons, objects, institutions, events, etc. recall experiences of special thanksgiving? Describe simply these heartfelt experiences.

3. MAJOR EXPERIENCES OF SORROW, ANXIETY, FEAR, AND SINFULNESS: What living memories of persons, objects, institutions, events, etc. recall experiences of special sorrow and fear? Describe simply these experiences. Name a disposition in your heart that can actively alienate you or prevent you from receiving a deepening relationship with your true self in Jesus Christ. Name each experience of such an affective disposition in your heart, any interior attitude that prevented you from relating more fully with God, yourself or your neighbor.

4. IMAGE OF SELF: Here you can record how you thought and felt about yourself in the environments in which you lived, played, worked... It may be helpful to describe how you spent your time and/or what you thought you were doing at the time.

5. IMAGE OF GOD: This is an invitation for you to record in a phrase or two what your thoughts or images of God were (positive or negative) at different times in your life. If you had no image of God or cannot remember one, answer appropriate.

6. HEARTFELT REVELATIONS, HEALINGS, AND TEACHINGS: Here mention any pertinent learning that dawned for you and which significantly affected your growth in faith. Healings should be understood as any experience that significantly enlarged your heart's capacity to receive and to give love.

With great reverence, I receive my story, and start looking at it with the loving eyes of God, if possible with the help of my spiritual director.