

Spiritual Autobiography

*"Let us invoke the Holy Spirit each day: He guides us along the path of discipleship in Christ."
Pope Francis*

A spiritual autobiography is a story about your relationship with God. Reflect on the following questions. Think about who has joined you along the way and your path from infancy to young adulthood.

Do you remember the first time you either heard about God or thought about God?

What were those first impressions or images you had?

Who are some of the people that have allowed you to grow your faith? How did they do so?

Where are the places in your life that are sacred to you? Why?

Recall times throughout your life when God felt close to you? How did you feel at those time?