



Creating a Spiritual Timeline

- There is no right or wrong way to do this. Be flexible and creative
- It doesn't have to be a straight line. You may want to reflect the ups and downs in your spiritual life with hills and valleys. You may want to draw it as a journey, with times when you wander off course.
- Here are some points that you may use:
 - history – these are big milestones (e.g. birth, went to school, sister born)
 - highlights – these could be people or events in your life (e.g. spiritually reborn, giving your life to Christ, retreats, trips)
 - heartaches – these shape who you are (e.g. parents split, broken relationship, bad experience)
 - hand of God – the events in which you can see the hand of God was guiding you in a spiritual journey, drawing you closer to God
- Place the happy experience above the “0” or the horizontal line, conversely place the sad experience below the “0” or horizontal line.
- Don't forget to pay attention to the level of happiness and sadness according to the level of each experience. You may give score to each event.
- The example of timeline is attached.