

Spiritual Timeline Worksheet

Please gather blank sheets of paper for each of the ages listed below. (Note: The ages are just a guideline, so if there is a significant event that changes where you want to break the phases, please do so. For example, a death, divorce, or loss of a parent may be a more significant divider than a decade. Women may also want to mark pregnancies, pre-menopause, menopause, and post-menopause on the timeline. The general idea is to put a physical container around a section of your human development that you can work within.)

- Age 0-5 (or birth to primary school)
- Age 5-10 (primary school to the edge of puberty)
- Age 11-13 (puberty)
- Age 14-19 (teenagehood)
- Your 20s
- Your 30s
- Your 40s
- Your 50s
- Your 60s
- Your 70s
- Your 80s

At the top of each blank piece of paper, write the stage of life.

Now answer these questions:

1. What did you look like at this age? Find a picture of yourself, or if you don't have one, draw a symbol that represented how you felt in that period of your life.
2. What did the Divine, the Holy, the Sacred look like at this age? Did you have any significant moments during this age when you sensed a spiritual reality? Was it comforting, intimidating, ambivalent? Find or draw a picture.
3. What was the central question you felt about the Divine, the Holy, the Sacred at this age? Spend some time looking at the image of yourself and the image of the spiritual other. Does a dilemma, a curiosity, or a strong emotion surface? See if you capture this in a question.

When you are done creating pages for each stage of your life, put them aside for a while. After a day (or a week) has passed, take them out and look over them again. Do you notice any patterns to the images of the Divine, the Holy, the Sacred? Are there any questions which seem especially potent, burdensome, or delightful? Spend some time journaling about what you see and experience.