



Faith Journeys

AIMS AND OUTCOMES

- Help participants understand that their life of faith is a journey and that each person has a unique journey and experience
- Build awareness that sharing those experiences gives a broader and fuller understanding of Christ and that each of us can play a significant role in the faith journey of others
- Help us engage with this wealth of understanding about how God's story is relevant to us today.

There are two related activities

A. Faith Journey Timeline

RESOURCES

- A4 sheets of paper
- Pens/pencils

1. Take a few moments to be quiet before you start this activity.
2. Ask participants to review their journey of faith to this point, remembering some of the milestones and events on that journey. Remind them that the events may be formal, such as confirmation or marriage, or they may be very personal, such as dreams or decisions. That they may include encounters with particular people.
3. They may be positive or negative in impact. Also ask them to include any times when they felt a long way from God or particularly close to him. Ask participants to try and come up with at least six events. Then ask them to list the events in any order.
4. Now place each of the events/people on a timeline. Use a sheet of A4 paper and draw a line across the middle, lengthways. Mark the appropriate chronological spot with a date and a label for the event/ meeting with person etc.

Give participants some time to think about their timelines.

- ❖ Ask for observations, were there any surprises or significant insights?
- ❖ Share together any insights they may now have about their corporate journey.
- ❖ In what ways might they develop a more 'mapped' or directed approach to their discipleship as individuals and as a Parish?
- ❖ What resources might they need to journey forward and grow in spiritual maturity?

[Make sure that observations, ideas for future activities and needs are documented and kept safe for reference. These insights can aid the development of a future Parish plan.]

Adapted from Spiritual History Timeline

www.ldysinger.com/@books/Dysinger/SP-HS-TM.DOC



B. Key events on your Faith Journey

RESOURCES

- A box of long matches.
 - Scrap paper and pens
1. Ask each person to think of a Christian who has inspired them and helped them move forward in their faith journey personally and to reflect on why they were so significant. They might like to jot down a few notes.
 2. Each person in turn takes and lights a match and then that person has the time it takes for the match to burn down (20-30 seconds) to talk to the rest of the group about that particular Christian. [Note, this technique can also be used to share significant events/ specific Bible stories that have had an impact on the person's faith journey.]

Give participants some time to consider each other's experiences.

- ❖ If you have chosen to talk about significant people, discuss together similarities between the stories told.
- ❖ What attributes did these people have in common?
- ❖ Can those attributes be nurtured and developed in us?
- ❖ How might we help one another to be positive influencers on the faith journeys of others?
- ❖ As a Parish what opportunities do we already have or could we develop that might help others to explore and move forward on their own journey of faith?

Make sure that observations, ideas for future activities and needs are documented and kept safe for reference. These insights can aid the development of a future Parish plan.

Adapted from Core Skills Training.

At the end of both these sessions think about where God has been at work in your life and take time to thank him.

- ❖ **Use silence**
- ❖ **Pray**
- ❖ **Sing together**
- ❖ **Join together in a blessing**