

Stepping Stones to your Spiritual Journey of Faith

1. What faith surrounded you at your birth — consider both specific religious faith and the ambient faith of the culture, extended family, and general ethos of the society
2. Consider any family amazing events or traumas that may have already been influencing you before you were even conscious
3. Include any such events that may have affected your childhood
4. What was religious practice like in your family, religious language or stories that you were familiarized with
5. Catalogue the same for your teenage years
6. How was faith expressed in your young adult years — include any events or traumas that deeply touched you, as well as any events that shaped you
7. Middle-age
8. Elder years
9. Your stepping stones could include the following changes:
 - Marital status
 - birth of children
 - health
 - physical relocations
 - job changes
10. Your stepping stones could include a chronological categorization of influences to your spiritual journey:
 - Significant person or persons
 - A movement or cause which inspired you or repulsed you
 - A book, class, program, workshop, or retreat experience
11. Consider major losses or failures
12. Trace, then, the path of the Spirit in your Life