

My Life Story

Memories that have shaped me.

- ◆ If you were to look through a photo album of your life, what are the pictures in each part of your life? Images of your childhood, your teens, early adulthood and the rest of your adult life.
- ◆ What scenes do I remember? Who is in those scenes?
- ◆ Some “photos” will be of happy times, some will be sad, and many will be difficult to recall at all, but they all make up our story and the journey that brings us to this moment today.

There might be memories that make you want to squirm, pull away, and try to forget again. Life isn't easy. Looking back, can you see where God was with you amidst the struggle.

How have the difficult times shaped you into who you are today? How has God's guidance helped you, unseen, over the years? Where is God's presence in your life today, how are you guided by it?

With every memory, offer thanks, even the painful ones, even if you weren't grateful at the time. In each moment of your life, the Lord has been present and has been loving you.

Pay attention to the journey that has led you to this moment.

Pray in these or similar words...

Dear Lord,

This seems easy, going back through the photo album of my life. Can I really call this prayer? I can go back to my earliest memories, of being a toddler. I wonder what connection this little child has to me?

As I move through my life, into school, learning to read and expanding my world, I can notice things in this album that I don't want to see. They are difficult memories that cause pain and I thought I had put them away permanently. Not everything in my childhood was good. Where were you in that, Lord? Were you with me as I watched the shouting, the arguing?

There were good times, too. Running so freely as a kid, climbing trees, exploring the banks of the creek, and sledding down the big hill in winter. There is a freedom to those moments and I sense you in that, too.

As I got older, I made choices, Lord. For some of them, I ignored you completely and tried to pretend you didn't matter in my life. But you stayed with me so faithfully anyway. You guided my headstrong decisions into choices that helped me into a loving life and a good marriage.

Thank you, Lord, for your constant presence in my life, especially today.