

GRAPH YOUR SPIRITUAL JOURNEY – PART I*

Like newborn babies, crave pure spiritual milk, so that by it you may grow up in your salvation,
I Pet. 2:2

THE FOLLOWING EXERCISE IS OFFERED AS A WAY TO CAPTURE ON A SINGLE PAGE YOUR SPIRITUAL JOURNEY TO DATE. FOR PART I, YOUR ASSIGNMENT IS TO GRAPH YOUR SPIRITUAL JOURNEY IN THE FOLLOWING MANNER. BE AS CREATIVE AS YOU LIKE, AND BY ALL MEANS HAVE FUN WITH THIS. IT SHOULD TAKE YOU NO MORE THAN AN HOUR TO COMPLETE.

1. SECURE A PIECE OF GRAPH PAPER, IF POSSIBLE. PLACE THE PAPER IN FRONT OF YOU LANDSCAPE ORIENTATION. DRAW A LINE FROM LEFT TO RIGHT ACROSS THE MIDDLE OF THE PAGE.



THIS LINE REPRESENTS “AVERAGE.” ABOVE THE LINE REPRESENTS “REACHING THE GOAL” AND BELOW THE LINE REPRESENTS “THE PITS.”

2. NEXT, DRAW A VERTICAL LINE DOWN THE MIDDLE AND THEN ONE LINE ON EACH SIDE SO THAT YOU HAVE FOUR EQUAL QUADRANTS. DIVIDE YOUR AGE BY FOUR, AND ASSIGN A QUARTER OF YOUR LIFE TO EACH QUADRANT



3. NOW, THE FUN BEGINS. BEGIN BY MAPPING OUT YOUR SPIRITUAL JOURNEY. STARTING AT THE LEFT, YOUR BIRTH, ALL THE WAY TO THE RIGHT, YOUR CURRENT STATE. YOU CAN USE THE SYMBOL OF THE CROSS, FOR EXAMPLE, TO MARK OUT WHEN YOU RECEIVED CHRIST. WERE YOU IN “THE PITS” WHEN YOU RECEIVED HIM? OR WAS IT A KIND OF SPIRITUAL AWAKENING? LET YOUR GRAPH REFLECT YOUR SPIRITUAL CONDITION AS YOU PERCEIVED IT, BEFORE, DURING AND IMMEDIATELY AFTER YOUR CONVERSION.
4. NEXT, THINK OVER THE YEARS SINCE CONVERSION AND THE PROGRESS YOU HAVE MADE. MARK OUT THE HIGH POINTS (REACHING THE GOAL) AND LOW POINTS (THE PITS) ON YOUR GRAPH. WHEN YOU GET TO THE FAR RIGHT, IT SHOULD REPRESENT WHERE YOU ARE TODAY. DRAW A LINE TO CONNECT THE DOTS/MARKERS ALL THE WAY FROM LEFT TO RIGHT. YOU MAY WANT TO IDENTIFY ALL OF THESE POINTS FIRST AND THEN GO TO THE GRAPH AND PLACE THEM. GOT IT?
5. LABEL THE IMPORTANT MARKERS ON THE JOURNEY (FOR EXAMPLE, ATTENDING A BIBLE CAMP, GETTING MARRIED, RECEIVING YOUR CALL TO MINISTRY, GOING ON A MISSIONS TRIP, A HEALTH CRISIS, A DIFFICULT TRIAL). OTHER MARKERS MIGHT INCLUDE: MOST EXCITING ADVENTURE WITH GOD, A TIME I REALLY MISSED THE MARK (SIN ISSUES), OR A TIME OF GREAT ILLUMINATION FROM GOD. *BE SURE TO MARK THE EVENTS THAT SEEMED TO EITHER HINDER OR STIMULATE SPIRITUAL GROWTH FOR YOU.*

GRAPH YOUR SPIRITUAL JOURNEY – PART II



NOW, SPEND TIME ANALYZING YOUR GRAPH IN THE FOLLOWING MANNER.

1. WHAT CRITERIA DID YOU USE TO DEFINE YOUR SPIRITUAL GROWTH JOURNEY? JOT DOWN YOUR THOUGHTS. EXPERIENCE SHOWS THAT MOST OF US WILL GRAPH HOW WE FEEL ABOUT OUR CHRISTIAN LIFE. NOW PENCIL IN A LINE THAT THAT DEPICTS HOW YOU THINK GOD PERCEIVES YOUR GROWTH. IS THERE A DIFFERENCE? WHAT DOES THAT MEAN FOR YOU?
2. NOW ASK, WHAT GUIDELINES DOES GOD USE TO EVALUATE MY SPIRITUAL JOURNEY TO DATE? CONSIDER I PETER 2:2 IN YOUR REFLECTIONS.
3. CONSIDER THE FOLLOWING FACTORS IN EVALUATING YOUR GROWTH:
 - a. DEPENDENCE ON GOD – YOUR FAITH
 - b. PRAYER LIFE – TIME SPENT, SINCERITY, AND EARNESTNESS
 - c. FRUIT OF THE SPIRIT – DO THEY SHOW?
 - d. ACTIVE IN WITNESSING TO OTHERS
 - e. STUDY AND PRACTICE OF THE BIBLE IN DAILY LIFE
 - f. LOVE AND CONCERN FOR OTHERS
 - g. HANDLING TEMPTATIONS
 - h. STEWARDSHIP OF TIME, TALENTS AND TREASURES
 - i. RESPONSE/ATTITUDE TOWARD TRIALS, PAIN, DISAPPOINTMENT
 - j. TIME SPENT IN CORPORATE AND PERSONAL WORSHIP AND BIBLE STUDY
 - k. WAYS YOU’VE ALLOWED GOD TO CHANGE YOUR VALUES.
4. SUMMARY AND CONCLUSION:
 - a. NOW THAT YOU THINK YOU HAVE AN IDEA WHERE YOU ARE TODAY AND HOW YOU GOT THERE, TURN YOUR PAPER OVER AND MARK WHERE YOU WANT TO BE, WITH GOD’S HELP, IN ONE YEAR AND FIVE YEARS.
 - b. CONSIDER WHAT WILL NEED TO TAKE PLACE IN ORDER TO GROW IN THIS WAY.
 - c. CONCLUDE BY READING I PETER 1: 3-11, TO SEE WHAT GOD HAS SUPPLIED TO STIMULATE AND SUPPORT YOUR SPIRITUAL GROWTH.

*Adapted from *Building Biblical Values*, by Harold J. Westing and Penny Thome