



LIFE MAPS

◆ *Sharing Our Journey* ◆

TERRA NOVA CHURCH

“Bear one another’s burdens, and so fulfill the law of Christ.
For if anyone thinks he is something, when he is nothing, he
deceives himself.” ~ Galatians 6:2-3

AN INTRODUCTION TO LIFE MAPS

The aim of Life Maps are to allow us the time and space to reflect back on our lives and be able to share our journey in life with others in a meaningful way so we can be known by others more fully.

Often our present time and our future paths can have more clarity if we take the time to look backwards and line up the lights from our past horizons. Through gaining a bigger perspective by looking back on the events of life, we can begin to see why we are the person we’ve become and what direction God may be leading us on.

The more detail and thought you put into the Life Map - the more valuable it will be for you and others. Enjoy the process of seeing that God’s hand has been behind you, is over you, and before you.

FOUNDATIONAL QUESTIONS

Spiritual Base

- When did you put your faith in Jesus Christ and begin a life with Him as your Savior and Lord?
- Give a brief sketch of your experiences in church through your life. What were the good and bad of all your church experiences.

Identity

- Where do you see your past defining you? (both good and bad)
- What gifts have you identified in your life?
- What gifts have others identified in you?
- What are areas you feel deficient in?
- What are some significant injuries do you carry? (physical, emotional & spiritual)
- What lies are you prone to believe?
- How can other brothers care for you in these areas?
- How are the three most influential people in your life? Why and How.

LIFE MAP

Childhood

- What are your 3 best and 3 worst moments/memories?
- What are your most formative spiritual pieces from this age?
- Briefly describe your family dynamics and rhythms.
- Who was your hero as a child?
- Who were your primary influencers (family, friends, teachers, etc.)

High School

- What are your 3 peak moments and 3 valley moments?
- How were you identified as a teenager? (jock, student, troubled, pretty, unwanted, popular, loner, etc.)
- Who were your best friends and why?
- Briefly describe your journey of dating relationships.
- What was your spiritual life like during this time period?

- Briefly describe your family dynamics. Any notable changes from your childhood?
- What was a dream of yours for your life? The 16-year old you would have said, “I hope to be by the time I am 30...”
- What would give you the most anxiety, stress, concern, or worry as a teenager?
- Who were the most influential people, books, movies, TV shows, ideas?
- Is there any notable increase in self-awareness for you during this time? If so, can you describe it?

Young Adult

- What are your 3 peak moments and 3 valley moments?
- Who were your best friends and why?
- Briefly describe your journey of dating relationships.
- What was your spiritual life like during this time period?
- Briefly describe your family dynamics. Any notable changes from your childhood and/or High School years?
- What was a dream of yours for your life? The 25-year old you would have said, “I hope to be by the time I am 40...”
- What would give you the most anxiety, stress, concern, or worry as a young adult?
- Who were the most influential people, books, movies, TV shows, ideas?
- Is there any notable increase in self-awareness for you during this time? If so, can you describe it?

Adulthood & Families

- What are your 3 peak moments and 3 valley moments?
- What are 2 good things you learned about yourself as a result of being a husband? 2 ways you have realized a deeper sense of your sin patterns as a result being married?
- If you are a dad, how has this impacted your self awareness?
- Who were your best friends and why?
- Briefly describe your journey of marriage, intimacy and love.
- What was your spiritual life like during this time period?

- How have you viewed continuity and change? (What patterns in life make more sense as you age?)
- Briefly describe your personal family dynamics. What aspects of your childhood have you kept? What have you worked to keep out of your family?
- What is a dream of yours for your life? The 35+/- year old you would say, "I hope to be by the time I am 60..."
- What gives you the most anxiety, stress, concern, or worry now?
- Who are the most influential people, books, movies, TV shows, ideas?
- Is there any notable increase in self-awareness for you during this time? If so, can you describe it?
- What situations/circumstances make you most uncomfortable? thankful? most tempted?