

"TURNING POINTS IN MY LIFE"

Intent of this exercise:

- ✓ *To discover God's presence in every moment and event of our life.*
- ✓ *The peak events and experiences of our past life molded us into being what we are, and even into what we shall be.*
- ✓ *God shapes us through the happenings of daily living*

Uses of this Exercise:

For personal reflection-examination

For deep personal sharing in small groups

1. Introductory Session.

Quiet down. Relax.

Awareness and breathing exercises will help.

Opening prayer.

2. Personal Reflection. Flash-back on your Life.

Distribute copies of the "Personal Reflection Form" to the participants..

"TURNING POINTS IN MY LIFE".

Personal Reflection Form

Instructions:

Childhood Days:

- Look at your past life as if you were watching it on a T. V. screen
- Bring back to your mind your childhood days, say up to your 9th or 10th year of life.
- Look at yourself, at home, in school, on the playground, in church, etc.
 - ✓ What sort of child do you see in the screen of your mind?
 - ✓ How did you behave, act and react during those early years of life?
 - ✓ Remember as many events as possible of those early days.
 - ✓ Stay longer contemplating the happenings that touched you deeply, those that influenced you most, and those that marked you for the rest of life: joyous moments and sad moments, pleasant and unpleasant, difficult times, successes and failures, good and sinful deeds, etc.
- Now, choose one or two of those peak events or happenings that stand up most in your memory.
- Slowly. take time to relive them.
- Write down some jottings on:
 - ✓ What was or were those peak events?
 - ✓ Who were the people involved in them, if any?
 - ✓ How did the events influence you for the rest of your life? Positively, or Negatively? Explain.

- ✓ Now, looking back, can you see those events as part of God's plan for you? How? Explain.

Adolescence Days:

- Now, move your T.V. screen to your High School days, say, 10 to 15 years.
- Look at yourself on the screen of your mind.
 - ✓ What sort of youngster were you?
 - ✓ How did you behave and move?
 - ✓ What happened to you worth mentioning?
 - ✓ Remember those events that touched you to the quick and influenced you for better or worse, happy or sad moments, success or failures good actions or sinful ones, etc.
- Now, choose one or two of those peak events that seem more significant to you.
- Slowly take time to relive them.
- Write down some jottings on:
 - ✓ What were those events?
 - ✓ Who were the people involved, if any?
 - ✓ How did the events influence you for the rest of your life? Positively or negatively? Explain.
 - ✓ Now, looking back, can you see those events as part of God's plan for you? How? Explain.

Days of your Youth.

- Now, move your T.V. screen to your life from School days till say, your 20 or 21.
- Look at yourself again on the screen of your mind.
 - ✓ What sort of young man or woman were you?
 - ✓ How did you behave and move?
 - ✓ What happened to you in those days worth mentioning?
 - ✓ Remember the events that touched you to the quick and influenced you for better or worse, happy or sad moments, success or failures, virtues or sins. etc.
- Now, choose one or two of those peak events that seem more significant to you.
- Slowly take time to relive them.
- Write on some jottings on:
 - ✓ What were those events?
 - ✓ Who were the people involved, if any?
 - ✓ How did those events influence you for the rest of your life? Positively or negatively? Explain.
 - ✓ Now, looking back, can you see those events as part of God's plan for you? How? Explain.

Personal Reflection Time

Instructions:

Go over what you have written about the turning points in your life and slowly in the presence of God, spend time reflecting and praying on the following points.

1. What has been the influence of those high peak events - (*positive and negative*)- in your life as a whole?
2. How do you feel about yourself now?
3. Looking at those turning points of your past life, is God telling you something about you and about your future? What?
4. How do you feel your future will be, say, five or ten years hence?

4: Sharing in Small Groups.

- Make small groups of 3 or 4 each.
- Ideally get a moderator for each group.
- Share your notes. (*Share only what you feel comfortable to share*)
- Interact.
- Pray for one another.

5. Closing General Prayer Session.

- Close the event with a shared prayer or a Eucharist.
- Encourage spontaneous prayer.
- Coax the participants to pray for one another.