

LIFE MAP PREP + WORKSHEET

Follow these four steps in developing your Life Map so you can share it with others.

1. Reflection

Prayerfully consider people, places and events that have marked your life. Make a list. Use the Life Map Worksheet (*below*) to categorize your thoughts.

2. Editing

Now that you have reflected over your life up to today and have a list of your heroes, heritage, high points, hard times and “hand of God” moments, look over which of these you want to put in your Life Map. While it would be nice to share everything, focus on the most significant influences and experiences in your life. Spend some time praying through what you have listed. What you choose is totally up to you. You should not plan to spend any longer than 30-35 minutes sharing your Life Map with your Life Group.

3. Organization

You are now ready to synthesize this information into a logical flow of thought. How do these people, places and events fit together?

4. Presentation

This is where you exercise your creative powers. How will you deliver your story? What medium fits your style of communication? You could draw your map like an ancient sea journey with battles, treasures and tropical islands. You could also use a narrative story, graph, photographs or music. Be as creative as you can be to depict your life story. Remember to make it large enough for everyone to see and read easily.

Life Map Worksheet

List out your Life Stages / Locations.

Limiting these to 5 or fewer will help consolidate your Life Map into bite-sized chunks.

Life Stage / Location #1 -

Life Stage / Location #2 -

Life Stage / Location #3 -

Life Stage / Location #4 -

Life Stage / Location #5 -

Life Stage / Location #6 -

For each Life Stage / Location, ask the 5 “H” questions below.

Heritage:

How have family relationships, ethnic or geographical influences shaped your life?

Heroes:

What relationships influenced your character or life direction (positively and negatively)? How? Why?

Hand of God:

When/how have you seen God at work in your life? List specific events that show it.

Hard Times:

What experiences were especially difficult or painful? Why?

High Points:

What experiences have you especially enjoyed? Why?