

How to write your spiritual biography

Please take a few moments for prayer over these questions in order to answer them as completely as possible. Your answers will help us to find the appropriate prayer companion who will spend one hour per week, or the total of 30 hours during the whole program, in personal conversation and common discernment of your prayer experience. It is important that you understand each other.

After the prayerful consideration of your history, write the most important segments that have formed your spirituality and have brought you to this point in life. Your spiritual biography is more than facts and dates, and therefore it is necessary to include the *meaning* of the things that happened to you. Look at a picture that can help you in this preparation. Pray for your spiritual biography before you start writing about it.

Pray over the Psalm 139 and think about these questions:

1. What brought me to this point in life, to these spiritual exercises?
2. What kind of persons, experience and events led me into a deeper relationship with God?
3. What is my spiritual journey like?
4. How did my family, my parents, my birth, my gender, my culture, my nation, my place in the family, influence my relationship with God?
5. When do I feel God's presence or absence most?
6. When do I feel close to God? When do I feel most remote from Him? What is, according to my opinion, God's answer to such conditions?
7. How do I feel God's presence in the life's struggles? When all is going well?
8. What do I like and dislike regarding my personal qualities?
9. How do I get in touch with the Lord?
10. Do I pray now? What does prayer mean to me? What did it mean in the past?
11. How do I accept desolation in my prayer?
12. How do I find God in the needs of others?
13. What is my experience with the spiritual guidance? This may include a prayer companion, guided retreat(s) or spiritual guidance outside spiritual exercises.
14. What qualities of a spiritual guide would help me?
15. What kind of difficulties I have in my relationship to God?
16. Who is God – how was He introduced to me in my childhood?
17. Who is God – what did I learn through my own experience and my own research?
18. Who is God – how would I like to get to know Him?
19. How do I pray, how long do I pray like this? How much do I know the Bible? Do I recite some prayers? Rosary? Prayers of intercession or thanksgiving? Do I converse with God? Listen to Him?
20. Do members of my family and friends support me? Do they understand my obligations in the spiritual exercises and would they enable me to do them?
21. Is there any obstacle that can prevent me from doing the exercise, for example any situation that requires my full attention and time?
22. The Spiritual Exercises in Everyday Life are not just *another additional* activity. It may be necessary to postpone some of my other activities or appointments for this school year.
23. Can I afford one hour daily for my personal prayer, one hour weekly for the interview with my prayer companion and some time for the instruction prayer meeting (if there is one in the vicinity)?
24. What are my other duties? Do I need discernment to see my priorities?
25. Do I have enough inner freedom to discontinue spiritual exercises if I see that I cannot afford time and that it is not my way of prayer?