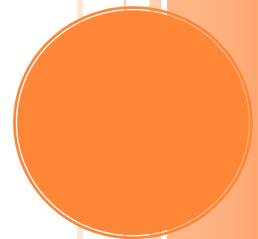


UNPACKING YOUR STORY OF FAITH

**Adapted from “The Catechist’s Backpack:
Spiritual Essentials for the Journey” by Joe Paprocki
and Julianne Stanz published by Loyola Press.**



S.T.O.R.Y

for this exercise and pray before, during and after your reflection time.

S- Structure

T- Trial

O- Openness

R- Redemption and Renewal

Y- You-nique

Structure

- Structure your story to highlight the essential and central elements of your story of faith choosing a special experience or incidence in your life that has impacted you. The following may help you to structure your story:

List three reasons why you love your faith:

- 1.
- 2.
- 3.

- Name two moments from your life where you felt very clearly the presence of God before, during or after a particular experience:

1.

2.

- Which of these moments do you think others would relate most to? Why?
- Choosing one experience or incidence to focus on, what quote from the Scriptures most exemplifies or speaks to you through this experience:

Scripture Quote:

Trial

Now that you have a specific experience in mind to help structure your story of faith, focus on the aspect of “trial” in your story.

- What pattern of sin did you fall into during this time of trial?
- Name two things that helped you to persevere in this time of trial:

1.

2.

Openness

At some point during your experience, darkness turned to light and you began to be more open and accepting of your situation.

- Identify the turning point in your story. What happened?
- Who or what helped you to become more open during this time to God's presence in and through this experience?

Redemption or Renewal

During every time of our lives, whether it be good or bad, there comes a time when we feel redeemed and renewed.

- Identify the moment when you finally felt a peace about your experience. How did this peace come?
- Which person of the Trinity did you feel the presence of most powerfully through this experience? Why?

You-nique

- What makes your story unique from your point of view?
- _What do you believe to be the moral or central message of your story?

What impact are you hoping that this story will have upon others?