

Course Sheet for Spiritual Autobiography

One of the best ways to wonder about what God is doing in your life *now* and to guess about where the journey of your life is going to take you *tomorrow* is to write a spiritual autobiography. By examining with care the history of your life with God - you can often find hints to help you think about what God is doing now.

BOOKS † = best to read. Only read one.

Augustine Confessions

(Library of Christian Classics / Westminster: Philadelphia)

This book is a classic. Many think of it as the first spiritual autobiography in Western Christian literature. That said, it is a primary source document and it may be more difficult to follow/appreciate than other books in this list.

Day, Michael trans. The Story of A Soul: Saint T rese of Lisieux

(Book of the Month Club: New York, 1973)

This book is a classic. It is a fine example of spiritual autobiography. That said, it is a primary source document from a Christian mystic and some will find it to be a challenging book to Western Protestant sensibilities.

† Johnsons, Ben Campbell Confessing A Life: a spiritual odyssey
(Eerdmans Publishing Co.: Grand Rapids, 2003)

† Morgan, Richard Remembering Your Story: creating your own spiritual autobiography
(Upper Room: Nashville, 2002) [ISBN 978-0-8258-0963-4]

How To Complete This Course:

- 1) Read one of the listed books and write a one-page reflection on your reading. Best due at the start of the course (i.e. - by April 15) but deadline for this is **June 1, 2023**.
- 2) Attend the classes and participate.
- 3) For 30 days following the course work to create your spiritual autobiography. Spend time regularly (daily is best) structuring the autobiography, writing the component episodes, prayerfully reflecting on how God is/was present, wondering about the meaning of it all and what lessons are to be learned. At the end of your thirty days of praxis, write a reflection (one page or so) and send to Paul OR sign up to visit with Paul during the *Day of Reflection* **Wednesday, May 31**.