



The Journey of Life

Take a few minutes to be still and relaxed. Now, spend 15 minutes sharing something of your week and prayers, and where you are in yourselves at present.

In our journey with God, the only place that can be explored and worked on is where we are at present; it is here that we 'live, move and have our being'. (Acts 17:28)

Awareness of this journey, its origins and how we are moving is a rich resource in our way of life. Deuteronomy chapter 8 underlines the value of remembering our life journey. (Read it at home.)

As an exercise and as a way of introducing ourselves to each other, let us spend the next 30 minutes drawing a map of our own life journey.

(Each person needs a large sheet of paper and coloured pencils to choose from.)

Spend a few minutes thinking about what parts of your life journey you would like to include. Now draw your own journey. This is not a test of artistic talents, nor does it matter if you cannot finish in time. It is putting our journey on paper in symbols or drawings. If possible, have a few minutes of silent reflection before going on to share.

Feel free to share as much or as little as you choose with the group. (30 minutes)

This exercise can be a powerful one, so do be sensitive to each other's feelings and be supportive.

If there is time, reflect on the following questions:

1. How did I feel about the exercise?
1. What was good or difficult about sharing?
2. How did I feel as a listener?

Silently or aloud give thanks to God for joys, sorrows or pain that you may have experienced on your journey; or for significant people who guided, supported or encouraged you at particular times.

At home you may like to finish the map of your journey if you were unable to do so.

Reflect also on the direction you want your life to take and how you feel about it. Identify and list your fears and desires for the future.

In most groups, some members struggle to get their 'homework' done. Do not be disheartened or burdened with guilt. On the other hand, do continue to make an effort and avoid getting into the habit of ignoring the homework. Focusing on the material in the course of the week is a great help towards increasing one's awareness and makes space for the inner process.



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