

## Unpacking Your Story of Faith – A Worksheet

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

**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?