

Life Story Homework¹

Proverbs 20:5 - The purpose in a man's heart is like deep water, but a man of understanding will draw it out.

Telling about the past merely serves the purpose of filling out the context which helps us to understand how heart themes were shaped and where you might need to reconcile relationships or get “unstuck” from the past. It is important to understand that the past is not determinative but can be a part of helping you put off old patterns and habits as well as forgive and to biblically put the past in its place.

Where to Begin a Life Story:

Break up your life story into different “chapters of life” based on the following age groups:

- Zero to twelve
- Thirteen to eighteen
- Nineteen to twenty-five
- Roughly every ten years afterwards

What to Include in a Life Story:

Your story is not really about “all the facts of one’s personal history” – where you grew up, how much money your parents made, etc. Instead, reflect on meaningful and impacting facts such as those that shaped your worldview. For each “chapter” in your life, as outlined above, try to reflect on:

- *People* – Who shaped or influenced you, either positively or negatively? *Do not neglect to include your testimony of your conversion to Christ!*
- *Position* – Where did your family find identity, or what did others see or say about your family growing up? Where were you in the birth order, and how did you get along with each family member?
- *Patterns* – Themes and patterns that show up in behavior and attitude (anger, withdrawal, impulsiveness, fear), especially in difficult seasons. When you are under intense pressure and stress, how do you respond?
- *Problems* – What has been hard, traumatic, and how have you dealt with it?
- *Passion* – What motivated you, where did you find your identity and significance?
- *Priorities* – What were your values and how did that change as you matured? What is most important to you and why? Are your priorities consistent with what you say you value most?
- *Perspective* – What was your worldview growing up...view of God, self, and others? How has it changed and why?

Please come to your next session prepared to share what the Lord has shown you!

¹ This handout was adapted from the biblical counseling ministry of Grace Fellowship Church