

## Guidelines for Preparing a Spiritual Autobiography<sup>1</sup>

### Part One

- I. What is the goal of your spiritual life? Please explain why you have chosen this goal and how it is shaping your life. (Approximately one paragraph).
- II. Prevenient Grace (God's grace from conception to conversion). Please describe how God's grace was evidenced in your life prior to conversion. If you were baptized as an infant, please include a description of this and the meaning of this event for your journey. Include also any nurture you received in your family, church, or community and any role models that made you hungry for God, also include any tugs on your heart by God and other experiences that drew you Godward. (Approximately two pages).
- III. Conversion. How and when did you come to trust Jesus Christ as your savior? Give examples from your life. This initial conversion may have taken place at the time of confirmation or a public profession of faith. Describe what this meant to you. It may have happened later. If it happened later, please describe your confirmation or first public profession and describe what happened in you through this event. Was your conversion sudden or gradual? Were you baptized at this time? Or did you re-affirm your baptismal vows once converted (Approximately three - four pages).
- IV. Assurance of Salvation. Do you live with a confident assurance that God loves you and has forgiven your sins? Or do you struggle to believe God accepts you and labor under a sense of guilt? Please describe the basis of your confidence or the nature of your doubts.

*This material will help you and your mentor to better understand the unique contours of your spiritual journey and will be held in confidence. This will enable your mentor to be more helpful to you.*

Please complete in typewritten, double-spaced format.

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<sup>1</sup> Source: Adaptation of material in SP775 by Dr. Arthur Thomas