

Foundation Principles of Spiritual Autobiography

(from Remembering your Story, Creating your own Spiritual Autobiography (Revised Edition) by Richard I. Morgan

1. Every life is a unique, invaluable story.
2. God speaks to us in our stories.
3. Connecting our stories with God's Story is the work of the Spirit.
4. Painful memories can be healed through stories.
5. Remembering our stories creates community and the future.
6. Faith stories are the legacy we leave.
7. Stories create meaning...at any age.

Tips for Capturing Memories

While preparing to record your faith story, you will often remember stories at odd times that you want to be sure are included. A great way to capture them is to write them on a notepad. But don't write down the entire story...just jot down three or four words that uniquely summarize the event.

These 3 or 4 words:

- should be as specific as possible
- should include a person, place or thing
- should uniquely refer to that particular memory
- do not need to be a phrase or sentence

Categorizing these memories under time periods in your life will also help. E.g.: childhood, teen years, working life, retirement, etc.

Then when it's time to record your life history, you'll have those stories readily available!

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A-Z Faith Story Prompts for Mennonites

- A-** Anabaptist, a capella singing, Advent,
- B-** Baptism, Bible, beliefs, bishops, balcony, basement (church), banners, born again, baby dedications, bierrocks,
- C-** Church (building), Christ, CO, clothing, coverings, Christmas programs, camp, communion, cape dresses, Civilian Public Service, conferences, Cheerios,
- D-** Discipline, disciples, dancing, draft (military), devotions (family), Dutch Blitz,
- E-** Easter, ecumenical, evangelists, Elders, ethnic,
- F-** Faith, Father, food, foot washing, fans (hand-held), funerals, forgiveness,
- G-** God, grace, globe banks, *Gospel Herald*, General Conference Mennonite,
- H-** Holy Spirit, Heaven, hell, hope, hymns,
- I-** Invitation (at a revival meeting or other event), 1-W,
- J-** Jesus, Justice, jewelry,
- K-** Kingdom of God, kneeling for prayer,
- L-** Light of the world, Lord, love, Lent, the "lot", "literary" events,
- M-** Mennonite, MCC, MWC, MMN, mother's faith, movies, missionaries, Missions Boards, *Mennonite Weekly (World) Review*, memory verses, *More-with-Less*,
- N-** Naomi (Bible story), names - "Mennonite",
- O-** Offering, oaths, outreach, overseas missions,
- P-** Preachers, pews, pulpit, potlucks, peace, PAX, praise songs,
- Q-** Questions you had over the years, Quilts, quizzing (Bible),
- R-** Religion, right (what was OK/good), "Rook", relief sales, revival meetings,
- S-** Sunday School, secrets, sewing circles, singing/songs, straight coats, *Story Friends*, being "saved", Summer Bible School,
- T-** Teachers (SS), teachings, TAP, testimony, tent meetings, toys you played with in church, *The Mennonite*,
- U-** Understanding, unity,
- V-** Voluntary Service, Vacation Bible School, verses (Bible), vices, vereniky,
- W-** Worship, war, 1-W service, wrong (what was not OK), *Words of Cheer*, weddings,
- X-** X-cellent times with family and friends,
- Y-** Youth group (MYF), *Youth's Christian Companion*,
- Z-** Zwingli (and other early Reformers), Zaire and other places where missionaries served, zwieback,