

Looking at your life story

There is an interesting connection between Ignatius' story and that of the Gospel account of the disciples on the Emmaus road (Luke 13-15). Both the disciples and Ignatius were able to look back at the effect of their experience and recognise where their 'hearts glowed'.

Looking back at your own story can often reveal valuable insights that emerge from noticing where your 'heart glowed'.

There are many ways of looking back at your life – giving a description of your own journey. Some options are:-

- As writing a book – identify the chapters, the highs and lows, significant events...
- As a lifeline – describing your life as a series of ups and downs, plateaus etc. showing the developments and dynamics. You can use multiple lines to represent different aspects of life – eg relationships, work, health, learning...
- Desert Island Discs – telling the story of your life with 8 pieces of music, or instead using objects or symbols
- Your life as a map or other visual metaphors – indicating key points, choices, influences...

Once you have finished your description, look back over it. Particularly look for points where you recall experiences that make your 'heart glow' as you look back. Spend time reflecting on these moments. Enjoy the memory and the effect.

Give thanks to God for these moments.

Might they be revealing something of your life's purpose?

Resource to accompany Grove Book S130 'Ignatius of Loyola'.

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