

HOW TO CREATE A LIFE MAP

How Do I Tell A Piece Of My Story?

One of the visions for a Restore Highland Group is to create an atmosphere where people know and are known by a smaller group of people. One of the ways this comes about is hearing everyone's story a piece at a time through a process we call life mapping. A life map provides a clear and simple way of identifying, creating, and telling different parts of your story.

This worksheet provides the framework for you to prayerfully walk through your personal faith journey and helps prepare you to share it with others. As you will notice below, there are different levels of questions depending on the level of intimacy with your group. In order to complete a life map, simply work your way down the life map triangle answering each section. This process may take some of you about thirty minutes to complete, while others may take longer to synthesize their information. Once you've completed this section, the next section will inform you on how to write and deliver a life map level with your group.

Level 1 (Semester 1)

Preliminary Questions:

- What's your experience with settings like this in the past?
- How has the Christian community influenced your faith?
- Have you seen God in community before? What did it look like?
- Are there any verses that have shaped you or been formational for your life?

Ultimate Life Map Question:

What is important for people to know about you in order to help you thrive in community with them?

Level 2 (Semester 2)

Preliminary Questions:

- Who are the people who have shaped you for better or for worse?
- What seasons in life have you struggled to see God or have awareness of God's presence?
- If you were to think of your life in chapters, which one is your favorite?
- What about Jesus is attractive to you?

Ultimate Life Map Question:

What moments of joy and sorrow have shaped you and your relationship with God?

Level 3 (Semester 3)

Preliminary Questions:

- What seasons of difficulty have you found yourself walking through?
- What do you find yourself praying about the most in your life?
- What aches or longings tend to surface in your life?
- What sin (past and/or present) has shackled you?
- What areas of your life have you seen God's redemptive power work in your life?

Ultimate Life Map Question:

What ways are you praying for God's restoration to enter into your life where brokenness currently exists?

HOW TO CREATE A LIFE MAP CONT.

Level 4 (Semester 4)

Preliminary Questions:

- What about Jesus do you find yourself sharing with others naturally?
- What ways has this group been the hands and feet of Jesus to you?
- How has your view of God shifted or been affirmed through your experience with this community?
- How do you long for this community to know each other in even deeper ways?

Ultimate Life Map Question:

What life lessons, paradigm shifts, or epiphanies has God taught through this immediate community?

How Do I Share A Level Of My Life Map?

Once you've done the reflective work above, then you will write out an outline of one of your levels depending on how long your group has been together. As a reminder, each time your group meets the first 3-8 minutes are reserved for one individual to tell a piece of their life map. In order to keep your sharing in line with the designated timeframe, we ask you write out your life map. This tends to be a page or less of you threading these different questions together into a small narrative of your life story.

As you write your story, continue to remind yourself of the ultimate question you are answering. There should be no doubts by the end of it that people know the answer to the ultimate question. Feel free to use creativity when expressing a level of your life map. The most fruitful life maps tend to always gravitate towards sharing the big pictures ideas instead of the details on life. Remember, everyone has a story worth sharing and you have the freedom to discern how much you share in your 3-8 minutes.

What Can I Expect Afterwards?

Prepare yourself for acknowledgement, encouragement, and possibly even prayer after you share your story. Every story is a valuable story to God, so it's important for your group to show how much they value your story! Once again, thank you so much for being willing to share your story!