

'This is my story, this is my song'

A Personal Faith Journey Project

We all love stories and each of us has a powerful story to tell about how we come to know God more and more and what our faith means to us:

Over the next few weeks, as part of our Parish commitment to Being with God and encouraging people in their journey of faith, we are inviting people to spend some time reflecting on their **personal faith journey**.

One way to share in this is to create a **journal of your faith journey** through the current COVID lockdown and isolation.

Or if people would like to take this further and reflect on their whole life's faith journey then please contact either Sam or any of the Ministry Team and we will explain how this might be done.

If you wish to try this, and feel comfortable doing so then:

Perhaps begin with a little prayer like this one from the Church of England website:

*God of the ages,
you are the beginning of our journey
and our strength as we pause along the way.
Hold us by the hand as we grow,
show us where to seek you,
and guide our steps that we may find you.
Give us devoted hearts that we may love you,
and your peace when we reach our journey's end.*

Then be still and reflect on

Who, how, where is God/ faith for me today?

Who are the important people and groups in my life at this time?

- You are invited to write, draw or map out your faith journey in your own personal style.
 - Take your time.
 - Try to do a little each day.
 - Write freely without editing and ask God to direct you as you write.
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- Once you have written freely, then if you like, you can go through things again.
 - Deciding what to keep and then place in a folder, or a 'journal'
 - Then offer a short prayer of thanks for God and his presence with you

Some people love writing.

Others like to draw and use symbols.

Others may wish to talk it out and keep an audio recording or video diary of each chapter of their faith journey.

Some may wish to do a combination of all these things.

Or something completely different.

It's up to you.

You get to decide how best to approach your personal faith journey project.

You do not have to share your personal faith journey with anyone unless you'd like to.

A member of the ministry team will be happy to help and guide you. Especially if you get stuck or if your reflection throws up any questions, concerns, or difficulties.

For more information contact

**Sam: assocvicar@portseaparish.co.uk
or telephone 0734 1569 234.**