

## My S.H.A.P.E. – My Experiences

The final step in discovering your S.H.A.P.E. is to consider your experiences.

What has life up to this point prepared you to do. You must think this through for yourself. The following are meant as questions to guide your thinking.

1. Have you had any direct experience with other cultures or ethnic groups?

2. Have you wrestled with any addictions?

3. Have you dealt with any major illnesses?

4. Have you worked through marital or relational difficulties?

Have you served in the armed forces?

If so, did you have any significant experiences doing so?

6. Have you done mission work or Peace Corps work or other significant overseas work?

7. Have you traveled to other places?

If yes, did you have any significant experiences there?

8. Have you had any significant mystical or religious experiences in your life?

9. Have you experienced a definite sense of God's call in your life?

If so, what do you experience God calling you to do?

10. Have you dealt with any major life traumas?

11. Have you helped to raise children? Youth? Young adults?

12. Have you cared for aging parents?

**Note:** these are typical experience questions. You can probably think of others. Look at your answers. Do any of your experiences seem to add something to the emerging picture you are developing of your life mission? If so, how do you think those experiences might be put to use?

## My Experiences Worksheet #2

### My Spiritual Journey:

- A. This is how and when I became a Christian and what it has meant to me since then:
  
  
  
  
  
  
  
  
  
  
- B. Times when I have felt closest to God, and meaningful spiritual experiences that stand out in my mind:

### My Painful Experiences:

- A. These are the kind of trials or problems I could relate to and encourage a fellow Christian who is going through them:

### My Educational Experiences:

- A. Where I attended school and my favorite subjects:
  
  
  
  
  
  
  
  
  
  
- B. Seminars or training that has been meaningful to me:

### My Ministry Experience:

- A. Where I have served in the past (if applicable)

<u>Name of Church</u>	<u>Where</u>	<u>Position of Service</u>	<u>Years</u>
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- B. The ministries I would most like to try now are: