

Your Faith Story: Discovery Questions



Use one or more questions in quiet reflective time (writing in a journal, doodling, or being creative in another way...). The questions could also spark a conversation with your family or with a friend or in your small group. Carry a question in your heart for a few days, pondering the many possible answers. Some questions may seem to overlap for you, but others might read them in a slightly different way.

1. Who has made a difference in your faith story? Who first told you about Jesus? Who has helped shape your story more recently?
2. If you were baptized, what do you know about your baptism? When and where did it happen? Who was present?
3. How was faith a part of your growing up years, if at all? What are some of your earliest memories?
4. How has music been part of your faith story? What are some of your favorite hymns or songs connected to faith? What is the message of the music for you?
5. Did you attend Sunday school, summer camp, confirmation or religion classes while growing up? What do you remember?
6. How has your faith shaped how you see the world or go about your daily life, if at all?
7. What is your image of God? What helped to shape that image? How has your image changed over time?
8. When life has been difficult or challenging, has your faith been part of that experience? If so, how?
9. Who is someone who inspires you by their faith? What would you like to ask them about their own faith story?
10. If you have children, what have you told them about faith? How is faith part of your family life? What would you like them to know?
11. How has your faith been part of your work or volunteer efforts?
12. What books, movies, devotionals, or other materials have shaped your faith? What is something you'd recommend that others see or read?

13. What have been the milestones or turning points in your faith story? Have there been any "aha" moments or surprises?
14. Fill in the blank: I believe___
15. What would you like to ask God about? What do you wonder about?
16. What are the chapters or storylines in your faith story? Where and how does your faith story emerge along the way? When has your faith blossomed or waned? How have life's twists and turns made you who you are today?
17. Who is someone you'd like to have a faith conversation with – this could be someone you know or a writer you've read... someone in your life now or someone from the past...?
18. What Bible story speaks to you? If you were to tell someone about it, what would you say? What is the message of the story for you? If you were to illustrate the text, what would it look like?
19. What story from your life seems especially connected to your faith story? How does that story live out God's Story or how did God's Story influence your story?
20. What role has prayer played in your faith life? How were you taught to pray? What types of prayer have been especially meaningful to you?
21. Who is someone who might be praying for you or might have prayed for you in the past? Who is someone that you'd like to lift-up in prayer?
22. What faith practices (prayer, Bible reading, inspirational reading, worship, small groups, retreats, labyrinths, Sabbath rest...) have been important in your faith journey, now or in the past?
23. Share about a worship service or experience that was memorable for you.
24. What parts of a worship service do you find especially meaningful? What makes them significant for you?
25. How have other faith traditions shaped or informed how you see your own faith journey?
26. What has surprised you in your faith or life journey? How has a surprise changed how you see things?

27. How is your faith story an extension of the faith stories of others – for example: your parents or other family members, teachers, community, ancestors, writers, others who have shaped your faith?
28. Can you imagine your faith story living on, even beyond your lifetime?
29. Share about a time when you told someone else about your faith or a faith story. What were the circumstances? How did it feel – before... during... afterwards...?
30. How is gratitude a part of your faith? What are some of the things you are grateful for? When have you struggled with gratitude? When has gratitude come easily?
31. What gives you hope?
32. How has your faith grown or changed over time? What events or experiences shifted your faith story?
33. Tell about an experience of joy – and how it is part of your story.
34. When has your faith been challenged by another person or by circumstances? What happened next?
35. Share about an unlikely person or an unlikely set of circumstances that are part of your faith story.
36. What is the role of nature or creation in your faith story?
37. What season is your faith journey in and how would you describe this (for example, spring-starting to grow, summer-strong and steady, winter-renewing, fall-vibrant colors...)? What are the blessings of being in that season?
38. If you were to give a sermon on any text or theme, what would you preach about?
39. What are the ways someone else might see your faith being lived out – even if they don't know you very well?
40. Who is someone you'd like to thank for your faith story?
41. What places or locations have been part of your story? What happened in those spots?
42. How has serving others been part of your faith story?

43. What life choices, events or experiences have shaped you into who you are today? Did you see God working in those choices or experiences?
44. What is your favorite church memory?
45. What is a gift that God gave you to share with others (if you don't know, this is a chance to ask someone else!)?
46. How do you see God at work in your life right now?
47. What might be coming next in your faith story? What hints are already present? Is there a new faith practice you'd like to try?
48. What would you want your friends and/or family to know about your faith or your faith journey?
49. What place in nature fills you with awe and wonder?
50. What question could be added to this list?