

The Compass

a tool for disciplers



Equipping Believers for Ministry

LifeMap

Have you ever wondered how you got where you are? Or perhaps you have asked yourself where the years have gone? At some point, we stop our daily busy work to look around and take a survey of our life. We sort it out as best we can, giving the time our busy schedules allow. Then after a little while, we pick up and get back into the race, perhaps never fully answering the questions that made us stop in the first place. The answers we search for are often revealed through something called a LifeMap.

A LifeMap is a visual representation of the journey of your life. It helps you discover the themes of your life and the blessings that may have been hidden by tragedy or junk, as well as helps you see who you are and where you have come from. There are five categories that make up a LifeMap: History, High Times (or Highlights, including achievements), Hard Times (or Hurts), Heroes, and Hand of God moments. History covers the factual information and lays the groundwork for your life. In this segment, include facts as they relate to you and your family. High times touch on all the highlights of your life, those moments that brought a smile to your face and maybe even continue to do so. Conversely, hard times will be those that brought you pain. Heroes are those people who significantly impacted your life. Hand of God moments are those times in which you knew then or only now know as you're looking back that it was God who specifically orchestrated those events.

As you begin this journey pray earnestly; ask God to reveal times, things, and themes throughout your life. Ask Him to bring healing where healing is needed; His perspective where it is needed. Set aside a time for brainstorming, concentrating on one category each brainstorming session. As events come to your mind, jot them down on paper. Don't be concerned about your memories making sense or being in story format, simply get them on paper. Once you have completed all your brainstorming, review each section and pick out the most significant events. With the items you have selected, create a presentation to perhaps share with a small group, discipler, or trusted friend. Your presentation may be in any form you wish to express your LifeMap. It could be as simple as a piece of paper with words written in a chronological format, or it could be as creative as you want to make it. For example, perhaps music has been an overarching theme of your life - you could make sheet music paper and put your categories on it represented by musical notes. Or, for another example, perhaps God has continually used nature as a means of speaking to you - you could create a "flower" and put your categories on it. Perhaps you spend much of your time on a computer - you could make your LifeMap into a power point presentation. Remember, you will be using this as an aide to tell of your life so make it something that represents you.

The "rules" for sharing it with someone are: When you are sharing, no one is allowed to say anything or ask questions. Try to stick to the time limit given (the group can decide together how much time each person should get; 45 minutes?). At the end of your time of sharing the group will be given time (also decided on by the group; perhaps 15 minutes?) to ask you questions, share their thoughts and feelings, empathize, whatever. Finally, the time will close with the group covering you in prayer.

Undertaking such a journey may be intimidating. There are those who do not want to look back or relive their history, others have heroes that have failed them, and still others may only be able to see their hardships. Please do not let this discourage you for this process is a tremendous blessing. Often our greatest joys and gifts follow



times of much struggle and labor. Emotions will undoubtedly surface and some tears may fall again...be refreshed that God holds all your tears in the palm of His hand and works all things for the good of those who love Him and are called according to His purpose (Romans 8:28). I invite you to join God on this journey and discover the life you may not have known you had. After completing your LifeMap, remember that every person you interact with, whether passersby on the street, or in your workplace, or in your church, or even in your family, also has a LifeMap of their own.

End 

The Compass is the discipleship curriculum for Campus Crusade for Christ's Campus Ministry. It was created by Centerfield Productions, the field based division of CruPress. We'd love to hear your feedback on this lesson. Please write us at centerfield@uscm.org

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