

## **MATUL Spiritual Autobiography Form**

**Spiritual Autobiography** (2-4 pages, single-spaced)

Why should someone devote 2+ years to living and learning alongside some of the world's poorest people? Shouldn't they be getting a "real job" or re-paying their student loans? The spiritual autobiography allows you to bring questions like these slowly into focus, and then to articulate, however tentatively, your sense of spiritual calling. It narrates the people, experiences, and commitments that have made you the spiritual being that you are today.

Approach your spiritual autobiography by simply telling your story. You might want to begin by rehearsing your parents' religious background (or lack thereof), and the ways that they shaped your early life. What early instruction and experiences impacted your subsequent spiritual journey? What comes to mind as you reflect upon your early life?

Next, you might explore encounters with particular persons, faith communities, or even books that influenced you spiritually. The adolescent and early adult years are often marked by doubt, disobedience, depression, and acute soul-searching. What struggles have you faced? Who or what helped you through these conflicts and instilled in you, either by word or example, the values and qualities that now guide you? What significant decisions did you make at key turning points in your life?

Lastly, where is your spiritual life and practice right now? What means do you use to cultivate closeness to Christ and the moral courage to act on certain values? How does your faith implicate you in the fate of the poor in your own hometown, and of those living on the edge of survival in distant lands?