

## ***Who Are You? (Part 1): Journal Exercise***

I'm encouraging you to take some time in quiet, stillness after each episode in this series to ponder upon what you've heard, to reflect upon how it speaks to your own heart, and to journal those thoughts and inspirations.

**Think about what the Lord said to St. Catherine of Siena - and what He is saying to you right now, and in every moment of your life - past, present and future:**

*"I loved the idea of you so much, I breathed you into existence"*

- 1** What comes up for you immediately as you ponder this statement?
- 2** What strikes you most about this statement ?
- 3** Are you able to receive these words as a loving gift from the Father specifically for you? Are there any stumbling blocks that you are encountering? Journal your thoughts about that.

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Now...take some time to prayerfully ponder more deeply, opening your heart and mind to receive what God would like to say to you about His love for you, his only \_\_\_\_\_ (*insert your first name*).

Here are a few more questions for your reflection and journaling:

- 4 Who am *I*? What's *my* story? Reflect upon your story in light of your creation as a daughter or son - the beloved - of the Most High God.
- 5 How does the creation story thus far as I've heard it in this series influence or impact how I see myself?
- 6 Can I identify any ways in which I have reduced myself into categories, labels or identities that I (or others) have placed upon me that lead me to think or of conceive of myself in ways that are less than the fullness of my creation and God-given dignity?
- 7 When I ponder upon God's love for me, what are the thoughts that seem in conflict, or cause me confusion, or to doubt or mistrust God's love for me?

### NOTES:

- » Expect that it may take you some time - in fact a lifetime - to answer these questions ever more fully. And that's a *good thing*. They are deep, reflective questions that deserve the time that it takes for the answers to be given.
- » Remember that there is *grace in the time that it takes* to come more fully into the knowledge of who you are truly as beloved daughter or son of the Most High God. There is no timetable or checklist that can hurry this along. It takes perseverance, prayer, patience, and humility.
- » So resist the urge to hurry, or pass over these questions, for they are so very important for beginning to understand the narrative of our lives, and for joy, peace, and flourishing.