



## **MyLife-Workshop: an exploration of my life**

### **Preparations for unit two:**

- Video projector, screen (flip chart), speakers, laptop
- Homework assignment for the coming week printed up on cards
- Pens

## **2. Book**

Ice breaker: If you could compare this past week to a weather report, what would your weather report be and why? (for example: fair, cloudy, damp, rainy, sunny)

Reminder about the last session: you gleaned important insights about your life (highs and lows of the most influential people and events), life-values, diagram of your life on your MyLife-Map.

### **Input from the facilitator:**

Video: Sting "The Book of My Life" (pass out the words to the song)  
[http://www.youtube.com/watch?v=pBu\\_EKugl\\_Q](http://www.youtube.com/watch?v=pBu_EKugl_Q)

### **"The Book Of My Life" by Sting**

Let me watch by the fire and remember my days  
And it may be a trick of the firelight  
But the flickering pages that trouble my sight  
Is a book I'm afraid to write

It's the book of my days, it's the book of my life  
And it's cut like a fruit on the blade of a knife  
And it's all there to see as the section reveals  
There's some sorrow in every life

If it reads like a puzzle, a wandering maze  
Then I won't understand 'til the end of my days  
I'm still forced to remember,  
Remember the words of my life



There are promises broken and promises kept  
Angry words that were spoken, when I should have wept  
There's a chapter of secrets, and words to confess  
If I lose everything that I possess  
There's a chapter on loss and a ghost who won't die  
There's a chapter on love where the ink's never dry  
There are sentences served in a prison I built out of lies.

Though the pages are numbered  
I can't see where they lead  
For the end is a mystery no-one can read  
In the book of my life  
There's a chapter on fathers a chapter on sons  
There are pages of conflicts that nobody won  
And the battles you lost and your bitter defeat,  
There's a page where we fail to meet

There are tales of good fortune that couldn't be planned  
There's a chapter on god that I don't understand  
There's a promise of Heaven and Hell but I'm damned if I see

Though the pages are numbered  
I can't see where they lead  
For the end is a mystery no-one can read  
In the book of my life

Now the daylight's returning  
And if one sentence is true  
All these pages are burning  
And all that's left is you

Though the pages are numbered  
I can't see where they lead  
For the end is a mystery no-one can read  
In the book of my life

Main idea: Everyone has a unique autobiography that is worth recognizing and describing.



**Input from the facilitator:** What did we work on last week? We discovered our uniqueness based on people and events in our lives that both positively and painfully “impacted/imprinted” us. From that we discovered lessons that have shaped our lives.

Discuss: Which lessons did you discover?

### **Let’s get to work (Workshop)**

Imagine going to your book shelf, pulling a book off of it and being surprised to discover that it was a book about you! You were looking at your autobiography.

A. Task: Based upon your MyLife-Map, give your life a book title (Post-it) (ten minutes). Note: The facilitator will give participants a two page hand out with suggestions of titles to choose from, should one be wanting in creativity.

Write the title at the top of your MyLife-Map.

- Share this with your group

B. Based on the phases in your life (in 10-year segments), write titles for each chapter of your autobiography (\*For those under 40 years, each segment represents five years).

- Share your chapter titles with each other

C. Have I lived a good life till now?

- Discuss your answer in your group

**Input from the facilitator:** A dimension that was perhaps hidden as our life unfolded. Read Psalm 139:13-16.

### **Homework (for the coming week)**

1. Discuss with someone who you know well: what is “the good life”? And am I living “the good life”?
2. Based on my life story (my “book”), am I living a good life?
3. Read Psalm 139:13-16 daily and meditate on it.



Last round = discussion: What idea was important to me today?

**Facilitator:** We're making progress! Everyone outlined their life story till the present. Next week we'll look at our future. How do we want to shape the rest of our lives?