

Your River Story

Our scriptures and sacred texts are full of stories involving rivers. Rivers hold great meaning and symbolism. One example is Abraham and Sarah, who left their home and traveled their own journey along the river as God called and guided them.

Just like the sacred examples of river journeys, our life represents a river journey; our own river story. Our river journey follows a sometimes crooked, sometimes straight, sometimes peaceful, sometimes raging river of life. God is always with us and shows us the way. Reflecting on our river journey can be a powerful reflective and inspiring exercise.



Create Your River Story

1. Find a large piece of art paper and markers or crayons. Draw a river. On one end of the river, mark your birth. Halfway down the river, mark your current place in life. On the other end of the river, you may mark your end of life on earth. Be as creative and as artistic as you like.
2. Spend some quiet time reflecting upon your life from birth to your present days.
3. Using your imagination and creativity, create a representation of significant parts of your life along your river journey from birth to present. This is your river story. This may include some of the following events or answers to significant questions:
 - Quiet, peaceful, enriching times
 - Stormy, frightening times
 - Significant realizations in your life
 - Influential people who taught you important lessons
 - When you first met God
 - How did you meet God? Who or what were important in this meeting?
 - How has God shown up for you in your life? Where was God with you?
 - What was your image of God along your journey? Did this image of God change?
 - What significant lessons have you learned?

- What have been the times of greatest joy? Greatest sadness?
 - When have you most felt your life was aligned with God's purpose? What were you doing?
 - When did you realize or discover a great talent of yours?
 - When did you identify a favorite job, interest, or past-time activity?
 - What has been your greatest moment in life? When was that? What made it great?
 - What have you learned today about your personality or interests? Put it on your river story.
4. Now reflect upon the future part of the river. Create a representation of what the future may look like. Where might God be leading or calling you?