



Spirited

Participant Guide

Writing Your Spiritual Autobiography

Purpose: Capitalizing on hindsight, this robust journaling exercise helps writers recognize God’s grace at work in their lives through their successes and failures. By recognizing God’s faithfulness, this exercise builds writers’ confidence in God’s provision through coming struggles.

Prayer to Our Lady of Good Counsel, patroness of MCCW:

Let us pray. Lord of heavenly wisdom, Who has given us your own Mother Mary to be our guide and Counselor in this our lives, Grant that in all things we may have the grace to seek maternal instruction and to profit by it in humility and love. O Mother of Good Counsel, Patroness of the Military Council of Catholic Women, help us to understand and fulfill the mind and will of your Divine Son, Jesus Christ.

Under the blessing of the Father, and by the power of the Holy Spirit, may we be responsible and intelligent daughters of the Church. May we labor in the spirit of renewal to realize more perfectly the Kingdom of God here below, as the only true preparation for our share in the Kingdom of Heaven. Amen.



“The Author” Writing Warm-Up

Prompt 1: Write your full name. Indicate who gave you those names and after whom you are named (relatives, saints).

Prompt 2: List three spiritual gifts God has given you to help you know Him better.

- 1.
- 2.
- 3.

Prompt 3: List three talents God has given you to use for His glory.

- 1.
- 2.
- 3.

Prompt 4: Name one place or experience in your life you have seen God’s wisdom shining through.



Prompt 5: Name one place or experience in your life you have seen God’s truth shining through.

Prompt 6: Name one place or experience in your life you have seen God’s love shining through.

Prompt 7: Name one thing you’ve encountered in your life that makes you laugh, that makes you joyful?

Prompt 8: Name one thing you’ve encountered in your life that makes you cry, that makes you sad?

Prompt 9: Name event that has inspired courage in you?

Prompt 10: Name one person whose kindness deeply touched you.

Prompt 11: Name the most beautiful creation you’ve ever encountered that inspires wonder in you, and describe it in three words.

1.

2.



3.

Prompt 12: Name one circumstance from which God opened your ears, eyes, and unlocked your heart?

Prompt 13: Name one way God is asking to speak through you in your life today.

Your Timeline

Good

Bad



Your Timeline



Good

Bad



Prayer of a Writer

Lord of all thing, whose wondrous gifts to man
Include the shining symbols known as words
Grant that I may use their mighty power only for good.

Help me to pass on
Small fragments of Your wisdom, truth, and love.

Teach me to touch the unseen, lonely heart
With laughter, or the quick release of tears.

Let me portray to courage that endures,
Defiant in the face of pain or death;

The kindness and the gentleness of those
Who fight against the anger of the world;
The beauty hidden in the smallest things;

The mystery, the wonder of it all....

Open my ears, my eyes, unlock my heart.
Speak through me Lord, if it be Your will.

Amen.

Your Story



Military Council of Catholic Women – Worldwide, Inc.

SPIRITUALITY, LEADERSHIP, SERVICE

Your story (continued)



Closing Prayer: [“The Spirit of God is Always with Us at This Time, in This Place.”](#)

Leader:

We awaken in our time to a Universe which is holy,
to creation which is not an event in the past, but a living event of the present.
We enter a new mode of human presence where we are not merely observers,
but where each of us is a participant in this moment of evolution.

Like all other creatures, we carry with us Wisdom and Values, the dynamics of the Universe.
But unlike other creatures, we must choose whether and how we will live in harmony
within this sacred web of creation.
May we be open to the Source of All Being, Our God within and among us!

We have the capacity to wonder,
and to celebrate this great mystery of existence within such a magnificent Universe!
In us the Universe enters into a great celebration of itself.
We are part of the Dance, the Great Work, the Great liturgy which is the Universe unfolding.

Glory to You, O God, Source of All Being!

This great Liturgy finds expression at this moment in us,
gathered here in a posture of prayerful openness, with listening hearts, loving spirits and a holy
wonder.



May the sacred web that unites us with each other, our God and all creation,
ignite communities of light and hope throughout the Earth.
May we be open to the Source of All Being, Our God within and among us!

Together We Pray:

O Gracious, gentle Spirit of Love,
Your energy permeates the Universe,
Igniting Earth with
Your Goodness, Truth and Beauty.
Open our minds and hearts
To a deeper awareness
Of our interconnectedness with You,
Each other and all creation.
May we experience
Your unique presence
Within the sacred web of creation. Amen.