



The
Two Halves
of Life

Spiritual teachers and psychologists alike have long described life as consisting of two halves.

In the first half of life, humans strive to find their identity and their purpose, often through education, employment, or marriage. We figure out how to support ourselves and who will journey with us.

But at some point, around mid-life, we start to wonder if this is all that there is. We start to ask ourselves, "What is this all for?"

In the second half of life, we embark on a second journey of sorts-- a journey to find the deeper meaning of it all.

Throughout this series, we will be sending out weekly prompts for you to reflect upon, either in a journal or through conversation.

This interior reflection will allow you to take better stock of where in your life you are currently, where you are headed, and where God is calling you to.

Spend 5-10 minutes each day reflecting on the following questions.



Monday:

Think about your childhood faith. What do you remember believing?
How did you learn those things?

Tuesday:

How did your beliefs change as you got older? What caused them to change?

Wednesday:

Imagine you are at the end of your life. If someone asked you what had mattered most in your life, what would you say?

Thursday:

Describe a time when you experienced the fullness of life as God describes it in Scripture, when you had clarity that there was more to life than meets the eye.

Friday:

Where do you think you are in life at this moment? Are you in the first half of life, the second half of life, or the middle passage? Are you 'tying your belt and going where you want to go' as Jesus says (John 21:18) or are you willing to have a belt tied around your waist and be led?

Saturday:

Write a prayer of surrender to God in your journey towards spiritual formation.