

## MY TESTAMENT

Taking time to be alone, I write down for my friends a testament considering the points that follow:

*[Don't feel that every section has to be completed, but consider each number and choose those that seem to hold the most significance.*

*Then ponder the chosen sections and write down what comes to mind.*

*Petty events as well as deeply significant moments should be included.]*

1. These things I have loved in life:  
Things I have tasted....  
looked at...  
smelt...  
heard.....  
touched...
2. These experiences I have cherished....
3. These ideas have brought be liberation....
4. These beliefs I have outgrown...
5. These convictions I have lived by....
6. These things I have lived for....
7. These risks I took... these dangers I have courted....
8. These sufferings have seasoned me...
9. These lessons life has taught me...
10. These insights I have gained in the school of life:  
insights into God.... Love.... Religion ....  
prayer.... the world.... human nature.... Jesus Christ...
11. These influences have shaped my life (persons, occupations, books, events...)
12. These scripture texts have lit my path...
13. These things I regret about my life...
14. These are my life's achievements...
15. These persons are enshrined within my heart...
16. These are my unfulfilled desires....

I choose an ending for this document;  
a poem - my own or someone else's;  
or a prayer; a sketch or a picture from a magazine;  
a scripture text;  
or anything that I judge would be an apt conclusion to my testament.

*(From Wellsprings by Anthony de Mello)*

After the exercise I express my feelings to the Lord.

