**Saturday Morning**

**Your Life as a River**

This activity is designed to help you reflect on your life and your story.

Begin with a blank sheet of paper. Before you put anything on the paper, think briefly about the course of your whole life.

**Reflect**

If your life were to compare your life with a river, what would the river look like? What shape would it take?

Where are the bends and turns, when your situation or perspective changed? What caused the turn? Was the transition smooth or difficult, sudden or did it happened over time?

Are there rocks or boulders — obstacles or life-altering moments — falling into your river?

Are there points at which it flows powerfully and purposefully or times when it slows to a trickle?

**Draw or Journal**Draw or write about your river of life with its bends and turns, smooth waters and rough spots, strength and vitality or still pools of water.

Mark the river with you your approximate age and/or dates along the flow of your river.

Identify the various key “marker events” in your life that shape your story, the boulders in the river, or places where the river changes course. Using symbols and/or words place life events in the appropriate locations on your diagram.

If you were to divide your life journey into sections, where would the sections divisions occur? Give names to each of the sections of your river of life.

***Freeing What Waits Within***

I believe in all that has never yet been spoken.

I want to free what waits within me

so that what no one has dared to wish for may for once

spring clear

without my contriving.

If this is arrogant, God, forgive me,

but this is what I need to say.

May what I do flow from me like a river, no forcing and no holding back,

the way it is with children.

Then in these swelling and ebbing currents,

These deepening tides moving out, returning,

I will sing You as no one ever has,

Streaming through widening channels

into the open sea.

*Rainer Maria Rilke*

*Book of Hours: Love Poems to God*

