



Telling about the ***past merely serves the purpose of filling out the context*** which helps us to understand how heart themes were shaped and where you might need to reconcile relationships or get “unstuck” from the past. It is important to understand that the past is not determinative but can be a part of helping you put off old patterns and habits as well as forgive and to biblically **put the past in its place.**

**How to use this:**

Life Heart inventory is broken into chapters. These are approximate divisions, so feel free to adjust them slightly to fit the chapters in your life. Answer the following questions about your life events, views, and motivations.

**From ages 5 to 12, answer the following questions:**

1. What significant events (good/bad) shaped who you were in this period?

---

---

---

---

---

---

---

---

2. Describe your relationship with God during this period. (How did you view God? How did you view yourself? How did you cultivate a relationship with God?)

---

---

---

---

3. For what did you live? (i.e., where did you find your identity?)

---

---

---

---

4. How was pride/idolatry manifested in your life? Idolatry is making something the most important thing in your life.

---

---

---

---

5. Where did you find your satisfaction/refuge in pressure?

---

---

---

---

**From ages 13 to 19, answer the following questions**

1. What significant events (good/bad) shaped who you were in this period?

---

---

---

---

---

---

- 
2. Describe your relationship with God during this period. (How did you view God? How did you view yourself? How did you cultivate a relationship with God?)

- 
- 
- 
- 
3. For what did you live? (i.e., where did you find your identity?)

- 
- 
- 
- 
4. How was pride/idolatry manifested in your life?

- 
- 
- 
5. Where did you find your satisfaction/refuge in pressure?

---

**From ages 20 to now, answer the following questions**

1. What significant events (good/bad) shaped who you were in this period?

---

---

---

---

---

---

---

---

2. Describe your relationship with God during this period. (How did you view God? How did you view yourself? How did you cultivate a relationship with God?)

---

---

---

---

3. For what did you live? (i.e., where did you find your identity?)

---

---

---

---

4. How was pride/idolatry manifested in your life?

---

---

---

---

5. Where did you find your satisfaction/refuge in pressure?

---

---

---

---