

Name \_\_\_\_\_

## My Time Line and the Paschal Mystery

**Part 1:** Imagine that the arrow below is the time line of your life, from birth to right now. When were the high points in your life? When were the low points? Indicate those moments as points on the time line, with the highs above the arrow and the lows below the arrow. Label those moments with a word or phrase that carries enough meaning for you to know what event you're referring to.

Birth

Right Now



**Part 2:** In a word or phrase, match your time line lows with what the Paschal Mystery saves us *from*. Then, in a word or phrase, match your time line highs with what the Paschal Mystery saves us *for*.

Saved From		Saved For	
Guilt and Shame from Sins and Mistakes	Addictions and Attachments	Freedom	Forgiveness and Healing
Loneliness, Despair, and the Feeling of Being Unloved	Physical Death and Death of Relationships	Joy	True Happiness with God

