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 |
|  |  |  |  |