

Testament to Your Faith

(A) An Ethical Will

An ethical will is a way to reach beyond one's life span. This letter shares your philosophies, wisdom, feelings and advice, and some times makes behavioral requests of survivors. For example, if you know you won't have time to share in the upbringing of your grandchildren, you can still have a strong, positive influence on them through the ethical will. *The process of writing an ethical will is a way to crystallize the meaning of life for you, and convey the hope that your values will be preserved and continued through your heirs.* It is a legacy of love that will be treasured by your family.

(B) Preparing Personally

Every life is filled with moments of mystery, romance, and comedy. Sharing the story of your life is a gift to your family and, in many ways, to yourself. By recording not only the dates and times of special events, but also the feelings, sights, sounds and smells, you make the story more of your life come alive. Through the words you write, the pictures you leave, the articles you clip, and the flowers, ribbons, ticket stubs and other trinkets you save, you will be relating a story more captivating than any fictional one. This is your opportunity to pass on tradition to your family and share your love.

If you were to die tomorrow, what would you want to make sure others knew about you?

What would you want the children of future generations to learn from your mistakes?

Or your successes?

What would you regret not having had a chance to tell them about yourself?

Share these stories with those you love. Do you have young people or children in your life? Imagine them at various stages in their lives and write letters or make tapes sharing your experiences:

Your first kiss,

Buying your first car,

Getting married,

Having a child

If you're alive when your loved ones reach these milestones, your collections will be valuable. After your death, they'll be priceless.

(C) Personal Journal

Take time throughout the years to jot down memories and inspiration for generations to come.

What were you like as a child?

What were the significant moments of your teenage years?

When did you first realize that God created you and the world?

What did you want to be when you grew up?

How did you feel to leave home for the first time?

How did you know you were in love?

How did you manage through the grief of losing a loved one?

Use your writing to think through your joys and difficulties, and to reflect on the blessings God has given you. Share your life's chapters and leave a lasting gift of love.