



# PAGE A WRITER

## FOR EVERY WORD AT STAKE

WordFellow SHOP NO. 5: WRITING ABOUT YOUR SENIOR YEARS

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Tulak Sulat: A Creative Writing Workshop at NinangJAtWordhouse

Faith Reflection on Graceful Ageing:

“Even to your old age and gray hairs I am He, I am He who will sustain you.” — Isaiah 46:4

### OBJECTIVE

A one-day guided writing workshop that helps participants write a 500–1000-word personal essay as testimony, where memory becomes witness to God’s sustaining presence across time.

### CORE IDEA

Your life is already a testimony. This workshop helps you write it clearly.

### WRITING EXERCISE (CHOOSE ONE PROMPT)

1. The Day I Realized God Has Been Sustaining Me: Write about a moment you became aware of God’s presence in your life.
2. A Prayer I Did Not Realize Was Answered: Recall a prayer and how it was answered.
3. A Season of My Life That Tested My Faith: Describe a difficult season and what sustained you.
4. A Person God Used to Shape My Life: Write about someone who influenced your faith journey.
5. A Moment I Almost Gave Up, But Did Not: Tell a story of near despair and perseverance.
6. A Quiet Blessing I Only Understood Later: Reflect on a grace you only recognized later.

### GUIDED WRITING STEPS

Step 1: Begin with a specific scene (place, conversation, moment, prayer).

Step 2: Describe what you remember (feelings, details, fears, hopes).

Step 3: Identify the faith thread (Where was God in this moment?).

Step 4: Write the meaning without preaching—focus on reflection.





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## HOW TO WRITE AND ENJOY IT

Write honestly, not perfectly. Let memory lead. Accept gaps and silence.

## AFTER WRITING REFLECTION

Read your essay and reflect on grace, truth, and what surprised you.

## AFTER WRITING SHARING (OPTIONAL)

Share one paragraph with another participant and listen without correction.

## CONCLUSION

Writing in the senior years is witness-bearing. Memory becomes testimony when we recognize God's presence in lived experience.

## RECOMMENDED READING

*The Year of Magical Thinking* — Joan Didion

*Tuesdays with Morrie* — Mitch Albom

*When Breath Becomes Air* — Paul Kalanithi

*The Hiding Place* — Corrie ten Boom

*Searching for Sunday* — Rachel Held Evans

*The Summer Book* — Tove Jansson