

How to Share Your Story

Everyone loves to hear a good story. During your Life Group experience, telling your story and hearing everyone else's will be one of the most powerful things that you will do.

This exercise is meant to grow your group's level of understanding, care, and trust in the relationships with one another. This exercise is a great opportunity of reflection for yourself as well. Not everything will be a joy to reflect on, but can be helpful as you consider how you've arrived to the person you are now and how you would invite Jesus into the areas of hurt, growth and celebration as you begin the Life Group journey. Use one (or a combination) of the storytelling methods on the following page to help you share your life journey.

You will have 30 – 40 minutes to share your story. You'll want to make sure that you don't linger too long in one area that you don't have enough time to share what's been most important in that last five or ten years of your life. (ex. you could easily spend a lot of time during the glory years of high school or college and only have a few minutes to share about becoming a parent a few years ago)

Consider the ideas below to help you recall some of your journey and prepare your story for the method you've chosen. Use this as a guide to get you thinking but don't feel limited to this list or that you need to have something for every idea.

Dad	Jr. High	Sports
Mom	High School	Dating
Siblings	College / Post High School	Marriage
Relatives	Post College	Life Hurts
Holidays	Jobs	Life Highlights
Hometown	Best Friends	How Faith Journey Started
Pre School days	Worst Enemies	Meeting Jesus
Grade School	Holidays	Church Experience

Be creative, prayerful and have fun!



Story Telling Method #1 – Sticky Note Method

Use three different color, standard size, sticky note pads and an 11" by 18" pieces of construction-paper. Use one color of sticky note to write out 7 or more 'highlights' in your life. Use another color of sticky note to write out 7 or more 'lowlights' in your life. Divide up the construction-paper into four sections by writing these headings at the top of the page: Childhood, Teenager, Early Adulthood and Late Adulthood. Place your sticky notes into the proper category for their high and low experiences. With the last color sticky note, **answer the question**, "Where was God in my life during this period?" and stick it on your paper.

Story Telling Method #2 – Drawing Method

Using colored pencils or crayons and a large piece of paper or multiple pieces of paper, draw six to eight (6-8) significant events that have shaped who you are as a person. These events should include both good and bad, highs and lows. Use your drawings to share your story.

Story Telling Method #3 – Decades Method

Using a large piece of paper or multiple pieces of paper, write a "high" (something good that happened) and a "low" (something negative that happened) for each decade of their life. For example, if you lived in the 80's, 90's, 2000's and 2010's what are the five high-lights and five low-lights from those decades in your life journey? Use these highs and lows to share your story.

Story Telling Method #4 – Picture Method

Using six to eight (6-8) printed pictures (ex. your camera, magazines or the web) that would represent significant events that have shaped who you are as a person. These events should include both good and bad, highs and lows. Use your pictures to share your story.

