

# LIFE STORY

*Discovering God's authorship and pursuing new depths in relationships*

## Primary Purpose

Life Story is a tool created to develop trust and establish community by answering the question, "How has God authored my story up to this point in my life?"

As believers in Christ, we are all on a journey. Along the way, relationships are formed and lost, experiences enjoyed and endured. Yet, God chooses to use some of those relationships and experiences to help bring us to where we are today. Life Story will help you reflect on and discern what some of those formative relationships and experiences have been and how God has used them to mold and shape you.

## Benefits of Life Story

- The revelation of the grace and providence of God
- The glorification of God
- The deepening of relationships
- The establishment of accountability
- The achievement of greater self-awareness and understanding
- The experience of unconditional love and acceptance
- The experience of deeper healing through openness in community

## Preparing

The process through which Life Story leads will increase your understanding of your uniqueness in Christ. Life Story goes beyond generalizations and highlights specific details of your life. Life Story will allow you to see your identity as it has developed in the particular relationships and experiences of life.

## Sharing

Life Story will also help you tell your story to your small group in a way that is creative, personal, organized, and focused on God. As you share your story, others will know and understand you in ways that draw you into a deeper experience of community. As you learn to share your life with others, you become a better member of community.

## Listening

As you listen to the presentation of others, you must engage in dialog with them and their personal histories. As group members begin to grasp and appreciate the uniqueness of one another, the community will grow in trust and authenticity. This trust provides the foundation for deeper issues of character and holiness to surface, and provides a community context that facilitates growth.

## How Does It Work?

1. Identify **chapters** (or divisions) in your life
2. Brainstorm **characters and events** in each chapter using the four H's—Heritage, Heroes, High points, Hard Times
3. Discern with events were **formative** (i.e., they had significant meaning and purpose)
4. Think through what you **learned about yourself and God** in each chapter
5. Identify **themes** in your story (ex. overcoming obstacles, Godly role models, love of music)