Your Story Must Be Told

Psalm 89:1 “I will sing of the mercies of the Lord forever: with my mouth will I make known Thy faithfulness to all generations.”

Seeing God In Your Story

Blind spots:

Sharing God Through Your Story

1. Ways to Share Your Story

2. Be honest and transparent with others.

3. Is my story worth sharing? YES!
Your Story Must Be Told!

- If you have trusted Jesus Christ for the forgiveness of your sins, your story must be told.
- If you have ever been redeemed or forgiven, your story must be told.
- If you are not who you were before you trusted Christ, your story must be told.
- If God has ever revealed Himself to you through His Word, your story must be told.
- If you have ever seen God turn something ugly into something beautiful, your story must be told.
- If you have ever seen God turn what the world sees as a tragedy into a blessing, your story must be told.
- If you have ever seen God bring you through a season of life you know you couldn’t have done without Him, your story must be told.
- If God has ever given you the grace to forgive someone(s) for an offense committed against you that you thought you’d never get over, your story must be told.
- If God has rescued you from addictions (to drugs, alcohol, men, pornography, food, exercise, the Internet, entertainment, shopping – or other modern-day idols), your story must be told.
- If God has granted healing to you or your loved ones physically, emotionally or spiritually, your story must be told.
- If God has restored broken relationships in your life or in those around you, your story must be told.
- If you have ever prayed for something and have seen God answer your prayers in ways only He knew were best for you, and perhaps in contrary to the answer you prayed for, your story must be told.
- If you have been protected from someone or something that likely would have hurt you or ones you love, your story must be told.
- If you have ever been blown away at the depth and abundance of God’s provision in times of need, substantial and trivial, your story must be told.
- If you have experienced freedom in Christ from anything or anyone that tried to take His rightful place in your heart, your story must be told.
MAPPPING YOUR LIFESTORY

STEP ONE: Divide your life into segments or chapters
I’ve given you room for 5. You may need more, but fewer is better. Write your chapter titles in on the tops of each column on your sheet. You don’t have to come up with fancy titles now, just general categories will be enough…you’ll come up with more thematic titles later.

STEP TWO: Heritage, Heroes, High Points and Hard Times
For each of your chapters, think through each of the following categories, answering the questions under each heading in the chart:

**HERITAGE**: Where, when, why, to whom you were born, and how these factors influenced you through the chapters of your life.

**HEROES**: Heroes are people who make a distinctly positive impression on your life through words or actions. They can be nearly anyone, including people you have never met, such as political leaders or historical figures. Somehow, heroes touch you in life-changing ways.

**HIGH POINTS**: Those periods or events that have a distinctly positive meaning in your life.

**HARD TIMES**: Those seasons of life or relationships that have been particularly difficult or painful.

Additionally, think through the general questions included on the table. These additional questions will further stimulate your brainstorming. Feel free to use your own questions as well. Remember, this story is your life story, and God has used many different means to bring you to where you are today.

STEP THREE: After you have filled in your heritage, heroes, high points and hard times (as well as other questions) for each of your chapters, work through the last 3 rows of the chart. For each of the segments of your life, ask the following questions:

**WHAT DID I LEARN ABOUT GOD?** For each column, think through how the events and relationships taught you about the Lord.

**WHAT DID I LEARN ABOUT MYSELF?** For each column, think through how the events and relationships affected you and ask the question, “What do I know about myself?” (My temperament, strengths, weaknesses, values).

Looking at what you’ve learned about God and yourself through each chapter of life, identify the major themes overarching your life story. Fill in the Themes row on your chart.

STEP FOUR: Share your story.

Write your story out, and think how to communicate the overall themes and what you've learned about yourself and the Lord.

As practice, find a safe place – a close friend, Bible study group and present your story to them. Remember – you’re communicating not just your own story, but God’s story in your life.
### CHAPTERS:

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<th>HERITAGE:</th>
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<td>Where, when, why, to whom you were born, and how these factors influenced you through the chapters of your life.</td>
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<td>- How have my parents or primary caregivers influenced me?</td>
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<td>- What was the general atmosphere in my home as I grew up?</td>
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<td>- How have my ethnicity and culture played an important role in my life?</td>
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<td>- What have my peer relationships been like over the years? Why?</td>
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<td>- How have geographical factors influenced me?</td>
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### HEROES:

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<td>Heroes are people who make a distinctly positive impression on your life through words or actions. They can be nearly anyone, including people you have never met, such as political leaders or historical figures. Somehow, heroes touch you in life-changing ways.</td>
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<td>- Who has influenced me for good? How did they specifically do so?</td>
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<td>- After whom would I like to model my life? Why?</td>
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<td>- Who inspires me? Why?</td>
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<td>- Who has shaped my character or direction in life? How? Why?</td>
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### HIGH POINTS:

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<td>Those periods or events that have a distinctly positive meaning in your life</td>
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<td>- What accomplishments have brought me fulfillment or special recognition? How? Why?</td>
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<td>- What events or people have brought me great joy?</td>
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<td>- At what points in my life did I feel particularly good about life? Why?</td>
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<td>- When have I made my greatest contributions to life or others? How?</td>
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**CHAPTERS:**

**HARD TIMES:**
Those seasons of life or relationships that have been particularly difficult or painful
- What incidents in my life are hard to talk about with others? Why?
- Who or what has been a source of pain in my life? When? Why?
- Toward whom do I harbor anger or bitterness? Whom do I struggle to forgive? Why?
- What has brought me great disappointment? Why?
- Through what injustices have I had to suffer?
- To what addictions or abuse have I been exposed either in my own life or in the lives of others?

**General Questions:**
These additional questions will further stimulate your brainstorming. Feel free to use your own questions as well. Remember, this story is your life story, and God has used many different means to bring you to where you are today.
- Who are the memorable people from your past? Why are they so?
- What have been the most influential experiences in your life?
- What life dreams have you had in your past?
- When you think of your parents, what memories come to mind?
- What do you remember about where you grew up?
- What are significant questions with which you have wrestled in your lifetime? What experiences triggered the questions?
After you have completed all the columns for the rows above, work through the final three exercises: What you’ve learned about God and yourself through each chapter of life, and identify the major themes overarching your life story. THEMES will help you determine your chapter titles.

### Chapters:

**WHAT DID I LEARN ABOUT GOD?** For each column, think through how the events and relationships taught you about the Lord
- What primary lesson have I retained from the experience or relationship?
- How did the experience or relationship affect my view of God?
  - My view of people?
- Why did God bring it into my life?
- Where has it led me?
- What consequences—good or bad—came from it?

**WHAT DID I LEARN ABOUT MYSELF?** For each column, think through how the events and relationships affected you and ask the question, “What do I know about myself?”
- My temperament
- My strengths
- My weaknesses
- My values

**CHAPTER THEMES:** Rename the divisions of your life more descriptively, incorporating themes and formative events.

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Material adapted from the Dallas Seminary Spiritual Formation curriculum, Life Story. The full life story exercise can be found at: [http://bible.org/seriespage/life-story](http://bible.org/seriespage/life-story)