

Storytelling

In: Gospel Reflection in My Life

Sometimes, we react to the events in our life in a way that is not aligned with the truth about us according to the Gospel. The following is a reflective process that can help identify how God's story intersects with your story.

1. What happened?
2. What am I feeling?
3. What's the story I'm telling myself?
4. What does God's story (the Gospel) say? Are there any helpful verses that come to mind?
5. What action is needed?

Out: Share Your 30-Second Story

The more we tell a story, the more we learn how to tell it in a way that is helpful to your listener. We want to be prepared to share our story with others. Don't worry about being impressive, just be honest and point to how Jesus has worked in your life.

Here's a simple way to structure your story:

1. Before Jesus: "There was a time in my life when..."
2. Encountering Jesus: "But when I encountered Jesus..."
3. After Jesus: "And now..."

There was a time when my life was _____ and _____. Then I became a follower of Jesus and now my life is _____ and _____.

Example: There once was a time my life was *full of fear* and *brokenness*. Then I became a follower of Jesus and now my life is *full of peace* and *hope*.

How would you explain your story in your own words?