

# CULTIVATE

## **PERSONAL PRACTICE: Story**

April 14, 2021

### **GROWTH**

No one has a story like you do. While we may have similar experiences, how you relate to those experiences through your physical experience, your emotions, thought-processes and spiritual life will be unique to you. That is a testament to God and His work in and through your life.

To help realize that testament, it's important to learn how to share your story of encountering and following Jesus. You're being prepared to give an answer for the faith that is in you.

### **NEXT STEPS**

Part of joining and loving the Trinity family has to do with sharing stories of each person so that we get a chance to witness the work of God and to encourage each other on.

Use this guide, over 7 days, to reflect on your own story. Building your story can be an enormous task, so break it down into these 6 days, using the 7<sup>th</sup> day to bring it all together.

### **PRACTICE:**

As you consider your story, be confident: no one has a story like yours. And because of that, as you share it, people will experience your story in new and exciting ways.

Take 10-15 minutes each day to pray and reflect over the question, building your story, step by step.

Print out this guide and use the space between days to take jot notes, draw pictures to tell your story, or gather details of your story.

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If you get stuck on one of the days, consider one of these 4 areas:

*Heart* – What were you feeling during a specific event in your life?

*Soul* – What were you hoping for/longing for during a specific event in your life?

*Mind* – What were you thinking about (what was your thought-process) during a specific event in your life?

*Strength* – how did you experience the event physically (standing, sitting, participant, bystander, etc.)?

## **Day 1: Application-style information**

Use today to lay the foundation: name, address, age, birthday, hometown, education, employment, family situation, parents, siblings, close friends, etc.

## **Day 2: Early Formative Experiences**

Who are the people who have most influenced me?

What childhood experiences stand out to me?

What were significant experiences of my growing up/maturing years?

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## Day 3: Greatest Successes

As I reflect on my life, what are my greatest successes? Why?

## Day 4: Significant Failures

Considering my life, what do I believe are my most significant failures? What did I learn from them?

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## Day 5: Encountering God

When did you first encounter Jesus?

How has God influenced your relationships, successes and failures?

What was your life like before following Jesus? What was it like to start following Him?

How is your life different now?

## Day 6: Future Hopes and Dreams

Complete these phrases:

"In the next year, I would like to take more time to \_\_\_\_\_."

"Five years from now, I want to be \_\_\_\_\_."

"When I'm 65, I want to look back on my life and say \_\_\_\_\_."

"When I die, I wanted to be remembered for \_\_\_\_\_."

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## Day 7: Compiling Your Story

Take the elements of each of the last 6 days. Use each answer to reveal a little bit more of your story and add details where you feel like the story is unclear or needs connecting. Share this story with someone you trust and be open to their questions. Their perspective can help you add details that help you represent your story as best as possible.

## SO WHAT?

*We get one story, you and I, and one story alone. God has established the elements, the setting, and the climax and the resolution. It would be a crime not to venture out, wouldn't it? –*

*Donald Miller*