

## Discipleship Group Story Sharing

We'll have an opportunity to share parts of our story with one another as we start Discipleship Group. For some of us, this might be a really common way we get to know other people. For others, this might sound really daunting. Below are prompts to help you decide what parts of your story you want to share and prompts of how to respond to other people:

Try to share for around 5-10 minutes! For some of you that will feel like an eternity. For others of you, you will need to limit yourselves. For those of you for whom this feels daunting, consider what you could share that would be a 'first step' into helping the people in your group really know and see you for who you are. For those of you who feel limited by only 5 minutes, remember that you have all semester to continue sharing about your life in your group. With that in mind, what would you most want to use your time to share about? If you're with a group of people who have been together for a while and know each other well already, consider what you could share that would be new or feel important to you to talk about.

### Frameworks to share your story:

- Events: Share 3-5 events that have shaped who you are today. Consider including both "positive" & "negative" memories.
- Relationships: Tell us about three significant relationships from these categories: a family member, God, a non-family member [i.e. friends, boyfriends, girlfriends, etc]. For each relationship, tell us about how that relationship has impacted you [both positively & negatively]. For God, tell us about what your spiritual journey has been like so far.
- Passions: Tell us three things you are passionate about and how you became passionate about these things. Often, the things we're passionate about are connected with important parts of our stories!

The 5-10 minutes are yours to use however you'd like. You can pick one of these prompts, or not, or do a combination of them. Whichever frame you choose, your group would most likely love to hear where you're at in your spiritual journey right now, even if it's brief.

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### Responding to another person's story:

When someone shares parts of their story with you, it's a gift. Sometimes it is easy to jump into advice-giving or telling your own stories after people tell you theirs as a way to relate to them. That is often not the most helpful way to respond to someone after they've told you important (and often vulnerable) things about their life. Most often what people need after sharing their stories is to know that they are seen and loved.

Use this framework to respond to someone after they share and try to keep your response to a few sentences rather than a few paragraphs:

- Gratitude- Tell the person who shared about how you appreciated what or how they shared with you.
  - Connecting- What impacted or moved you as the person shared? What did you find yourself feeling on their behalf? Tell them. You could have felt sad, excited, angry, hopeful, compassion, grateful, or proud on their behalf.
  - Hope - Where do you see hope in their story and what do you hope for on their behalf?
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Discipleship groups are meant to be a space where people can learn to hear from and obey God, *with others*. Sharing and hearing one another's stories can be a great way to start as we pursue that goal together.