



# LIVE CONNECTED :: TELLING YOUR STORY

## Objective

Use one of the storytelling methods below to help your group member's share their journey through life. This exercise is meant to grow your group's level of understanding, care, and trust in your relationships with one another.

## How Life Group Members Can Tell Their Stories

Below are several different methods for allowing people in your Life Group to tell their stories. Listen attentively to each person's story so you can relate, sympathize, encourage, and pray for one another.

### Story Telling Method #1 – Picture Method

Pass out blank pieces of paper and colored pens/pencils/crayons to everyone in the group. Give everyone time to draw five to eight (5-8) significant events that have shaped who they are as a person. These events should include both good and bad, highs and lows. After everyone has drawn their pictures, give everyone 15 minutes each to share about their pictures. Then let the whole group ask questions about the pictures for 10 more minutes. Let each person in the group share their stories until everyone has been given a chance to talk about their life-shaping events. This might take several group gatherings to complete.

### Story Telling Method #2 – Decades Method

Pass out a blank piece of paper and a pen to everyone in the group. To help guide each person in telling their story, have them write a "high," something good that happened, and a "low," something negative that happened for each decade of their life. For example, if you lived in the 80's, 90's, 2000's and 2010's what are the four high-lights and four low-lights from those decades in your life journey? Let each person in the group share their stories for 15-20 minutes until everyone has been given a chance to talk about their life. This might take several group gatherings to complete.

### Story Telling Method #3 – High/Low Method

Pass out a blank piece of paper and a pen to everyone in the group. Give everyone time to write five (5) of their greatest HIGHS in life; something good they have experienced, and five (5) LOWs in life; something negative they have experienced, as a guide in telling their story to the rest of the group. Let each person in the group share their stories for 15-20 minutes until everyone has been given a chance to talk about their life. This might take several group gatherings to complete.



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### **Story Telling Method #4 – Sticky Note Method**

Bring three (3) different color, standard size, sticky note pads and enough 11” by 18” pieces of construction/paper to pass out to each person in your group. Give each person about 6-10 sticky notes of each color and one piece of paper. Have everyone use one color of sticky note, the same color for everyone, to write out 6-10 ‘highlights’ in his or her life. Have everyone use one color of sticky note, the same color for everyone, to write out 6-10 ‘lowlights’ in his or her life. Divide up the large paper into four sections by writing these headings at the top of the page: Childhood, Teenager, Early Adulthood and Late Adulthood. Have people place their sticky notes into the proper category for their high and low experiences. With the last color sticky note, have them answer the question, “Where was God in your life during each of these periods?” and stick it on their paper. Now, give each person 15-20 minutes to talk through his or her storyboard. Then let the whole group ask questions for about 10 more minutes. This might take several group gatherings to complete.

### **Story Telling Method #5 – Life Categories Method**

Consider different categories that all of the people in your group have experienced through the journey of life. Categories like our parents, our siblings, our childhood, our high school experience, our friendships, our church, our professions, our spiritual interests, and so on. Each week choose one, or several, categories and have everyone share a ‘high’ and ‘low’ around that category for 5 minutes each. For example: Share a high and a low about your relationship with your parents. Or another example: Tell us about your high school experience; give us a high and a low. This might take several group gatherings to complete.