

What form(s) would I like to try in telling my story?

Who might benefit from hearing my story?



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MAY YOU, THROUGH THE TRANSFORMING WORK
OF THE SPIRIT, GROW EVER DEEPER IN CHRIST...
AND FURTHER IN HIS KINGDOM MISSION.

So you've made the decision to follow Jesus. Whether that was long ago or just today, you have entered a lifelong process of growth. Spiritual growth needs to be nurtured through regular spiritual practices, sometimes called disciplines. There are many from which you can choose.

Telling Your Story is a practice that encourages and builds relationship with others. As you consider how God has been at work to transform you, an attitude of gratitude emerges. This spiritual growth practice offers us opportunity to reflect upon what God has been doing in and around us.

This spiritual growth tool is part of a series. To learn more about these resources, contact the Covenant Resource Center by email at resource.center@covchurch.org or phone at 800.338.IDEA (4332).

God is at work in your life. It's true...and through sharing the story of how God is at work in you, others are encouraged, and you become more aware of God's faithful work in and through you.

There are multiple effective approaches: written or spoken storytelling, artwork, poetry, dance, drama, music, video...be creative! The very process of putting your story into one of these forms is in itself a spiritual growth experience.

Making your story accessible to others is another growth step. You might choose to share what you've created in community worship...or in a small group...or in your family...or with a mentor or spiritual companion. Whatever the time or place, here are five guidelines to consider.

Five Guidelines

- Describe a commitment or decision you've made in recent months.
- Tell of the joys or struggles you've experienced along the way.
- Are there people who have helped you grow closer to God?
- How might others pray for you as you continue this journey of spiritual growth?
- Remember, there are no right or wrong answers. This is your story... your journey.

Ask someone else to join you in this spiritual growth practice. Bringing hope and encouragement to others through story is a powerful tool of transformation. As disciples of Jesus Christ, we're called to be encouragers of one another in this way.

"But grow in the grace and knowledge of our Lord Jesus Christ."—2 Peter 3:18

Questions to Guide you

Is there a commitment or decision I've made in recent months?

What joys have I experienced since making this decision or commitment?

What struggles or difficulties have I experienced?

Who has helped me grow closer to God during this experience?

Others might help me live more fully into this new commitment by...