

SACRED STORY

MINISTRIES

RESOURCES, EVENTS, COMMUNITY TO HELP WOMEN TELL THEIR STORY



5 THINGS TO INCLUDE WHEN SHARING YOUR STORY

Your story matters. Writing it down matters too. In a world where it seems like evil is winning, Revelation 12:11 says, “They [believers in Christ] triumphed over him [the devil] by the blood of the Lamb and by the word of their testimony.” Your story shines light in the darkness.

Start by choosing a “chapter” - a time period or life event- when you experienced God’s faithfulness. Some chapters have resolution like finding a job after unemployment or being delivered from an unhealthy relationship.

Other chapters may be ongoing such as caring for a disabled child or the pain of divorce. When outward circumstances don’t change, you can share how perspective from God and His Word replaced fear and despair.

You most likely have multiple chapters to share and selecting one is a matter of prayer. A [BUBBLE MAP](#) can get your creative juices flowing before you start to write. See the instructions and example at the end of this article.

When you begin writing, do not overthink it! The important thing is to put your thoughts down while avoiding filtering. A rough draft is your goal at this point. (A Word document is the best option for where to write because it is easily shared and edited.) Think about the

following 5 principles and questions below each as you write, especially when you feel stuck or want to expand your story.

1) VULNERABILITY

Chances are God has used the pain of living in a broken world in your story. C.S. Lewis calls pain *"God's megaphone to rouse a deaf world."* Be bold in speaking about your pain and struggles. Below are a couple of examples from the Sacred Story library.

"I worried if my husband glimpsed my fractured soul, he wouldn't love me anymore."
Mosaic

"I thought I didn't need God anymore and, deep inside, I remained mad at Him for my past suffering." Mercy in Messiness

The following questions can guide your thoughts about how to express your weakness to another woman who feels alone in her own pain.

- What questions did you ask about God? Questions asked of God?
- How would you describe your emotional state?
- How did your frailty, sin, and brokenness affect you and others?
- What shame did you carry?
- How did you your struggle to connect with people? What barriers kept you from being known, open to others, and able to receive their love?
- What or who broke your heart?

2) TURNING POINTS

Every good story has a climax. Yours does too. Sometimes the change comes in increments and at other times, there is an "Aha" moment.

"While driving to church, I asked David, "If we could do anything, what would you like to do?" He replied, "We can purchase an RV and travel the country." I told him I'd pray about it.'
An Unexpected RV Trip

"Counseling helped me realize something important: I was grieving. I had experienced deep, and life-altering loss. I lost more than a house—I lost a part of my life I dreamed about for so long." Hope in the Storm

"The watershed moment occurred when my child exposed my anger, pushing me to confess my problem." Walking on Eggshells

A turning point doesn't mean the problem disappeared, but it does mean you overcome through God's Spirit. The following questions can direct your thoughts about sharing your turning points to a woman who is longing for hope.

- Was there a "bottom of the pit" situation which became a reality check?
- What decisions did you make, or actions did you take?
- How did new perspective give you courage to reveal your hurts and struggles?
- What changes in circumstances helped guide you?
- Was there a Christ follower(s) who influenced your perspective?
- What spiritual truth(s) did you learn or experience in a new way?
- What prayer(s) did you offer and/or see answered?

3) LIES

Many of your struggles have been worsened by the insidious enemy of your soul. (Jn 8:44) By identifying the lies you believed, you can help another woman identify the lies holding her captive and replace them with Biblical truth.

"The lies trickled into my work life. I battled constant insecurity that clients and coworkers wouldn't take me seriously because... how could I be good at my job if I couldn't even manage my own weight." Weighed Down

"I believed lies, leading to my devastating decision to have an abortion. Whether or not I kept the baby, I believed I would be "damaged goods." Beauty From Ashes

The following questions are designed to help you identify and replace lies in your story.

- What false assumptions did you believe about yourself, others, and/or God? For further study, see Beth Moore's bible study called *Breaking Free*
- How did messages you received growing up and in the culture fuel these thoughts?
- How were the lies exposed?
- What Biblical truth(s) replaced the lies you believed?
- What circumstances and distractions hindered you from pursuing God?

4) PEOPLE

The relationships with people in your story helped form how you experience love and brokenness in this world. Whether mostly positive, mostly negative, or somewhere in between, tell about how relevant people impacted you.

"I found a woman who was farther along in her faith to show me how to depend upon Christ. I became comfortable in my singleness for a while." Being A Good Girl

"But from around age five to ten, I was sexually abused. Though I knew I'd accepted Jesus and would spend eternity in heaven, what I experienced as a child instilled deep questions about God in me." Pushing Down Walls

The following questions draw out your thoughts about how to describe your interactions with people.

- Who brought confusion, pain, or disappointment?
- How did you confront and/or draw boundaries?
- How did you work through the grief, pain, and wounds?
- How did God enable you to extend forgiveness?
- What did you learn about human nature?
- Who helped you know God better?
- How did someone's love and support bring hope, truth, and joy?

5) GOD AS THE AUTHOR

The four areas above point to God as the ultimate Author of your story. Writing about how you experienced His presence and His work in your heart can give another woman confidence that He can make a difference in her story too.

"Thanking God for my difficult journey and trusting that through the hard times He accomplishes His best work, has transformed my life." From Abused to Adored

"Through those words, God impressed upon me that I could not be certain of anything or anyone on earth. My security needed to be in Him and Him alone." Finding My Security

The final set of questions can surface your thoughts about expressing the reality of God's role as the ultimate Author of your story.

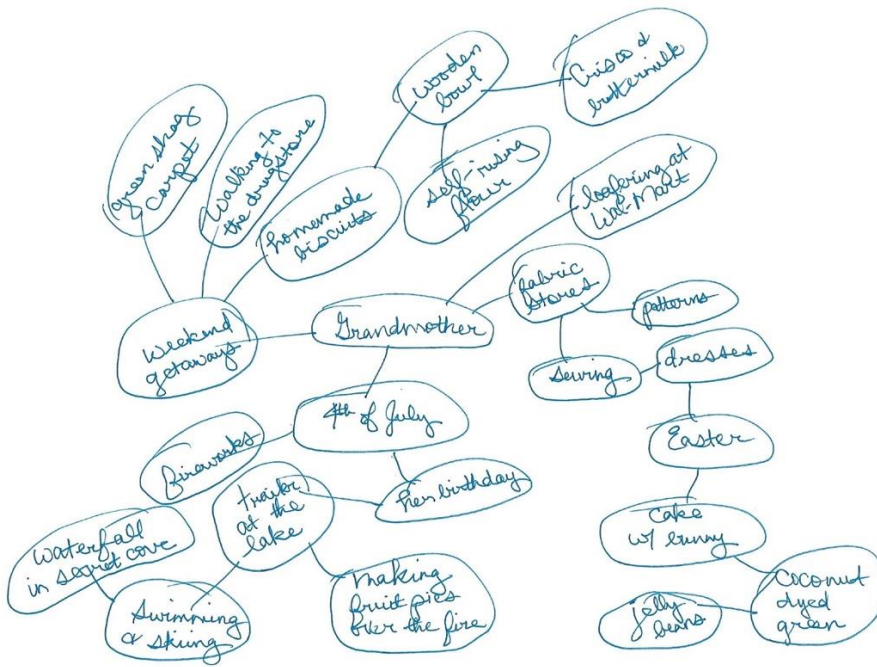
- How did you encounter His presence?
- What Bible verse or passages brought hope, courage, and/or peace?
- What did you learn about God's character?
- How did God's work in this chapter fill you with gratitude?
- How are you different because of God's faithfulness?
- What would you impart to another woman about God?

[Schedule a consultation](#) at Sacred Story to edit and finalize your story

BUBBLE MAP: Tap into Your Creative Reservoir

Are you finding it hard to get started on writing your story? You probably think of it as another task on your to-do list. Instead, tap into the creative part of your brain by trying out this surprisingly effective technique: the bubble map.

1. Set aside 5-10 minutes of quiet time with a good pen and a sheet of blank paper.
2. Write a person, place, or other topic in the middle of the paper and circle it.
3. Write whatever pops into your mind, branching out from the middle word and circling ideas as you go.
4. Follow your mind wherever it meanders. Your bubble map might look like this:



5. After 5-10 minutes, your thoughts will likely crystallize around a central idea. A good way to bridge from this activity to the next phase of writing is to come up with a topic sentence.

For example, the bubble map above might morph into a sentence such as this one:

Grandmother stands out as the joyful, giving heroine of my childhood who helped make holidays fun and helped a little girl feel cherished.