

What's Your Story?

Reflecting on our lives and remembering our stories through the lens of Christian faith has many benefits. Here are a few:

Faith

Remembering our salvation story, recognizing how we are different because of it, and seeing God's hand in our life circumstances and experiences will deepen and enrich our faith. *"The steadfast love of the Lord never ceases, His mercies never come to an end; they are new every morning; great is Your faithfulness."*
– Lamentations 3:22-23

Encouragement

Sharing stories of God's love, presence, provision, protection, and work in our lives can be a powerful way to stir the faith of other Christians. *"I long to see you that I may impart to you some spiritual gift to make you strong – that is, that you and I may be mutually encouraged by each other's faith."* – Romans 1:11-12

Gratitude

Remembering God's faithfulness inspires authentic gratitude. *"Bless the Lord, O my soul, and forget not all His benefits."*
– Psalm 103:2

Integration & Healing

God helps us experience wholeness and healing when we see how all parts of ourselves (minds, bodies, relationships, hearts, spirits) and our stories are connected in and through Him. *"Love the Lord your God with all your heart and with all your soul and with all your strength and with all your mind."*
– Luke 10:27

Reasons to Remember

Trust

Reflecting on God's past activity in our lives builds trust in Him for in the present and future. *"Fear not, for I have redeemed you; I have called you by name, you are mine. When you pass through the waters, I will be with you, and through the rivers, they shall not overwhelm you; when you walk through fire you shall not be burned, and the flame shall not consume you. For I am the Lord your God, the Holy One of Israel, your Savior."*
– Isaiah 43:1b-3a

Spiritual Maturity

Remembering how we have grown over time and seeing where God is still at work in us and participating in that work helps us to grow up spiritually. *"And I am sure of this, that He who began a good work in you will bring it to completion until the day of Jesus Christ."*
– Philippians 1:6

"...the good news of Jesus is the story behind all other stories..."
–Tim Keller

Witness

The story of our lives with God points unbelieving people to Him. *"Many Samaritans from that town believed in Him because of the woman, who said, 'He told me everything I've ever done.'"*
– John 4:39

What's Your Story?

Taking time to reflect on and remember our lives through the lens of faith in God is a valuable exercise with many benefits, especially when we share those stories with others. Use one of the frameworks outlined below to remember and reflect on your story. Write it down or tell it to someone you love and trust.

Chronological

Starting with your earliest memories, draw a timeline of your story. Include facts, memories, feelings, people, historical events, etc. Be sure to weave in memories of faith/God, church, Christian belief, etc. What spiritual themes can you identify? How do you see God's presence, provision, protection, or work in you? What Bible verses or stories became real to you — when & how?

Highs/Lows Timeline

Create a timeline with the highs and lows of each year, season, or decade of your life.

For each high and low, ask yourself: How was God at work? How did your faith grow or falter? How did God show Himself to you? Who spoke into your faith? How did prayer factor in? Have any of the events impacted you and your faith in the present?

Ways to Reflect

All the Parts as a Whole

Time travel to a specific, defined period or season in your life (e.g., your teen years). Reflect on what was going on physically, emotionally, relationally, intellectually, vocationally, and spiritually during that time. How were spiritual matters woven in and through all the other areas? How was God at work in each of those areas during that season? How can you see those lessons playing out in your life today?

Life by the Decade or Year

Focus on a block of your life at a time: 1-, 5-, or 10-year periods. For each period, ask yourself: What were the major events you recall? What themes emerge? What broad truths did you learn/internalize about God? What people were important to your faith? How did the events impact your life and faith?

“Humans’ ability to tell stories, which distinguishes us from all other living creatures, is a crucial part of how our minds connect us to God and others. Memory is the cornerstone of this undertaking.”

-Curt Thompson, *Anatomy of the Soul*