



# STORY?

## Write out a timeline.

Ask God to remind you of critical events, turning points, moments of truth, disasters, failures, victories... the really important life shaping events that happened in each of these decades. Write the positive things above the line and the negative things below the line.

- Provide insight into your heart, rather than just details about your life.
- Clarify where you are in your faith journey now and where you were during certain impactful moments of your story.
- Let your mentee know areas where they can pray for or support you.
- Share the significant events in your life that affected your beliefs and development.
- Trust your mentee with information that you typically protect.



Beside each of your notes, jot down where God was in each of these moments. Be honest here. On the positive ones, did you see His hand at the time? When did you begin to see how He was loving you, blessing you, protecting you in these positive events. If you still have trouble seeing God in one (or more) of them, say so.

For negative things... what did God teach you? How did He redeem the situation for His glory? Make notes on these... your mentee will pay more attention to how you got through the down times than they will to your victories.



FOREST HILL  
CHURCH