

Adult Sunday School  
Spiritual Discipline: Story Telling  
March 22, 2020

The Spiritual discipline of focus for this week is: Storytelling

We invite you to engage this spiritual discipline in the following ways:

1. What is your story? Set aside time to write your story. Some prompts might be:
  - i. A Childhood memory of mine...
  - ii. I am \_\_\_\_\_ in birth order...
  - iii. This story my grandfather shared makes me laugh...
  - iv. I hope I always remember...
2. What is a life story that has impacted your faith? Set aside time to journal a story that has shaped your faith journey. Perhaps a hymn, a person, a church event jumps out to you.
3. What Bible story can you share from memory?
4. What Bible story is a story of comfort in uncertain times?
5. What Bible story is one story in the Bible you are curious to explore?

It is important to share our stories. It is also important to listen to one another's stories. I invite you to listen to TedTalk "The Danger of A Single Story" by Chimamanda Adichie:

[https://www.ted.com/talks/chimamanda\\_ngozi\\_adichie\\_the\\_danger\\_of\\_a\\_single\\_story?utm\\_campaign=tedsread&utm\\_medium=referral&utm\\_source=tedcomshare](https://www.ted.com/talks/chimamanda_ngozi_adichie_the_danger_of_a_single_story?utm_campaign=tedsread&utm_medium=referral&utm_source=tedcomshare)

Reflection Questions:

- What is your favorite children's book?
- What stories have impacted your understanding of the world?
- What stories helped shape your identity?
- Whose voices do you long to hear tell a story?
- What stories have we neglected to hear?
- Who needs to hear your story?

Consider in this present-day scribing or recording a story you long to share about God's love and grace! We all have a story to share!

Inhale. Exhale. Inhale. Exhale. And be at peace! Amen