



Tell it Well: Own | August 9, 2017

Discussion Guide

The Scoop

Sometimes it can feel like we are a character in someone else's story. In fact, we are coauthors in God's story. He has invited us to co-write and when we own that, embrace that, and live knowing that—it changes everything.

Key Verse

Hebrews 4:15-16 (NIV)

For we do not have a high priest who is unable to empathize with our weaknesses, but we have one who has been tempted in every way, just as we are—yet he did not sin. Let us then approach God's throne of grace with confidence, so that we may receive mercy and find grace to help us in our time of need.

Discussion

At times in life we seem to be playing a part in someone else's story. The things that happen in our lives—whether good, bad, or indifferent—can feel completely beyond our control. This perceived lack of influence on our own stories can leave us frustrated and hopeless.

1. Can you recall some events—good, bad, or indifferent—that left you feeling like you had little influence on your own story?
2. What roles do you feel you play in the story you are telling? (i.e. brother, sister, son, daughter, mom, dad, husband, wife, employee, etc.)

Our individual stories have a supremely important place in God's overall narrative. He has invited us into co-authorship with him. In her book, *Tell It Well*, Jennifer Spoelma shares that one of the key pillars of our co-authorship is to own our individual stories. The first step to do this is to own what has happened to us, be it good, bad, or indifferent.

3. If you could come up with 10 "life turns" good or bad, what would the top 5 most impactful be?
4. One of the ways to take control of the ups and downs is to see where you have grown, benefited, or could redeem the bad. Thinking about your life turns, what are some key places that you have benefited from or where God has shown up?

Once we own what has happened to us, the process of redemption can begin and these events become a unique and vital part of our own stories. Our vulnerabilities, our pain, and our insecurities can be a barrier impeding us from taking ownership in our stories, and we could miss out on the significance that our life has beyond our own circumstances. In the times when our pain and insecurity block us from owning our stories, it is very important to recognize that Jesus knows and empathizes with our struggle and has emerged from it unblemished.

5. Can you recall an event in your life that had significance beyond your own circumstances?
6. Are there any ways that Jesus or other stories from the Bible can relate to your story?

What's Next?

This week, talk to Jesus about what he is trying to do in your life. If you don't know, then ask. Consider adding to your list of roles and the importance of each in your story and God's story. Giving significance to these roles, as well as, the ups and down life turns allow you to feel more like you and God are co-authors in this story. This story is meant to consider both your perspective and God's perspective.