

Story Moment format

To help group members remember how to tell their stories, the format for the Story Moment is summarized in the acronym “4321 Goal”. That stands for:

4 People
3 Events
2 Spiritual Moments
1 Wound
A Goal for your life

Before anyone shares their story, the group leader should explain to the group what each of the categories represents. It'd be best to see if you can weave these elements into the narrative of your life to help you highlight some important moments in your journey.

4 People: What four people have impacted you the most, in positive or negative ways? In what ways did they shape you into who you are now? (If you are married, don't name your spouse. There is too much pressure to say something that is simple and encouraging, but not necessarily authentic.)

3 Events: What three events, positive or negative, have been most influential in your story? How have they helped form the way you live your life?

2 Spiritual Moments: What are two experiences you've had where you've encountered God? This could be your testimony of coming to know Jesus, but can also be any moment where you have sensed God move or work in your life in a powerful way. Or for those who are uncertain about God, think of any transcendent experience of encountering something bigger than yourself that has shaped you.

1 Wound: What is one negative experience or relationship that has been deeply hurtful or harmful for you, or that you feel like you're always trying to overcome?

Goal: What is a goal for your life? Or, in what way do you hope your life will count?