

A LIFEWAY CHURCH CELINA LIFEGROUP RESOURCE

# LIFE MAPS

HOW TO SHARE YOUR STORY



# WHY A LIFE MAP?

Have you considered how God has used significant experiences, people, or events to form and develop His people?

A Life Map is a visual representation of your life from birth to present. It highlights events God has used to mold and shape your character.

The insights you gain through the Life Map process help you answer the questions, "Who am I, and where is the Lord leading me?" It can also help your Lifegroup get to know and understand you better. As we strive to live authentically, Life Maps helps others know our whole story.

## LIFE MAP TIPS

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- Each Life Map should be about 20–30 minutes each, with an additional 10 minutes for Q&A / clarification questions / etc. Write down questions as you go and wait until the end to ask them.
- Trust is key. What is said within the group stays within the group. This is a safe place, where group members can freely share everything in an environment that fosters deep confidence and trust with one another over time. If widening the circle is the most loving thing to do to help someone in a given situation, those steps of trust will be taken together as a group, as well.
- Leaders go first! Your leaders will be as honest and transparent as they can about what God has brought them through. Remember, all of our lives have messy parts.
- Please remember not to "check out" when someone is sharing but give the person sharing their undivided attention. There's nothing more de-motivating or discouraging than to be ignored when sharing something significant. Put electronics away, etc.
- Affirm each person for their honesty. Some people may have never experienced an environment of acceptance when sharing potentially hard things. This may be new or unnatural to some, so please ensure we give each person the proper support they need.
- After each person shares their story, we will better understand how to pray for them. We can thank God for the people He's brought into their life and acknowledge His hand, even in times where it could not be seen.

# HERE'S HOW WE DO IT

## OPTION 1 — THE FIVE H'S

### HERITAGE

How have your family relationships influenced your life? What ethnic or geographical influences shaped your life?

### HEROES

What relationships significantly influenced your character or shaped your direction (positively & negatively)? How? Why?

### HIGH POINTS

What experiences have you especially enjoyed? Felt closest to God? Why?

### HARD TIMES

What experiences were especially difficult or painful? Felt furthest from God? Why?

### HAND OF GOD

When & how have you seen God's sovereign hand at work in your life? List specific events that illustrate His work in your life.

## THE PROCESS

# 1

### REFLECTION

Prayerfully consider people, places, and events that have marked your life. Make a list. Use the Life Map worksheet to help categorize your thoughts, asking yourself the Five H questions for each category.

# 2

### ANALYSIS

Analyze which of these moments you want to include in your Life Map. Focus on the most significant influences and experiences. Plan to spend no longer than 20–25 minutes sharing your Life Map with your group.

# 3

### ORGANIZATION

Synthesize this information into a logical flow of thought. How do these people, places, and events fit together?

# 4

### PRESENTATION

Exercise your creativity. Draw it like a journey, tell it as a narrative, or use photographs or music — whatever fits your style. Make it large enough for your whole group to see and read easily.

# OPTION 1 WORKSHEET

Use the grid below to map out your Heritage, Heroes, High Points, Hard Times, and the Hand of God across each age, life stage, or location in your story.

|                                                               | AGE / LIFESTAGE /<br>LOCATION | AGE / LIFESTAGE /<br>LOCATION | AGE / LIFESTAGE /<br>LOCATION | AGE / LIFESTAGE /<br>LOCATION |
|---------------------------------------------------------------|-------------------------------|-------------------------------|-------------------------------|-------------------------------|
| <b>Heritage</b><br>Family, ethnic, or geographical influences |                               |                               |                               |                               |
| <b>Heroes</b><br>Relationships that shaped your direction     |                               |                               |                               |                               |
| <b>High Points</b><br>When did you come to know Christ?       |                               |                               |                               |                               |
| <b>Hard Times</b><br>Difficult or painful seasons             |                               |                               |                               |                               |
| <b>Hand of God</b><br>Specific events showing His work        |                               |                               |                               |                               |

## OPTION 2

### THREE PEOPLE AND THREE EVENTS

Option 2 is a shorter, more condensed way to share your Life Map. For this option, come to your group prepared to share:

#### Three people God used to shape who you are today

Consider questions like:

- Who led you to Christ or invited you to church?
- How did your parents influence you as a child or adult?
- Did you have a friend or co-worker who helped you in a difficult season?

#### Three events God used to shape who you are today

Consider questions like:

- What season of life was the darkest? Most joyful?
- Is there a moment you will never forget?
- If you thought your life was going to go a different direction than it did, what event made that change?

**LIFE IS BETTER CONNECTED.**

Share your story. Know and be known.