
APPENDIX 1

TELLING YOUR STORY

Everyone loves stories. Jesus told stories to draw in and teach His audience powerful truths. Each of us has a story, but we are often ill-prepared to share our “Jesus story” in a succinct way. Helping women prepare a 2- or 3-minute encouragement story will get them ready for the assignment in Chapter 12 to write a 1- or 2-minute story about how Jesus transformed their lives.

Ask women to prepare a 2- or 3-minute encouragement story. Plan ahead for the entire study or at least two weeks in advance. The week before, ask the scheduled volunteer to send you her story so you can review and encourage her to stay within the time limit. Below are suggested chapter topics, but don't feel boxed in by the topics. Pray about whom to ask and watch how the Lord pulls in just the right woman.

SUGGESTED CHAPTER ENCOURAGEMENT STORY TOPICS

- **Chapter 1:** Talk about how journaling helps you process faith and life questions.
- **Chapter 2:** Share a time when memorized scripture carried you through a hard place and/or how does scripture help direct your steps in biblical encouragement?
- **Chapter 3:** How did God equip you to encourage another when you stepped out of your comfort zone?
- **Chapter 4:** Talk about a time you took a risk to encourage another person because of Christ's work in you.
- **Chapter 5:** How does your study of Scripture equip and direct you as an encourager?
- **Chapter 6:** How did God use your local church to help you grow or draw you to Him during a dark period in your life?
- **Chapter 7:** Share a time you stepped out of your comfort zone to serve and encourage another— with what results and blessings?
- **Chapter 8 (Younger woman):** Tell us about the influence of an older woman in your life.
(Older woman): What are some of the blessings you receive as a spiritual mother?
- **Chapter 9:** Share a specific way prayer is directing or has directed you to encourage another.
- **Chapter 10:** Share a time when the Lord stopped you from saying life-taking words or when someone's life-giving words changed your whole perspective.
- **Chapter 11:** How did biblical encouragement help turn your heart toward Jesus in the middle of a devastating crisis? (This does not have to be the death of a child.)
- **Chapter 12:** Ask several women—How did this study impact your life?