

# THE STORY OF YOU

## Week 3 - Your Past

### THE MAIN POINT

The past couple of weeks we have talked about who we are now. These next two weeks we are going to be talking about how we got to this point. Today we are going to talk about what has happened in our past to make us who we are. We want them to leave this meeting having processed part of their past and how that has affected who they are now.

### MATERIALS NEEDED

- Snacks

### GETTING STARTED

Begin by welcoming everyone to your small group. Go around and have everyone share two things: (1) their high for the week and (2) if you could only shop at one store for the rest of your life where would you shop?

Were you able to put yourself in someone else's shoes last week? How did that go? Did that affect the conflict resolution at all?

Make sure that everyone has at least met one another and learned each others' names. Share the rules for small group and ask if everyone can agree to them.

## RULES FOR SMALL GROUP:

**Commitment** - Commit to being at every group meeting (make it a priority!)

**Confidentiality** - What is shared here stays here.

**Be honest or be silent** - don't make up an answer just to have one. Sometimes the most honest answer is no answer, so if you need to, just say pass.

**Respect** - for one another, their thoughts/ideas/opinions (no put downs).

Today we are talking about your past and the things that made you who you are today.

## ACTIVITY

### Two Truths and a Lie

give each student a piece of paper so they can write down two things that are true about them, and make up one lie about themselves.

Go around in the circle and one at a time, have each student tell everyone all three, not in a particular order. The group then votes which one they believe is the lie.

## GOING DEEPER

### Paul's Story

The last couple of weeks we've been talking about this guy name Paul. I told you that at one point in his life, Paul went blind. Well, here's the backstory on that. Paul was part of the popular crowd, you know, the crowd that acts like they are better than everyone else. He would look down on people that were different than him, bully them and would hurt or even kill others on occasion just for having a different viewpoint. Paul thought what he was doing was good, even though he was really hurting others. Paul was on the way to go after some people he didn't like and didn't agree with when suddenly something crazy goes down and he goes totally blind. He's in the middle of the road

and can't see. He is helped to the nearest town, but then left by his friends. Sometimes when we go through something difficult, it's a real wake up call for us. After the wake-up call that Paul had, he decided that he wanted a change in his life. Paul knew he needed different people in his life. He was changed, and he needed to be around people that supported that change. You see Paul made a lot of enemies in his past. Again, he was a part of the popular crowd and hurt a lot of people who were different than him. He had a bad reputation that preceded him for miles.

- Can you relate to Paul? How?

-Have you ever had a wake up call happen in your life? Tell us about it.

-Everyone knew the bad things that Paul did, do you feel like you have done something in your past that affects the way other people see you?

-What is something that you regret? Do you think feeling regret is good or bad? How can regrets help us?

-What do you think your reputation is? How do you think your past has shaped that?

-How do you want people to see you/think about you in five years?

## TAKE AWAY

Today we want every student to continue on this path of self-evaluation. Challenge the students to ask three people to give them one word to describe them. Take those words and process why people think that about you?