

# THE STORY OF YOU

## Week 1 - Your Present

### THE MAIN POINT

This meeting is all about opening the students up to each other and begin the process of understanding themselves better. As the start of the whole series, we want students to know that this is a safe place to ask questions about themselves, while also figuring out who they want to be. Today we are exploring who each person is. Hopefully you leave here knowing each other better.

### MATERIALS NEEDED

- Long sheets of paper, one for each person.
- A pen for each person.
- Snacks

### GETTING STARTED

Begin by welcoming everyone to your small group. Go around and have everyone say their name, their grade, and their favorite and least favorite smell.

Make sure everyone has at least met one another and learned each others' names (maybe offer a prize for someone who name everyone in the group). 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).

Over the next six weeks we will be talking about you. Your story through the eyes of your present, your past, and your future. Today we are starting with your present. Today is all about you!

## ACTIVITY

Hand out a long sheet of paper to each student. Have them draw a line across the middle of the paper. They will map out their life in a timeline. Ask them to think through their life and all of the big events that have happened in their life. If it was a good thing, put it above the line. Put it higher above the line depending on how good that event was. If it is a difficult event, put it below the line. Put it farther below the line depending on how bad that event was. Add as many events as you can think of. (Note: It might be good for you to come with your own created so they can visualize what you're asking for. Also make sure you allow plenty of time for this activity.)

## GOING DEEPER

The Narrative of Paul's Story

1. What's the highest thing on your paper (the best thing that's ever happened in your life)?
  - a. Why was that the highest?
2. What are you the most proud of on your paper?
3. If you could take anything off of your map, what would you take off? Why?

4. We're talking about your story these next couple of weeks, do you feel like anyone truly knows your story? If so, who?
5. Has your story ever taken a drastic turn? Does it have a major turning point so far? If so, and you're willing to share, tell us what that turning point was.

A long time ago there was this guy named Paul. Paul had a crazy story with lots of highs and lows, much like most of us. Paul had a pretty dramatic switch in his life, but on both sides of that switch he was pretty influential, just for different reasons. Just to intrigue you a little, his story involves murders, going blind, and starting one of the most influential movements of all time. What!? We are going to be looking at this guy's story as we look at ours over the next few weeks and see what we can learn from him and each other.

## TAKE AWAY

Our goal of this series is for you to know and understand yourself better. We are breaking down your life story, which we know is not easy and sometimes it take time. We encourage you this week to take out your map and look at it and add to it if you think of anything that you missed. Evaluate it and think about where your life has been and where you want to be.