

- Let your grief speak. Tell its story.
- Read John 16:33. Reflect on the text in your journal.
- What brings you joy?
- What gives you hope?
- What is God calling you to?
- When have you felt angry with God?
- When has God answered a prayer?
- What is the deepest prayer of your heart today?
- Where does your greatest joy meet the world's deepest need?
- When have you experienced listening as an act of love?
- Write a story of when you were in need of healing in body, mind or spirit.
- Read Philippians 4:8. Reflect on the text in your journal.
- What do you believe about God?
- What is the hardest thing for you to face right now?

Journaling prompts come from the book "Beyond Chit-Chat: Sharing stories that matter to build deeper connections in faith communities" by Dave Daubert & Elina Salmon

Lord, help me see that my story is wrapped in your grand story of grace, mercy and love which flows the cross. Open my eyes to the way you are at work in my life through the power of the Holy Spirit. Give me the strength to share my story as a way that others might come to know of you. Amen.



***Stories to Tell...
An invitation to
ponder your own
faith story.***

Lent 2024

Stories to Tell...
Nurturing a Living Faith...

You are a walking story. Your story is made up of the activities, experiences and thoughts you have lived. Your story was not created in a vacuum but came to be as you spent time with other people, spent time deep in thought about all which life has brought your way and through your relationship with Jesus the Son of God.

This Lent you are invited to think more about your story. We hope that you might even go so far as to spend a bit of time journaling – putting pen to paper as a way of telling the story of your life and your faith. During the five weeks of Lent you will get to hear several members of the congregation reflect on their life story. We hope all of this will help you grow deeper in your Christ centered faith.

Pastor Mark Narum

Pastor Martha HarriSon

Below are 40 different prompts for you to journal about. Some days you might only write a few words – that is alright. Some days you might stray off topic as you write – that is also just fine. This is meant to help you reflect on how faith in Jesus has and is shaping the way you live.

- What is a childhood memory of church?
- Write a story of an early experience of God.
- When did your faith come alive or become real to you?
- Write about a time when you had doubts or wrestled with God.
- Write about a time when you heard God speak.
- When did you experience God's presence in nature?
- Write a story about when you realized the seriousness of the pandemic.
- Write a story about when you experienced a moment of grace and hope.

- Read 2 Corinthians 12:9. Reflect on the text in your journal.
- What renews your spirit? What feeds your soul?
- What Bible story is most meaningful to you?
- When did you experience God's presence in a crisis or a challenge?
- Write a story about a time you felt deeply connected to someone.
- Write a story about the kindness of a stranger.
- When did someone else's story challenge you? Did it lead to transformation or repentance?
- Write about a time you felt God's silence or experienced "the dark night of the soul."
- What is God teaching you now?
- Write about a time it was hard to love someone.
- Write a story about a time it was difficult to forgive.
- Write a story about a time you had to ask for forgiveness.
- Read 1 Peter 5:7. Reflect on the text in your journal.
- When did God surprise you with a new opportunity or possibility?
- How has God made you unique? What gifts has God blessed you with?
- When have you felt humbled how God used your gifts to love and serve?
- Write a story of a time you felt like an outsider.
- Write about a time when practicing vulnerability led to a gift of grace or wholeness.