

MY *Jesus* STORY

Participants Workbook



# MY JESUS STORY

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## INTRODUCTION

Everyone has a story. And no-one has a story quite like yours. Your own, unique collection of events, drama and people that make up your life.

Jesus has a story, too. It has been called the greatest story ever told.

But perhaps no story is more unique, powerful and personal than the story of how these two stories connect—your story and the story of Jesus. This is what we call ‘My Jesus Story’.

This course is designed to help you know the story of Jesus, understand your story a little more clearly, and be able to share with others just how Jesus’ story connects with your story.

If you are a Christian, you may have previously written your ‘testimony’ - that is, your account of how you came to follow Jesus. If so, I hope this course is a good refresher for you, and perhaps helps you to consider from another perspective all that God has done in your life. If you have never written anything like that before, now is a brilliant time to start!

If you are someone a little more uncertain in your faith, you can still follow along with us. The fact that you are reading this likely means that Jesus has already worked in your life in some noticeable way. Even if you are not quite at the point of calling yourself a Christian—knowing Jesus as your King and Saviour—you certainly still have a story to share. If your ‘Jesus story’ currently ends with some big questions, that’s okay. I am confident that your ‘Jesus story’ will be greatly encouraging to those who hear it, even if you feel like it’s not quite finished just yet.

In truth, none of our stories are finished. For as long as we have breath, Jesus is continuing to work in our lives, and you may well have more chapters to add to your story at a later time. May this material encourage you to share the most wonderful story of all.



Luke Thomson  
*Senior Minister*

# USING THIS MATERIAL

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This course has been designed with a number of video segments which will introduce ideas and provide some examples. These videos can be found:

[www.myjesusstory.org](http://www.myjesusstory.org)

You will also find a transcript available if you would prefer to read a summary of the material presented, rather than watch the videos.

This participants workbook will guide you through the course, providing a place for you to take notes and begin writing your 'Jesus story' in a fresh way.

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*What is Jesus' story? What is your story? This session helps us unpack these stories and understand them before we seek to tell them.*

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*What makes a great story? How do we tell our story in a way that helps achieve our aims? This session will explore how we can begin to tell our story.*

## SESSION THREE

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*This session is all about writing your story, and having an opportunity to share it with others.*

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### **Writing space**

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*Space to write your story and other additional notes.*

# KNOWING YOUR STORY

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## SESSION ONE

### Introduction

Watch the video clip (1.1)

The power of stories

Why 'My Jesus Story?'



*'My Jesus Story' is how Jesus' story connects with my story.*



### Jesus' Story

Without any reference to yourself, how would you summarise Jesus' story in a couple of sentences?

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*Read Philippians 2:5-11*

According to these verses, what is Jesus' story? (ie. What is the good news of Jesus?)

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“

*Jesus was always the hero  
of God's story.*

”

## **Unpacking Jesus' story**

*Read Luke 24:36-43*

What did the disciples think and feel when they first saw the resurrected Jesus?

What do you think they were expecting?

Matthew, Mark, Luke and John all tell the story of Jesus' resurrection at the end of each gospel. What do you think this means for Jesus' story?

*Read Luke 24:44-46*

Can you imagine being in the room at this point? What might it have felt like to listen to Jesus' explanation?

What does Jesus' explanation teach us about Jesus' role in God's story?

*Read Luke 24:47-53*

What news does Jesus say is central to telling his story?

How are Jesus' followers to take part in Jesus' story?

“

*The resurrection of Jesus provides us  
with a story worth telling.*

”

## **My Story**

*Watch the video clip (1.2)*

On the following page, draw a timeline that outlines your life.

You might include: when you were born; started school; moved house; family milestones; jobs; achievements; failure; highs and lows; major turning points; etc.

What did you find most interesting about this process?



# Mapping your story

Birth



Today

How has your story been impacted by Jesus' story?

Some people have a clear moment where they trusted Jesus for the first time. For others, it's a gradual transition in a season of life. And for some, they have known and followed Jesus for as long as they can remember.

If you haven't already, plot on the timeline those moments where Jesus' story intersects with your story. You might include a moment of conversion, significant challenges or growth, or a life-changing decision.

If you're someone a little more uncertain in your faith, you might include key moments that have brought you to this point.

## Conclusion

*Watch the video clip (1.3)*

What has this session highlighted for you?

What can you give thanks to God for in response to this session?

*“ Ultimately, Jesus is not a part of our story.  
Rather, we are a part of his story. ”*

# TELLING YOUR STORY

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## SESSION TWO

### Introduction

*Watch the video clip (2.1)*

What makes a great story?

1.

2.

*“Come, see a man who told me everything I ever did. Could this be the Messiah?”*

John 4:29

*Many of the Samaritans from that town believed in him because of the woman’s testimony, “He told me everything I ever did.”* John 4:39



*There is no such thing  
as a boring Jesus story.*



### Powerful storytelling

Can you think of stories that have captured your imagination with a relatable struggle? (such as in a movie, book, poem, song, etc)

Can you think of a story that you didn’t connect with because it lacked a relatable struggle?

Take a look at the following stories that Jesus tells. How does he use these stories to draw in his listeners? (Consider the context and people he is speaking to)

○ *Luke 12:13-21*

○ *Luke 15:1-10*

○ *Luke 18:9-14*

## **Telling the wrong story**

*Watch the video clip (2.2)*

Common mistakes

1.

2.

3.

How do you tell the right story?

1.

2.

**Note:** There are, no doubt, many ways you could tell your story. The method we will look at in the session three should be viewed as a tool to guide you to tell your story in a particular way, rather than a strict format that you must follow.

There are different of types of stories which you could tell using this tool. You might tell a story of how you first came to know Jesus, or of a significant moment of growth, or of a particularly challenging experience.

“

*Make sure your Jesus story  
is more about Jesus than about you.*

”

## **Prayerful preparation**

Before you begin bringing it all together, it is wise to take a moment to pray as you prepare to write and tell your story. Here are some suggestions to pray before you begin:

- Thank God for the life, experiences and relationships he has given you
- Thank God for all he has provided in and through Jesus so that you have a story to tell
- Pray for clarity and wisdom as you write your Jesus story
- Pray for boldness and courage to share your story
- Pray for those who will hear your story, and for the Holy Spirit's work in changing the lives of those who listen

In our final session, you will have time to write your story.

# SHARING YOUR STORY

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## SESSION THREE

### Introduction

*Watch the video clip (3.1)*

Why write and share your story?



*Telling our story*

*reveals important truths about God.*



### Three short stories

One way to think about writing your Jesus Story is to think of it as three smaller stories. These three stories capture the beginning, the change and the impact that Jesus has on your story. Together they form one bigger story.

#### Story one—A story about beginnings

This is a story that sets the scene. It's the place to introduce a relatable 'hook' that will help listeners connect with your story. It might be a story about what you thought, believed or did before you began to follow Jesus, or perhaps a story about family influences or childhood experiences. The more personal you are in this story, the clearer you will be able to highlight the difference Jesus has made to your life.

Suggestions for how you could start this story:

- Before I started following Jesus, I would...
- When I was younger, I used to think...
- Growing up, my family always...
- I had never...

### **Story two—A story about change**

This is a story that explains a particular moment or series of events that brought about a change in your life. It might be a story of when you first began to follow Jesus, a moment of clarity, or a confronting situation that you faced.

Suggestions for how you could start this story:

- One day, I was talking to a friend...
- I heard someone say...
- I remember reading...
- When I was at...

### **Story three—A story about impact**

This is a story that describes how Jesus' story has made a difference to your story. It might be a change in your action, character, motivation or perspective. It could be a comfort, hope or joy that is expressed in your life.

This is the important moment in making Jesus the hero of your Jesus story. Find a way to highlight how Jesus has impacted you and made a positive difference to your life.

Suggestions for how you could start this story:

- Now that I follow Jesus, I...
- Following Jesus has changed my life because...
- Knowing that Jesus has...
- Jesus is great because...
- What has made a difference to my life is...

### **Using Bible Verses**

You don't always need to include one, but it can be very powerful to include a Bible verse if it is especially relevant to telling your Jesus story. You could share a verse which:

- helped you understand Jesus
- provided clarity on an issue
- continues to bring you comfort

## **Writing your story**

Now is the time to start writing your story. At the back of this workbook there is space for you to begin writing your three stories.

Don't feel that you have to get it just right the first time. Write, edit and re-write. You could share it with a friend and ask for their feedback.

It is best to be short and succinct in telling your story. Aim for a maximum of 200-300 words for each of the three stories. You don't have to include everything in your Jesus story—how could you! You might even consider writing more than one if you have several significant stories to tell. You would then have a choice of which story is best to tell in different contexts.

As you write, think about how your stories connect to one another. You might also like to go back and check if you have avoided the common mistakes people often make in their stories from session two.

## **Sharing your story**

If you're in a group setting, take some time to go around the group and have each person share their story, even if it is not quite finished.

You might like to take a moment to pray and thank God after each story.

If the group feels comfortable, you may also like to share some positive feedback after each story.

## **Reflection**

What has encouraged you through this course?

What opportunities might you have to tell your Jesus story to others?



## **Conclusion**

I hope you have found this to be a useful and encouraging exercise. More than that, I hope that it gives you confidence to know and share your Jesus story.

It would be wonderful to share many of these stories across our church and online by filming people telling their story. Sharing your Jesus story is a powerful way to help people know Jesus as they connect with your story.

If are willing to record and share your story in this way, please get in touch: [luke@bac.org.au](mailto:luke@bac.org.au).













