

## My Story

Here is a helpful tool to enable you to lead your group through a 24 (or 48) hour Covenant Group retreat. This "kit" (available upon request) is intended to deepen the relationships in your group by providing time for each man to share his life story. Having shared his story, each man can be better understood, affirmed and prayed for. This sheet provides all the details to lead the group through this exercise.

OPTION: We recommend finishing your time together with a simple Communion Service, remembering the Lord in His death, and reinforcing the truth that He is the gravitational centre of your group which will keep you loving and serving one another for years to come.



## My Four Life-Altering Events

This simple exercise helps each man focus on four lifealtering events. He will draw a simple sketch to represent these events and the emotions attached to them. This will help us understand this man's major life experiences and how they shaped his life, influencing (in part) who he has become.

OPTION: It would be very constructive to discuss (during the retreat or at a future group meeting) how God may have directed (or has been redeeming) these significant life experiences for the man's good and God's glory.



## **My Life Timeline**

Each man will transfer his life-altering events to a timeline, from birth to present. Then he will fill in the timeline with dates and other significant experiences and influences. Each man will then have the opportunity to transfer these to a flip chart or white board\* and share—uninterrupted—his life story with his brothers, all in an atmosphere of grace, love, honour and encouragement.

OPTION: If you have time on the retreat (2 days?) or in future group meetings, each man can add to his timeline how he would like his *future* to look as per life-shaping events and influences. We recommend that this sharing time be separate from the sharing of his past and present.

\* available from Nextlevel Ministries