



# ONE LIFE CITY CHURCH FORMATION RESOURCE

## Sharing Our Stories

Many of us at our church have had to carry a significant emotional wound or some significant source of emotional hurt throughout much of our life journey. These wounds may have happened when we were young; and for the most part, unable to process through the pain and hurt. We learned to minimize or hide what happened to us in order to cope with the pain.

At One Life City Church, we recognize that these wounds and the trauma we carry are real. The impact can be deep and devastating. Even if we heal from the wound we can still feel some pain from the scar that's there. These wounds have shaped us into who we are now and are part of our stories. Being able to share with others is a huge step. The questions below are intended to help you shape your personal story as you look at some of the wounds you carry. We encourage you to do this with God in a prayerful space.

1. Can you relate to this and if so, what has been some of the sources of pain in your life?
2. How has this source of hurt resurfaced in your life?
3. How do you feel when you think about that story today?
4. Over the years, what have been some unhelpful (or unhealthy) ways that you have dealt with that hurt?
5. Over the years, what were some helpful (or healthy) ways in which you have dealt with that hurt?
6. What are some of the ways God has accompanied you through this hurt?
7. How do you view and connect (or not connect) with God, in light of your life wounds/hurt?  
(For example, if you've been abandoned in the past by significant caregivers, some would fear connecting with God out of fear of abandonment from Him.)
8. What obstacles keep you from connecting with or receiving from God?
9. On the other hand, how have you connected with or receive from God?
10. What does healing mean to you in light of your life story/wounds?
11. Where is your sense of hope for the future?
12. How would you want our church community to stand alongside you in your hurt?