

Sharing My Story—A Missional Practice

Missional practices: cultivating new understandings, ways of being, and living Christ's mission.

Purpose: To contemplate your daily journey with Christ and how you would share that journey when prompted by the Holy Spirit. This practice is about being prepared to share with another person, when prompted, glimpses of your journey with Christ. In conversations it is important to listen and be compassionate, hospitable and genuinely interested in the other. Yet, it is also important to discern and be ready to share meaningful moments from your spiritual journey with Christ. When we are genuine and vulnerable we open the door for others to feel safe and to explore the essence of their spirituality and relationship to the divine.

Through thick and thin, keep your hearts at attention, in adoration before Christ, your Master. Be ready to speak up and tell anyone who asks why you're living the way you are, and always with the utmost courtesy. - 1 Peter 3:15 The Message

Steps:

1. Take a moment to be calm, centered, and aware of the presence of God.
2. Offer in your own words or mind the spirit of this prayer: "God, help me be fully awake and ready to share meaningful moments in my journey with Christ when I discern openness in the life of another. I need your Spirit to help me see your imprint in the ordinary events of my life and the courage to risk sharing with another when guided to do so. Amen."
3. Take time to reflect on your life experiences over the past several days or weeks. What have you seen, heard, or experienced that may have been the presence of God gently revealing new insights. Be open to the Holy Spirit helping you to identify even the small events or changes that can be significant.
4. Write down specific experiences that on reflection were moments of new awareness, deeper relationships, or an impulse to respond in some way. Consider keeping a journal to recall your experiences and see emerging themes of your journey with Christ.
5. Offer a prayer of thanks and that you may be ready to share your story or witness when prompted by the Spirit.

Tips for the Process:

- Setting a routine time and place for this practice can be helpful, such as the end of your day or week. Commit to weekly times of reflection, writing, and prayer as you prepare yourself to be ready to share.
- Do not rush—take time. There may be days when you follow each step. Other days, you may want to stay with only one or two steps.
- The key is simplicity and not being constrained by each step.
- Find and follow a pattern that works for you.
- Consider beginning your day with the Mission Prayer then with Sharing My Story before you go to bed.