Grow students

A DISCIPLESHIP ACTIVITY TO HELP TEENAGERS

4 SHARE THEIR STORY

*FROM GROW'S ANNUAL **DISCIPLESHIP STRATEGY***



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ABOUT THIS ACTIVITY



In this interactive challenge, teenagers will discover the power of sharing their stories through listening, reflecting, and sharing their own faith journeys. First, they'll receive guided prompts to ask someone else questions and learn about their faith story. After taking time to listen, students will outline their own journey using a provided worksheet—reflecting on how they've grown, what they've learned, and how God has worked in their lives. Finally, with the help of specific prompts, they'll be encouraged to share their stories with others.

The Pass It On Challenge helps teenagers see the impact of sharing their faith and learning from others. With practical prompts and worksheets, it takes the stress and second-guessing out of telling their stories.

QUICK LOOK

All our discipleship activities are built to be flexible! You can use this activity in a variety of ways with just a little bit of modification, but **here's how we recommend using this one...**

WHEN: Anytime

WHERE: In small groups or at home

HOW LONG: All quarter

This activity is designed to help teenagers practice the spiritual habit of...

SHARING THEIR STORY

If we want to grow spiritually, we need to make faith a regular, everyday, go-to topic of conversation as we learn to connect our stories with God's story and then share our stories with others.

WHAT'S INCLUDED

PLANNING

- Activity guide
- Shopping list

GRAPHICS

- Editable graphics
- Title and background images in horizontal, square, and vertical formats
- Activity flyers

FOR STUDENTS

- **My Story handouts**
- **My Story prompt images**
- Pass It On Challenge **movement instructions**

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INSTRUCTIONS

YOUR JOB

- **CHOOSE YOUR DATES:** There is no bad time to encourage teenagers to listen to others and share their own stories. However, if you're following along with the Grow Students discipleship strategy, we recommend focusing on the habit of sharing our stories during the summer quarter. This activity can start any time you choose, and we recommend making it available for an entire quarter.
- **REVIEW THE MOVEMENTS AND PROMPTS:** Review the three movements and each of the corresponding questions, prompts, and worksheets. You can make edits to these documents before printing or posting these for your group.
- **HAND OUT MATERIALS:** We've provided instructions and reflection questions for each movement of this activity. You can print these materials and share physical copies with teenagers or post reminders on your social media account.
  - **PRINT INSTRUCTION SHEETS:** The instruction sheets for each movement are full of ideas, instructions, questions, and prompts. If you are handing out physical copies, make sure each teenager has one of these sheets and make more copies available throughout this activity.
  - **PRINT REFLECTION QUESTIONS:** Throughout this event and at the end of it, small group leaders should debrief with the students in their group to hear their stories. Make sure they have these debrief questions beforehand and are prepared to help teenagers reflect on what they've learned from each step of this activity.
  - **POST INSTRUCTIONS AND QUESTIONS:** If you choose to use social media to share your instructions for this activity, use the graphics provided to share prompts, instructions, and reflections questions. You can encourage students to take the challenge and journal their answers to each question throughout this month or full quarter.
- **COMMUNICATE WELL:** The Pass It On Challenge is broken down into three movements. Communication is so important for activities like this one that exist outside of your typical weekly program. Make sure teenagers know what to do for each movement...
  - **LISTEN TO SOMEONE'S FAITH STORY:** For this movement, students will need to reach out to a friend, family member, or small group leader and listen to their story. Encourage them to use the questions provided to prompt this discussion and reflect on what they learned using the reflection questions provided.
  - **WRITE THEIR FAITH STORY:** The next step is for students to write out their faith story. Give students the handout include in this activity, which will encourage them to think about their faith story, potentially in a brand new way.
  - **SHARE THEIR FAITH STORY:** Students can share their stories on social media or face-to-face with a friend or family member. They will be able to use the ideas they wrote down in the second movement to inspire their story telling at this phase.
- **ENCOURAGE TEENAGERS TO PARTICIPATE:** With any activity that takes place over an entire quarter, you'll want to be consistent about communicating with volunteers and teenagers. Continue to remind them to listen to other's stories, reflect on their own journey, and share their stories with others. The more specific you can be with your suggestions on when and where to listen, reflect, and share, the better!

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YOUR VOLUNTEERS' JOB

- **JOIN THE CHALLENGE:** One of the best ways a volunteer can encourage teenagers to participate in this activity is to participate in it themselves. Encourage your volunteers to spend time listening to others, reflecting on their own stories, and sharing their stories this quarter. If they can bring real stories and their own personal reflections, they'll have a better chance of encouraging teenagers to do the same.
- **ENCOURAGE STUDENTS.** Your volunteers should walk alongside students during this challenge, working with them to come up with ideas. Some students may struggle to find people to listen to, some will struggle to reflect on their own stories, and others might feel frustrated by their own stories or the emotions this reflection brings up. To help students through this activity, volunteers should...
    - Make themselves available to share their own stories
    - Complete their own self-reflection worksheet
    - Create a safe space where students can share their stories with you or in their small groups
- **CHECK-IN WITH STUDENTS:** Each week, small group leaders should ask their groups to share what they're learning or trying throughout this activity. They may have stories about a new conversation they had with a family member or how they finally shared something they'd been thinking about for a long time. Small groups are a perfect place to share these wins.

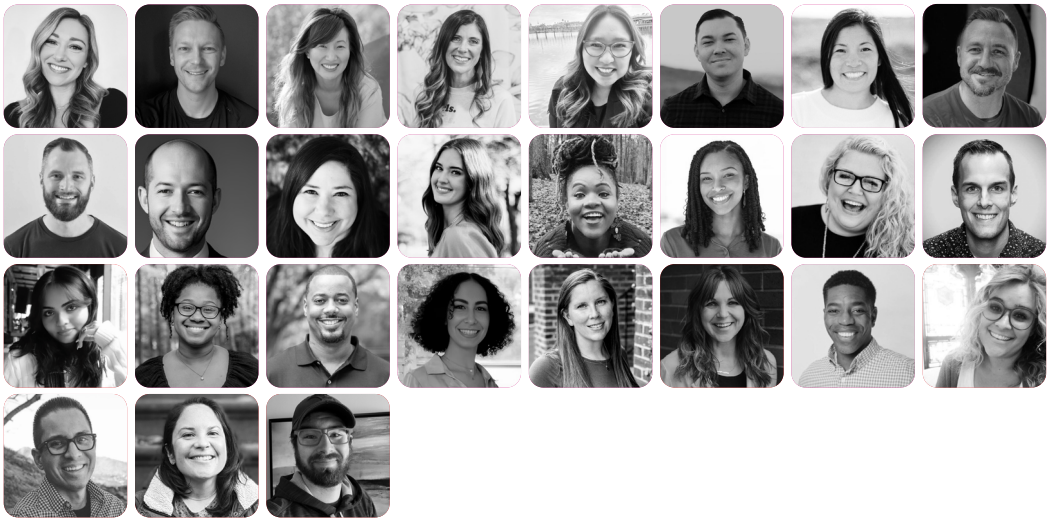
YOUR TEENAGERS' JOB

- **LISTEN TO SOMEONE'S FAITH STORY:** To start this challenge, teenagers will be encouraged to reach out to someone to hear their faith story. They can choose more than one person, but encourage them to connect with friends, family members, adult small group leaders, and anyone who's faith they admire.
- **WRITE THEIR FAITH STORY:** The next step in this challenge is for students to write out their faith stories. Using the handout we've provided, students can reflect on what they've learned, how they've grown, and what God has done in their lives.
- **SHARE THEIR FAITH STORY:** After they've listened to someone else's story and reflected on their own story, students should be encouraged to share their story, either on social media or one-on-one with someone they know.
- **REFLECT ON WHAT THEY LEARNED:** This challenge is about telling stories and sharing with others. We can learn a lot by listening and sharing, but if we don't pause to reflect we might miss out on the key lessons. Encourage students to reflect on what they learned and journal their responses to your reflection questions.

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CREDITS

Everything we create for Grow Curriculum is a big team effort by people all over the world, from a wide variety of ministry contexts, and with tons of different skills! Here are the people who helped make this one happen...



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ENVIRONMENT GUIDE
for **THE PASS IT ON CHALLENGE**

To help you create additional themed resources and experiences for this activity, here's what we've provided!

GRAPHICS

You can find tons of ready-to-use images and editable high-resolution files in your **Graphics folder.** Whether you're editing what we've provided or making something brand new, here are the fonts and colors you'll need.

FORMA DJR DISPLAY

VCR OSD Mono

HEX #: 122E4B
CMYK: 98/81/44/21

HEX #: 91C1D4
CMYK: 42/11/11/0

HEX #: DE594D
CMYK: 8/80/72/1

HEX #: 4E7199
CMYK: 49/26/0/40

Visit the **Grow Print Shop** to order custom or pre-made stuff for this series, like posters, stickers, t-shirts, and more!

MUSIC

We've curated plenty of **playlists of worship songs** that you can incorporate into this activity. You can find all our **playlists on Spotify** and **Apple Music.**

These playlists are for your personal use only, according to the terms and conditions of Spotify and Apple Music. For more information on how to use copyrighted music in your services legally, read this!

Check out **Grow Kids Music** for Grow's original worship music, lyric videos, dance videos, and more!

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STEP 1
LISTEN



Typically learned behavior is observed first before it's tried. The same goes with sharing our faith stories. To begin this challenge, listen to someone's faith story and reflect on it. By listening to others, you can learn something new about God's work and observe an example of what it's like to share your own story.

WHAT TO DO

- **CONNECT WITH SOMEONE:** First, find someone in your life you respect or want to learn from. There are so many examples of people you could reach out to, but for some ideas you could try...
  - Family members, like parents, grandparents, or a distant relative you could call.
  - Your small group leader.
  - A friend.
  - A teacher, pastor, or family friend.
- **LISTEN:** Next, spend some time listening. You can spend some time catching up and saying hello, but make sure the bulk of your time is spent listening to their story. Here are some questions you could ask...
  - Can you think of one moment when you really felt God's presence?
  - What's one way your faith has grown over time?
  - What's a challenge that tested your faith, and how did you get through it?
  - Who is one person who has been a big influence on your faith journey?
  - If you could talk to younger you, what's one piece of advice you'd give you?
  - What's something God has taught you recently?
- **REFLECT:** After you've had this conversation, spend some time reflecting on what you've learned from their story.
  - What did you find most interesting about their story?
  - What parts of their story could you relate to?
  - What was surprising about their story?
  - How is your story similar to theirs? How is it different?
  - Where did you see God show up in their story?

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STEP 2
REFLECT



Before sharing your story with others, it's important to first define your faith story. Answer the questions and prompts in the **My Story** handout to define key moments and challenges in your faith story. When you begin to recognize the key moments that have defined your faith journey, you'll be able to see more of what God has done in your life and what God is doing right now.

WHAT TO DO

- **COMPLETE THE MY STORY HANDOUT:** Take a copy of the **My Story** handout to reflect on throughout this challenge. These handouts will prompt you to start drafting their story in interesting and creative ways.
- **PRACTICE SHARING THEIR STORIES:** Once you complete this handout, practice telling your faith story. You don't have to share your story with anyone just yet, but you can get creative by...
  - Writing out a script of how you'll share your story
  - Drawing or painting key moments in your story
  - Recording a video or voice memo of you sharing your story
- **REFLECT:** After you've spent some time reflecting on your own story, take a moment to reflect on what you've learned about yourself. Sometimes, taking time to think about what God has done for you can make your faith and faith story even clearer. Reflect and journal along with the following prompts...
  - Did you notice one key moment or season in your life that came up often?
  - Did anything you wrote down surprise you?
  - If you could share one thing from your faith journey with someone, what would you share?
  - How have you noticed your faith growing over time?
  - How do you hope to see your faith grow or evolve in the future?

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STEP 3
SHARE



In this final part of the **Pass It On Challenge**, it's time to actually share your faith story—online, in person, or both. If you don't feel ready to share with a crowd or group of people, that's okay! You'll have a few different ways to participate, so you can choose the option that feels right for you.

WHAT TO DO

- **CHOOSE WHERE YOU'LL SHARE:** Sharing your story can feel overwhelming, so it helps to keep it simple. Pick one of the prompts from your **My Story** handout as a foundation, and then decide how you want to share...
  - **On social media:** Share a video on your story, post a painting or drawing of your story, or post a photo of a key moment in your faith journey and write a caption about what it means to you.
  - **In a group setting:** Share your story with your small group or with a group of friends.
  - **One-on-one:** You can share your story with a friend, small group leader, or family member face-to-face.
- **REHEARSE:** Before sharing, practice! You can record yourself sharing it, write out your story a few times, or go over your story with a friend or small group leader if that helps you feel more confident.
- **SHARE:** Now it's time to actually share! Here's how you can keep the challenge going:
  - **On social media:** You can tag our ministry's account so we can celebrate with you and share this post with two or more friends to challenge them to share their stories.
  - **In a group setting:** If you share your story with your small group, you can encourage your friends in the group to do the same. You can then celebrate each other taking this step of sharing your stories.
  - **One-on-one:** If you choose to share privately, we'd love to check in with you afterward to see how it went. You can celebrate this step with your small groups and hear how your friends shared their own stories!

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MY STORY

There are tons of ways to tell your story of faith. Try one! Try five! Try them all! Write on this page, or paint a picture, or scribble in a notebook, or brainstorm on some poster board. There are no rules. The point is to find a way to tell your story in a way that works for you.

WHO PASSED THEIR FAITH ON TO YOU? Make a list of everyone who has helped influence your faith. Write down their names. Draw their pictures. Take their photos. Make a video interviewing them. Find a way to tell their stories and remember how they impacted you.

CREATE A TIMELINE OF YOUR LIFE. Include big moments, small moments, tough moments, happy moments, and the moments that helped shape your faith. What do you think might happen next on your timeline?

Okay, now give this story-writing thing a shot. Outline your faith story as best you can. It doesn't need to be perfect. There's no right answer. Just give it a shot.

"I am _____, but Jesus is _____."

CHOOSE ONE MOMENT. What's one moment that made a difference in your faith journey? Write about it. Paint a picture of it. Write a story or a script about it. Make a video recreating it. Why was that moment so special?

"If I could describe God in one word, it would be _____, because _____."

"If I could describe my faith journey so far in one word, it would be _____."

HOW ARE YOU A WORK IN PROGRESS? You're probably not perfect. That's okay! Choose an area of your life where you need God's help and talk, write, draw, or create something about it.

WHEN HAVE YOU FELT GOD'S PRESENCE? Was it with an answered prayer? A beautiful summer day? A song that really meant something to you? A friend who reached out at just the right time? Tell the story of that moment.

MAKE YOUR OWN CREED. A creed is just a list of things you believe. It's okay if you're still figuring it out. You can say "I believe . . . " and list the things you believe. You can even say, "I don't believe . . . " or "I'm not sure if I believe . . . "

"Before I knew Jesus, I was _____, but now I'm _____."

"To me, God is like a _____ because _____."

"Right now, I'm praying for _____."




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