

Session 5 – Tell Your Story in 1 Minute

Note to leaders: This session, the highest priority is for everyone to practice telling their story in 1 minute, several times, until they feel confident. So, first, watch the video and practice several times. Then, if there's time left over, do the Bible study.

Watch Video #5 "Tell Your Story in 1 Minute"

Practice. Fill out the "My Story in a Minute" worksheet as you watch the explanation in the video. Pause the video, as needed, to allow sufficient time.

After watching the video, divide into pairs. Set a timer for 60 seconds. In each pair, one person will share his story with his partner. Stop everyone when the timer goes off. Most people will not finish their story within the 60 seconds. Give them a minute to think about how they can simplify/shorten.

Reset 60 second timer. Reverse roles. In each pair the second person will share his story with the first. Stop everyone when the timer goes off. Most people will not finish their story within the 60 seconds. Give them a minute to think about how they can simplify/shorten.

After the second person has shared, switch partners and repeat the process, using the 60 second timer.

Keep practicing and switching partners until everyone has shared their story at least 3 times and can do it confidently in a minute or less.

Bible Study:

Read Mark 5:1-20.

Discuss:

- How did the crowd respond to Jesus?
- In verse 19, Jesus tells the man *"go home to your family, and tell them everything the Lord has done for you and how merciful he has been."* Use your imagination. What do you think he said to his family? Ask some of your group to do a skit, dramatizing an encounter between the healed demoniac and his family.
- After this incident, Jesus leaves the region, having been asked by the people to go away. Mark 7:31-8:9 describes Jesus' next visit to this area – the "Decapolis" or "Ten Towns." How do the people respond on this next visit? Why do you think they responded so differently?

Homework: This week, practice "Your Story in 1 Minute" at least 3 more times. Extra credit if you train someone else how to do it. Continue: daily prayer for your list of 5, praying out loud with people who express needs or problems, using "Gatepost Statements" to let people know you really, really love God.

My Story in a Minute - Worksheet

One story: Your story has three parts: Before, How & After.

One minute: Share your story in one minute or less.

Before I met Jesus / put Jesus in charge of my life:

Write two words that describe your life before you put Jesus in charge:

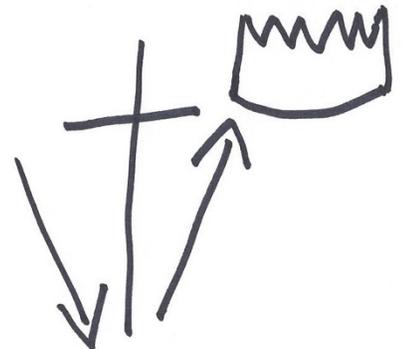
1. _____

2. _____

Now write one sentence explaining each of these two words:

Then I learned . . .

Write a few sentences putting the following ideas into your own words: Jesus came down to earth, died on the cross to pay for the wrong we had done, rose from the dead, and is now king of everything – including me.



So I made the decision to follow Jesus.

After I put Jesus in charge of my life . . .

Write two words that describe your life after you put Jesus in charge:

1. _____

2. _____

Now write one sentence explaining each of these two words:

Question: – Do you have a story like that?