



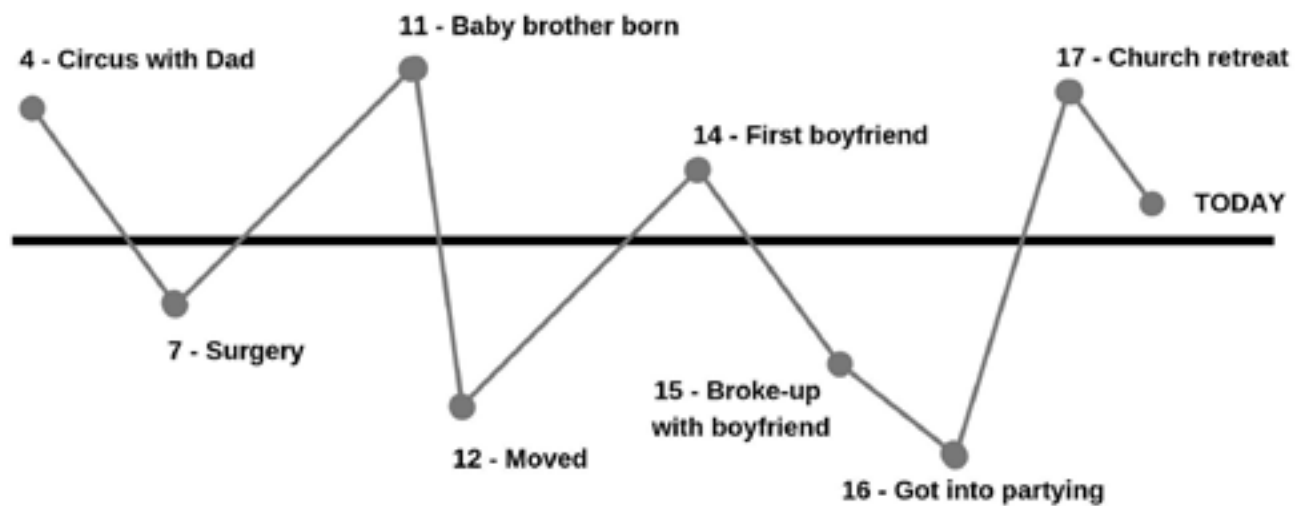
## Small Group Activity: Sharing Lifelines

The goal of your YDisciple small group is not merely to share information, but to share *life*. It is helpful to understand where young people are coming from in order to help shape where they are going.

### **DIRECTIONS**

**Each teen needs a piece of paper (or a page in a journal) and a writing utensil.**

- Draw a line horizontally through the middle of a piece of paper. This line will represent the span of the person's life.
- The distance above this line will represent a positive memory.
- The distance below this line will represent a negative memory.
- What you write down is what you will be sharing with the group.
- Draw a dot on the far right and label it "Today" with your current age. Make sure to put it above or below the line according to whether or not this moment is positive or negative.
- Start on the far left writing down your earliest memory and your age.
- Then write out your significant memories over the course of your life. NOTE: No one has to share memories they are not comfortable sharing.
- Everyone will have 10 minutes to share their lifeline with the group.



### Leader Tips:

- Remind everyone that while someone is sharing you should not interrupt.
- Before you start writing Lifelines and before you share them, pray for the Holy Spirit's inspiration.
- Leaders, share first to set the example.
- You can have them all share back to back over the course of one or two sessions OR you can do one at the beginning of each session before diving into that week's content.