

Stories Worth Telling

Process & Prompts



Step 1 – Choose a Prompt

Consider the prompts on the following pages. Does one of them evoke a story you desire to tell? Who might you like to interview or tell a story with? Or would you like to tell your story alone?

General

- Tell us about one of the most important people in your life.
- Tell us about the person who has had the greatest influence of your life. What lessons did they teach you?
- Who is someone that has shown you great love?
- Share some important lessons you've learned in life.
- Share some of your earliest childhood memories.
- How would you like people to remember you?

Emotions

- Share a story where you have felt both joy and sadness.
- Tell us about a time you overcame a fear in life.
- Share a story where you felt greatly loved.
- What brings you great hope in life?
- Where is a place that brings your peace?

Relationships

- Tell us about the love of your life.
- How did you meet your wife/husband/partner?
- Describe your first date with your wife/husband/partner.
- Tell us about your wedding day. Did it go as you imagined?
- What have you learned from your wife/husband/partner?

Church

- Tell us about some traditions that have been passed down through our church family. When and how did they get started?
- What do you see as our church's legacy?
- When was a time you were proud to be a part of Myers Park Presbyterian Church?
- What are your favorite Christian holidays and traditions? Why?
- Growing up, what role did the church play in your life?
- What important lessons have your faith taught you?
- Who is someone who's shaped your faith greatly?

Growing Up & School

- Tell us about where you grew up and what your childhood was like.
- What are your most vivid memories of school?
- Tell us about a teacher or other adult that impacted your life while you were growing up.
- Did you have a nickname? What was it and how did you get it? Does anyone still call you by that nickname?
- Has your life been different from what you imagined as a teenager?

COVID-19

- What has it been like for you to live through this pandemic?
- What has given you hope and comfort during this time?
- What has been the most challenging part of this experience?
- How is this experience different from other historical events you've lived through?
- What memory of this time do you think will stay with you?
- Has this experience changed you? If so, how?
- What lessons have you learned from living through this pandemic?

Racial Reconciliation

- What have been your thoughts and feelings as you've watched and/or participated in the protests for racial equity?
- What lessons do you hope our country can take from this moment?
- What has been hardest for you at this time?
- What are your hopes for the future of this country?

Or something else entirely!
Your story is worth telling.

Step 2 – Map It Out

Once you have decided what story you'd like to tell, take some time to map it out. What points or themes do you want to highlight. What image helps you illustrate this story? How will you begin? How will you wrap it up? Try to keep the story between 4-6 minutes - shorter is okay too!

Tip: Grab a pen & paper to map out your story. This can help you while you're recording it later.

If you need some more help, think about what kind of story you're telling. Take some time to consider the following questions as you craft your story. Writing down notes and ideas can help you sketch out your story in a meaningful way.

Transformation

- What was the world like before the moment of transformation?
- What events, actions, experiences, etc. lead up to the moment of transformation?
- What was the moment of transformation?
- What is life like now after the moment of transformation?

Information

- What is the main piece of information you are trying to relay? Write this down succinctly.
- What is important about this information that you want to share?
- What images, events, stories, etc. help depict this story for you?

Personal

- Who are you speaking about, what is their relation to you, how long have you known them?
- What do you want others to know about this person?
- What emotions come to mind when thinking about this person?
- Is there one story about this person you want to share, or is there a thread of stories that represent a theme about this person in your life that you would like to share?

Experience

- Name the experience you want to share about with others, describe when and where it took place
- Why do you want to share about this experience, what was it that has been meaningful to you?
- What events within this experience will help others understand your story better?
- What emotions does this experience bring up for you?

Everyday Life

- What do you want people to know about this part of your life?
- Have you always shared this part of you with people, or is this new to you? Why do you want to share this now?
- What about this aspect of your life do you find meaningful?
- What words, images, or stories might you share to help others see the meaning in this part of your life?

Once you've made your notes, determine what is important and needs to be kept, and also consider what isn't as important and doesn't need to be shared. Now, sit down and either write out an outline to use while sharing your story or write out your story word for word.

Take time to practice, and now you are ready to record and share your story!

Step 3 – Tell Your Story

Now you are ready to tell your story! Choose how you'd like to record your story: at the church or from home.

At the Church

[Click here](#) to choose a time to come to the church and record your story. More instructions will be available when you come in to record.

From Home

Use a voice recording app on your phone or computer to record your story. There are lots of great apps out there, but here are two options (with instructions):

- For iPhones: [Voice Memos](#)
- For Androids: [Google Record](#)

Once you have your recording, please email it to hello@myersparkpres.org.