

# STORYTELLING EXERCISES

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## EXERCISE 1 - BE YOURSELF!

People want to hear from you – from your unique perspective. And your perspective changes, because your life changes. So use this exercise to re-engage with your perspective on what is currently happening in your life.

In this exercise, trace your hand or cut and paste a picture of yourself in the middle of a piece of paper. Over top of that image write these four phrases:

***I Like:***

***I Love:***

***I Need:***

***I Want:***

We already know you love Jesus and your family. We know you need food and water. Leave the big ideas and get into the now, this moment. Remember, God is currently speaking to you and through you! So stay current: Right now, I like fall leaves sent to me by my cousin, classical music and reading historical fiction. I need a nap or I need a walk or I need time with friends. I want spicy Mexican salsa. I love green sweaters and banana pancakes.

The purpose for this exercise is to remind you that God is at work right now in the things you like, love, need and want.

## **EXERCISE 2 - BE SPECIFIC**

Go to a room in your house, someplace outside, or look around your office and describe that location using all five of your senses:

Smell, Taste, Touch, Sound, Sight.

Describe colors and textures.

Pretend you are sending this description to a painter who is going to do a watercolor painting of that room.

You will be surprised at how much detail you take in without thinking about it. When you tell a story, remember the details surrounding that event and use them to communicate what happened.

## **EXERCISE 3 - STORY STRUCTURE**

The next time you read an article or see a TV show or movie, notice the three-act structure.

***I. Set Up***

***II. Climactic Moment***

***III. Closing***

Look at the small and big events in your life and how God is telling His story through them.

What was the set-up to the event (Act I)?

What was the big action in the event that makes it an important story (Act II)?

What did you take away from the set up and the event that changed you (Act III)?