



Reflections

from past participants

"Sharing my stories with my group was a life-changing experience for me... I experienced Jesus' pursuit of me and my story during my time with my group."

"It felt as though God had put this group together with a purpose, we all had the same issue, it just looked different for everyone. I can continue to realize when I curse myself and finally feel like I know how to let the kindness in."

"It was one of the most difficult tasks to write childhood stories on paper and then read them to the group. Yet, in the process, God has begun healing me of the lies I have listened to for so many years."

I will lead the blind by ways they have not known, along unfamiliar paths I will guide them; I will turn the darkness into light before them and make the rough places smooth. These are the things I will do; I will not forsake them.

—Isaiah 42:16

Storied Lives

Storied Lives is for people interested in exploring patterns in their present struggles while building meaningful relationships with other participants.

What

Storied Lives are groups that explore the participants' pasts for them to live more freely in their present. They are offered through New Hope Counseling, Redeemer's counseling service. The groups use biblically-faithful material based on Dan Allender's work.

We all hold hard stories from our lives that linger in our minds and carry a sense of confusion, grief, and shame. Storied Lives creates a safe and powerful space for people to share these stories and invite others into them, to seek the Holy Spirit, who brings comfort, healing, and growth.

If you or someone you know would be a good candidate, please consider answering or asking about it. A good candidate is someone who:

- is at least somewhat emotionally steady (not in crisis), but has some past woundedness, or present affliction that he/she cannot seem to shake, and/or
- has the mature capacity to explore his/her weaknesses in addition to his/her strengths, knowing that personal growth requires intentional work

Where

New Hope Counseling
1505 N Delaware St

Registration

Registration is open until October 16th. Please email Carrie Sinsabaugh for an application or with any questions. *Use the QR code to apply.*



EMAIL: carrie@newhopeindianapolis.org

Cost

The cost is \$765, with partial scholarships available through the deacon team of Redeemer Presbyterian.

Frequently Asked Questions

What is the time commitment?

There is an initial 2-hour opening meeting in November, then there are 15 meetings from January to May for an average of 2 hours a week. The readings and writings will vary depending on each participant. Groups meet on Monday nights, and this year there may also be a daytime option.

What is the format?

During group sessions, participants take turns sharing, listening for themes from the teaching, and responding to each other. Groups have four to five participants, facilitated by trained leaders.

Do I have to be a good storyteller?

Storied Lives is not a storytelling class. Your writing will not be critiqued.

What if I don't have trauma?

Storied Lives leaders believe that we all have stories that have brought harm due to the broken world we live in.

Do I have to be a Christian?

Storied Lives is open to anyone wanting to explore stories. The teaching focuses on Christian beliefs, and there is dedicated time to prayer.