Radiating Stories of Hope

Let the redeemed of the LORD tell their story. (Psalm 107:2)

Every life holds a story. Some chapters are filled with laughter and celebration. Others are written through tears, diagnosis, disappointment, grief, or long stretches of waiting. When illness, pain, or caregiving is part of the story, our worlds may narrow. Our voices may grow quieter. We may begin to wonder whether anyone understands—but story has a remarkable way of reaching across the distance between us. When we tell others about where Christ has met us, we invite someone else to whisper,*"Me too!"* Stories connect us, ground us, and remind us that even in the hardest chapters, we are *not* walking alone. Our brave story can become a beacon of hope for those who have felt alone for far too long.

OUR STORIES ARE PAGES OF GOD'S STORY

The pages of our lives—joyful, painful, unfinished—are held within God's greater story of redemption. Christ is present in the hospital room, the sleepless night, the unanswered prayer, the changed body, and the fractured dream. He meets us in our weakness and remains with us in the waiting.

Our stories of hope are not simply about overcoming hardship. They are stories of *God-with-us*. They testify that sorrow and hope are inked on the same page. Faith and questions share the same sentence. Grief becomes a prayer of lament. Scars become signposts of courage and grace.

Our story may seem small, yet it is part of a breathtaking a mosaic of redemption, stories that reflectGod's goodness and faithfulness.

WRITE A SIX-WORD STORY

Sometimes six words are enough to open a window into a much larger story. Capture one page of your journey in exactly six words.

For example:

- The diagnosis came. Jesus stayed near.
- Still waiting. Still wondering. Still held.

Write several. Choose one to share with a friend, post online, or keep tucked in your Bible.

MAKE A STORY MAP

Draw a simple winding path across a page. Along the path, mark significant places in your journey: joy, loss, diagnosis, waiting, questions, people who made a difference, unexpected gifts, answered or unanswered prayers, courage, and grace.

Add small stars wherever you recognize God's presence. Choose one star and write the story behind it.

WRITE THE STORY OF A SCAR

This is an invitation to tell the story of a visible or invisible scar. These sentence starterscan help you begin:

- This scar came from...
- What others may not see is...
- The hardest part has been...
- God has met me by...
- This scar has taught me...
- The hope I want to offer someone else is...

WRITE A LETTER TO SOMEONE A CHAPTER BEHIND YOU

Imagine someone has just received the same diagnosis you did, entered the caregiving role you know so well, experienced a similar loss, or begun walking a road you have already traveled. What would you want them to know? Share what was hard, what helped, and where you felt God's presence.

TELL YOUR STORY THROUGH AN OBJECT

Choose a meaningful object from your journey: a hospital bracelet, a worn Bible, a walking cane, a photograph, a prayer journal, a quilt, a soft blanket, or a coffee mug. Place it in front of you and ask: *If this object could tell one page of my story, what would it say?* Write from the object's perspective, or use it as the opening image for your story.

RADIATE ONE PAGE OF YOUR STORY

Sharing your story does not require sharing everything. Choose one page (one part of your story) you feel ready to share with the world. Turn it into a short essay, poem, prayer, photograph with a caption, piece of art, voice recording, letter, or conversation.Before sharing, ask yourself:

- Is this mine to tell?
- Is this the right time to tell it?
- *What details should remain private?*
- *Where is the hope—not necessarily the happy ending—on this page?*

Then offer it to one person or many, trusting God to carry its light farther than you can see.