Welcome to Sacred Story Coaching!

We are grateful for this opportunity to journey together, with one another and with our Lord! As we explore our family of origin stories, gaining a deeper understanding of the groundwork they lay for our lives and their impact on our style of relating, we stand confidently on our Lord's ability and desire to lead us towards resolution, healing, and freedom.

Below are a few logistics and guidelines for our time together:

WHEN & WHERE

There are two story groups meeting this Fall. Find the details below, including zoom link, for the group you are attending.

TUESDAYS, 7:30pm – 9:00pm ET

We will meet for eight Tuesdays, beginning on September 30, 2025 and concluding on November 18, 2025. It is important to attend every session.

We will meet at this zoom link each week:
https://us06web.zoom.us/j/89086172688?pwd=Qbb6xthFRbbpbg5Y5mF7rZG8WEpvRR.1

THURSDAYS, 10:30am – 12:00pm ET

We will meet for eight Thursdays, beginning on October 2, 2025 and concluding on November 20, 2025. It is important to attend every session.

We will meet at this zoom link each week:
https://us06web.zoom.us/j/81095380242?pwd=U7bHNXrRr3UhqQJpzXf5quqgIcMEfl.1

GENERAL SCHEDULE

Week 1 will be a time to get to know one another and experience the framework we will use to explore our stories week-to-week.

The general flow of each session will be:

- 15-minutes with full group: check-in and teaching
- 30-minutes Story #1
    - Step 1: First person reads her story
    - Step 2: Engage the story (person + facilitator)
    - Step 3: Engage the group in the person's story

- 5-minutes Break/Transition
- 30-minutes Story #2
    - Step 1: Second person reads her story
    - Step 2: Engage the story (person + facilitator)
    - Step 3: Engage the group in the person's story
- 10-minutes with full group: healing prayer and checkout

You may want to dedicate a notebook or journal to this healing experience and bring it with you each week.

STORY FRAMEWORK

"Our lives are filled with tragedy. But far more amazing, we live out our stories surrounded by an angelic host and a multitude of stories that serve to put our lives in context and give meaning to our heartaches… And it is in the midst of our tragedies that we will see how the waters of suffering have cut our terrain and formed the contours of our character. More than anything else, tragedies shape our identity and our character." - Dan Allender

Jesus desires to restore our hearts. While He could heal all of us with a broad-brush stroke, most often he heals by entering the particularity of story: Jairus's 12-year-old daughter, the cripple at the pool of Siloam for decades, the woman at the well and her many husbands, his dear friend Lazarus. These are specific people with specific circumstances that Jesus knows and names.

Our lives are composed of many stories, scenes that may have lasted for moments or months, but that were filled with shame, powerlessness, betrayal or heartbreak. These stories of harm often hold us bound for a lifetime because of how we struggled to make sense of trauma in our family of origin. It takes courage to re-enter the sacred territory of our stories of harm with the Lord for healing and freedom.

The story component of this group requires each participant to write and share a story from your family of origin that was painful, harmful, or tragic. On a scale from 1 to 10, with 10 being the most traumatic event of your life, we are looking to engage stories in the 5-7 range. We want to get close enough to the pain to see the terrain clearly without causing additional trauma to the story reader.

In the safety of the group, we will name what was true, make space for grief, and allow the Lord to bring grace and healing into a specific memory and moment. Although simple in design, story work with Jesus can powerfully impact the trajectory of our stories and how we view ourselves and others, past and present. This healing then re-configures how we are able to move forward in our present and future.

During week 1, we will walk through an example together and we will share more specific guidelines for writing your story. We will also create our group's story schedule, so each group member will receive dedicated time for sharing and engaging with her story.

IN PREPARATION, IF YOU'D LIKE
Watch our video teaching called, Healing the Heart Wounds, found in our online classroom here: https://hopesgarden.mykajabi.com/offers/4fnZWAH2

Please reach out with any questions you may have. It is my privilege to be invited into your stories.

I look forward to this journey with you!

Yours in Christ,
Betsy
onegratefulgirl@verizon.net