

Known & Loved

Formation Hour

Session 1, Concept and Modeling

October 5, 2025

We'll begin together in the sanctuary with a time
led by Jimmy Gotta, Matt Hebert, and Hannah Hutton.
We will then break into our small groups to begin Life Story Snapshots.

To be loved but not known is comforting but superficial. To be known and not loved is our greatest fear. But to be *fully known* and *truly loved* is, well, a lot like being loved by God.

Tim Keller

- What is a "Life Story Snapshot"?
- Why is it important to share our stories?
- Hannah and Matt will share their Life Story Snapshot.

Life Story Snapshots:

- Facilitator begins by simply introducing the story-sharer to the group.
- Identify a "timer"
 - Set a timer for 7 minutes. Each group will be given timing cards to show to the story-sharer during their time of speaking, so they can gauge their sharing time. (4 min., 2 min., 1 min., 30 sec., time). When the timer is up, the snapshot is over.
- Today, group hosts will share their Life Story Snapshot using the format on the back page.
- After someone shares, the person who introduced them will offer a 1-2 word affirmation. That same person will invite the group to each share a 1-2 word affirmation of the speaker and then pray for the story-sharer.

Make a plan:

Make a plan for who is sharing next. There will likely be time for 3-5 people to share.

Life Story Snapshots

You will have 7 minutes to share through *some* of these prompts. It's very casual! After you are finished, we will ask three people to affirm you, and then we will pray for you.

1. Tell us about an **important person** in your life:
 - Describe them.
 - Why are they important to you?
 - Share a fun memory that you have with them.
 - How do you feel when you are around them?
 - How has God used them to shape your story?
2. Tell us about a **challenging time period** in your life:
 - Describe that time.
 - Describe how you felt during that time.
 - How do you feel about it now?
 - How was God present for you in that season of your life?
3. Talk about a **good time** in your life (a time when things felt right):
 - Describe that time. What made it special?
 - Describe how you felt during that time.
 - How do you feel about it now?
 - What was your experience of God like during that time?
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4. Describe what it is like to **live in your family/ household**:
 - What do the people act like?
 - What does it sound like?
 - What does it feel like to be in you in that space?
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5. Tell us how you **see yourself** and how you believe others see you:
 - How would one of your family members describe you?
 - What is one achievement or something your proud of?
 - How is your self-talk?
 - "If you really knew me, you would know____."
 - In what space do you feel most yourself? Why is that?
 - How are you different at home than here?
 - How do you think God sees you?