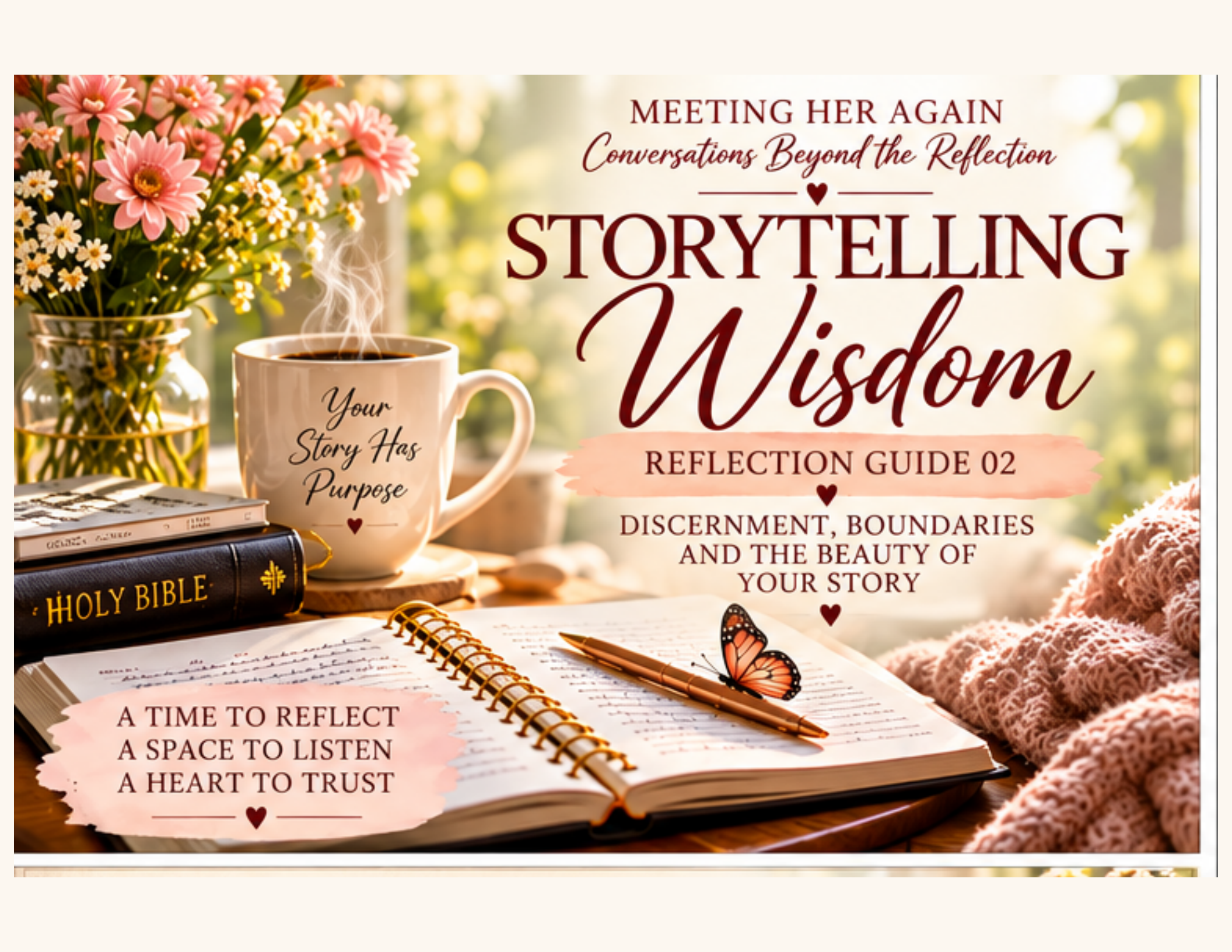


A warm, inviting scene featuring a white mug of coffee with steam rising from it, a vase of pink and white flowers, a stack of books including a Bible, and an open spiral notebook with a pen and a butterfly resting on it. The background is a soft-focus view of a window with greenery outside.

MEETING HER AGAIN
Conversations Beyond the Reflection

—♥—

STORYTELLING *Wisdom*

REFLECTION GUIDE 02

—♥—
DISCERNMENT, BOUNDARIES
AND THE BEAUTY OF
YOUR STORY

A TIME TO REFLECT
A SPACE TO LISTEN
A HEART TO TRUST

—♥—

1

A Moment to Pause

You have a story. A story of resilience, of healing, of grief, of grace, of second chances. It is a story that matters.

But you may also be asking,
“Do I share this part of my story?”
“Is it the right time?”
“Who can I trust with it?”

These are important questions. Not every part of our story needs to be shared, and wisdom helps us discern what to speak, what to wait on, and what to keep sacred.

Today’s reflection is an invitation to pause, to be honest with yourself, and to seek God’s wisdom as you consider how, when, and with whom to share your story.

A Gentle Reminder

You can be honest without telling everything.
You can have a testimony without exposing every wound.
Wisdom is not hiding. Sometimes wisdom is knowing what is sacred.

Not every
part of my story
needs to be shared,
but every part
of my story
matters to God.



2

Pause and Reflect



Take a moment. You do not have to rush your answers. Allow yourself to be honest about what feels ready to be shared—and what may still need to be held gently.

1

What part of my story have I felt drawn to share?
What makes this part of my story important to me?

2

Why do I want to share it?
*Am I looking for understanding, healing, connection—
or hoping my experience might help someone else?*

3

How do I feel when I think about telling this part of my story?
Peaceful? Anxious? Exposed? Free? Still deeply hurt?

4

Is the person or space I am considering safe for my story?
Has trust been built? Will my vulnerability be treated with care?

5

What part of my story am I not ready to share—
and can I give myself permission to keep it private?



There is
wisdom in
knowing when
to speak,
when to wait,
and when to
simply allow
God to work
in you.



3

Your Story Has Purpose

There is wisdom in knowing when to speak, when to wait, and when to simply allow God to continue His work in you.

You do not have to force meaning from every difficult chapter. And you do not have to turn every painful experience into something public.

Sometimes the first purpose of your story is simply what God is doing in you.

And then, perhaps one day, a conversation will come. Another woman may sit across from you carrying something you recognize. You may not need a platform, a perfect testimony, or all the right words.

You may simply be able to say, "I've been there too."

And that may be enough to remind her that she is not alone.

A Closing Prayer

God, thank You for being present in every part of my story—the parts I understand and the parts I am still learning to hold with grace.

Give me wisdom to know what to share, when to share it, and with whom. Help me recognize what still needs healing and what You may be preparing to use to bring hope to someone else.

Teach me never to be ashamed of where I have been, but also never to feel pressured to share what You are asking me to protect. May my story, whether spoken aloud or quietly lived, reflect Your grace.

Amen.

A Scripture to Carry With You

"Let the redeemed
of the Lord
tell their story..."

— Psalm 107:2 (NIV)

MEETING HER AGAIN
Conversations Beyond the Reflection