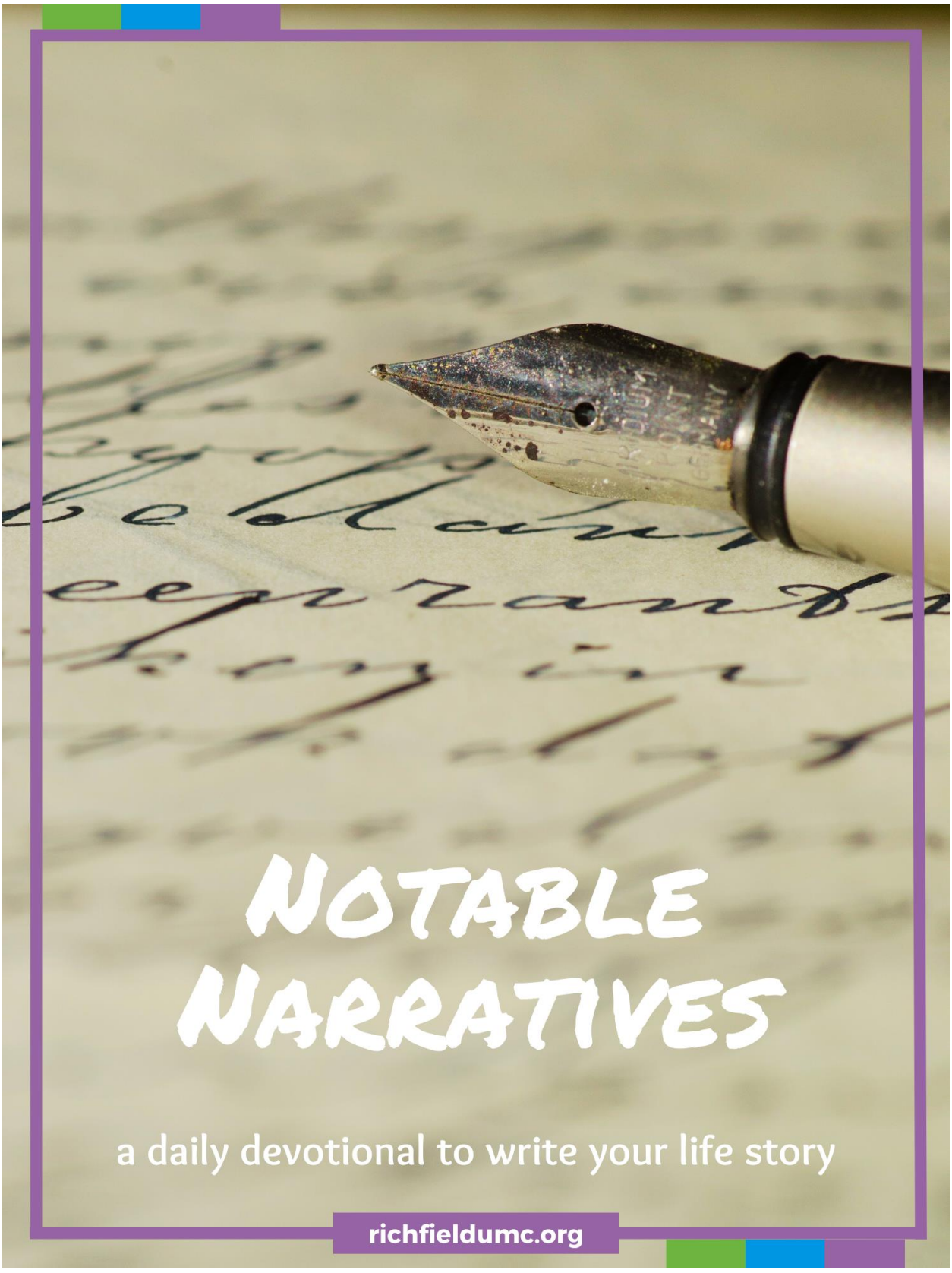

Notable Narratives

a daily devotional to write your life story

richfieldumc.org

INTRODUCTION:

Welcome to a daily devotional for Lent, with a twist. In many daily devos, we read what others have written about, giving thanks for what they have shared with the world. This time, the writer is you, and this devotional is about what you have to share with the people in your lives. It is time to write your “Notable Narrative.”

Everyone has a story to share - even you! This devotional booklet is filled with daily writing prompts. Each prompt is intended to help you reflect on various aspects of your life. You will give thanks for your spiritual side, look back to your milestones, consider where you find comfort and hope, celebrate fun, express your feelings, and look ahead to the future.

When I sit down with a family to plan a funeral or memorial service, I ask questions so I can get to know their loved one through their eyes. Questions often include how was this person known in the community? Where did they lend a hand? What were the significant events in their life? What is a funny story? When did they have your back? What are the “legendary” stories that everybody knows? The responses I hear are often a mixture of laughter, tears, and gratitude for this person as people share stories with me. It is a joy to see people the way their loved ones see them. Some of you may have experienced this.

Along with that, sometimes families have gaps of knowledge for questions like these. They don’t always know the most significant events in their loved one’s life, or are at a loss for how this person lent a hand in their community. Every once in a while, someone will say, “I wish I’d asked them to tell me more stories about their life.” Or “I wish I’d recorded them telling their stories, or written them down.” These responses are often listful, and full of longing. It is humbling to see how people yearn for their loved one in these moments. Some of you may have experienced this, as well.

Friends, this devotional booklet can be your opportunity to share your life with your loved ones. You’ll write about things they may never have thought to ask, or things they’ve always wanted to ask and didn’t know how. You’re encouraged to write, then to share, and then perhaps ask them to share their story with you in return.

A few tips as you begin:
If a writing prompt inspires you, write right away. Trust your instincts.
If a prompt doesn’t inspire you, that’s okay. Adapt it for what is meaningful to you, or scrap it entirely or write about something else. It is always best to try to write every day.
If you miss a day, that’s okay. Go easy on yourself, and just pick it back up. It’s that simple.

The devotional booklet is available in print on campus, online at richfieldumc.org/devo (as are other recent daily devos), and as daily entries at

facebook.com/richfieldunitedmethodistchurch. You're encouraged to share these posts with friends and family. My special gratitude to Kay Bergeland, Parish Nurse, for partnering with me to craft these writing prompts and Linda Schmidt, Communications Coordinator, for making this devotional booklet look great in print and online!

I hope you embrace writing everyday as a spiritual practice during Lent (or whenever you are picking up this devotional). God is devoted to you daily. May this daily devotional reveal all the ways God has been with you along the journey.

In Christ,
Rev. Nate Melcher

This devotional is made possible by Richfield United Methodist Church in Minneapolis, Minnesota (2024). It is available to any house of worship to use and distribute for free with proper citation: "Notable Narratives: A Lenten Storytelling Devotional" © 2024 Richfield United Methodist Church, Minneapolis, MN; used with permission.

P.S. Advent begins December 1, 2024 and this fall we'll send out a request for church members to help craft 25 devotional entries surrounding themes of hope, peace, joy, and faith. Perhaps one or more of the stories you write about in this devotional will be a good fit!

01. Wednesday, February 14, 2024

Ash Wednesday

What's the first thing that I usually tell people about myself?

02. Thursday, February 15, 2024

How do I feel about the four seasons and why?

03. Friday, February 16, 2024

What are 10 words I can use to describe myself?

04. Saturday, February 17, 2024

What is a topic I want to learn more about and why?

05. Sunday, February 18, 2024

What is a place where I find myself feeling close to God?

06. Monday, February 19, 2024

What is one of my favorite childhood memories?

07. Tuesday, February 20, 2024

If I could personally give unlimited resources to a cause, what would it be and why?

08. Wednesday, February 21, 2024

What is one of the best purchases that I've ever made?

09. Thursday, February 22, 2024

What animal makes me feel good?

10. Friday, February 23, 2024

What is the most fun I've ever had?

11. Saturday, February 24, 2024

What do I like about who I am today? How does that bring me hope for tomorrow?

12. Sunday, February 25, 2024

In our church, we say a “Conflux Moment” is when your life’s journey meets God’s heart. What is a Conflux Moment that I have had in the past year?

13. Monday, February 26, 2024

What am I most proud of in my life?

14. Tuesday, February 27, 2024

What am I most thankful for about my church?

15. Wednesday, February 28, 2024

If I walked through my neighborhood with Jesus,
what would we point out to each other?

16. Thursday, February 29, 2024

Who or what can always cheer me up?

17. Friday, March 01, 2024

What are 3 things that made me smile this week?

18. Saturday, March 02, 2024

What is something that I want to be remembered for?

19. Sunday, March 03, 2024

Psalm 23 has the famous line, “Yea, though I walk through the valley of the shadow of death, I will fear no evil; for thou art with me.” What has been one of my “valleys” that I walked through?

20. Monday, March 04, 2024

What season of my life did I experience abundant joy?

21. Tuesday, March 05, 2024

How have I been there for someone else? What impact did that have on me?

22. Wednesday, March 06, 2024

What are the two moments that I never want to forget in my life?

23. Thursday, March 07, 2024

How do I feel about prayer?

24. Friday, March 08, 2024

What makes me feel relaxed and filled with delight?

25. Saturday, March 09, 2024

What is my dream, big or small?

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26. Sunday, March 10, 2024

What scripture stories, verses, and/or Biblical figures inspire me?

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27. Monday, March 11, 2024

If I could talk to my younger self, what advice or encouragement would I give?

28. Tuesday, March 12, 2024

Pick an item in my home. If it could tell its life story, what would it say?

29. Wednesday, March 13, 2024

Whether because it makes me happy or sad, what always moves me to tears?

30. Thursday, March 14, 2024

Which of my habits has served me well?

31. Friday, March 15, 2024

What's the strangest thing that has ever happened to me?

32. Saturday, March 16, 2024

What will tomorrow look like for me? (I get to define what "tomorrow" means to me.)

33. Sunday, March 17, 2024

What was a favorite moment I had in a worship setting?

34. Monday, March 18, 2024

If I could give an update about who I am now to someone who is no longer in my life, living or dead, who would it be and what would I say?

35. Tuesday, March 19, 2024

Who has been with me through thick and thin?

36. Wednesday, March 20, 2024

What are some of your favorite vacation memories?

37. Thursday, March 21, 2024

What emotion is easiest for me to express?
What emotion is hardest for me to express?

38. Friday, March 22, 2024

What are the words I've always needed to hear?

39. Saturday, March 23, 2024

What do I hope for the next generation?

40. Sunday, March 24, 2024

If I had to write a book on a subject close to my heart and tie it to faith, what would it be about?

41. Monday, March 25, 2024

One of the ways I have changed over the past year is…

42. Tuesday, March 26, 2024

What was a small act of kindness shown to me that I always want to remember?

43. Wednesday, March 27, 2024

Pick a favorite vehicle, fill each seat, go on a road trip! What is the vehicle, who is with me, and where are we going? (Unlimited time, energy, and budget!)

44. Thursday, March 28, 2024

Maundy Thursday

Maya Angelou once wrote, “I’ve learned that people will forget what you said, people will forget what you did, but people will never forget how you made them feel.” What is an example of this truth in my life?

45. Friday, March 29, 2024

Good Friday

What's the story people always ask me to tell?

46. Saturday, March 30, 2024

What's the story I wish people would always ask me to tell?

47. Sunday, March 31, 2024

Easter Sunday

The founder of the Methodist movement, Rev. John Wesley,
often told people to ask one another, “How is it with your soul?”
On this Easter Sunday, the question comes to me: How is it with my soul?