

REFLECTING ON YOUR STORY, IN THE STORY OF GOD

This exercise invites you to look at the things that shape and form you, either in light of or instead of the story God says is most true of you. Be prayerful, honest, and patient as you ask God to show you who you believe you are.

- > Who or what most shaped your understanding of yourself?

- > What were the sources of your sense of personal value and identity?

- > What do/did you see in your family of origin that was different from others?

- > What has changed and what is changing in your life now?



> Who and what is the focus of your life today?

> How has your story led you to the joys of your current life?

> What has changed and what is changing in your life now?

> Who and what is the focus of your life today?