



# WELLSPRING CHURCH

## LEARN – Your Story within the Unfolding Story of God

### Introduction:

God has shaped and crafted us in unique and different ways and has invited us to participate in His story of redemption. At the same time, so much of who we are today has been influenced by people, places and opportunities--namely, our life experience. Part of our growth as followers of Jesus is learning more about how our story and experiences fit into God's unfolding story of redemption.

### Scriptures:

Ephesians 2v10

### Reflection Questions:

1. In Ephesians 2v10, Paul says that we are God's handiwork—his masterpieces. Do you believe that you are God's masterpiece? Why or why not? What gets in the way?
2. What holds you back from doing the "good works" (Ephesians 2v10) that God has both called and equipped you do?
3. Note: Questions 3 and 4 go best with the timeline exercise below. We encourage you check this exercise out as well. If you were to organize your life into 5 chapters, what would the titles be? What lessons did God teach you in each chapter/season?
4. How have the 5 chapters and the lessons you just listed (from question 2) formed you to make a specific impact in his kingdom now?

### Experiment: (Choose one)

1. Timeline Exercise: See Below
2. What Brings You Life: See Below

### Pod Discussion:

1. As you listened to the podcast (watched the video), what struck you or stood out to you?
2. What was your experience in solitude like? Was it enjoyable? Uncomfortable? Did you notice anything about yourself, God or the world?
3. Is God inviting you to change anything in the way you do your life?

living water • living well

141 14th Street - Pacific Grove, CA 93950 | 831-373-4705 | [www.wellspringchurchpg.org](http://www.wellspringchurchpg.org)



# WELLSPRING CHURCH

## **Timeline Exercise:**

Your story is the key to unlocking your path forward. To help with this, we have developed a simple tool—a story-based time-line.

All you need to do this exercise is two things: first, post-it notes; second, ideally, a good sized poster board.

### 4 Step Overview:

- 1) Write the major people, events and places of your life on individual post-it notes.
- 2) Organize those post-it notes in chronological order.
- 3) Title each of the major chapters of your story.
- 4) Identify your major learnings/take-aways in each chapter.

### Step 1: Brainstorming post-it notes.

Begin writing important people, places and events from birth to the present on post-it notes. Place the notes on the table where you are working. Brainstorm both good and difficult moments. Remember: The law of brainstorming is that there are no wrong answers.

It is worth mentioning that, as you begin the process of recalling your story, you might recall events and details of your life that you may not have thought about for a while. Some may be good, and some may be difficult. Our purpose is not simply to “drag up the past” but to help you gain insight from the past that can help guide you in the future.

### Step 2: Organizing post-it notes

Our next step is to organize your post-it notes chronologically. Start on the top left of your poster board with your earliest post- it note. Your time line will move from top to bottom and left to right across the board. Feel free to use the entire poster board.

### Step 3: Titling Major Chapters

Every life story can be organized into chapters. As you look at your post-it notes, you may be able to see three to five key chapters of your story. Feel free to move your post-it notes around to reflect these chapters as needed.

Using blue post-it notes (or just a different color), go to the top of your poster board and give each chapter a title. Feel free to be creative. Choose titles that mean something to you. It's your life story.

### Step 4: Looking for Lessons

living water • living well

141 14th Street - Pacific Grove, CA 93950 | 831-373-4705 | [www.wellspringchurchpg.org](http://www.wellspringchurchpg.org)



# WELLSPRING CHURCH

Within each chapter, there are lessons to learn. What are they? What did you learn in that season? What do you dare not forget as you move forward? What do you want to take into the future?

Congrats! You finished!

## What Brings *You* Life?

The point of this exercise is to help you better understand what brings you life (and what doesn't) and why. Accordingly, below we ask you to identify two people, two places and two activities that bring you life (give you energy) and two people, two places and two activities that suck the life right out of you (and your energy with it).

### People

Who are two people that bring you life (energy) when you hang out with them? What is it about them that you enjoy? Try and identify one story that captures your relationship.

Who are two people that you wish you could avoid? What is it about them that you dislike? What is it about them that drains you? Try and identify one story that captures your relationship.

### Places

Identify two places that you love. Is there a place or two that you can breathe deeply—a place that restores you? Maybe it was a place in your childhood? Maybe it is somewhere you still go. What is it about the place that brings you so much life? Try and think of a story that captures your feelings about the place.

Identify two places that drain you. Maybe even thinking of this place creates tension in your shoulders or anxiety in your chest? Maybe it was a place in your childhood? Maybe it is somewhere you still go. What is it about the place that drains you? Try and think of a story that captures your feelings about the place.

### Activities

Identify two activities that you enjoy, that restore you and give you life. They could be small or large. Something you do everyday or something you have not done in a while. Is there a story you recall that highlights the benefits of that activity in your life?

Identify are two activities that demotivate and drain you. They could be small or large. Something you do everyday or something you have not done in a while. Is there a story you recall that highlights why these activities drain you so much?

living water • living well

141 14th Street - Pacific Grove, CA 93950 | 831-373-4705 | [www.wellspringchurchpg.org](http://www.wellspringchurchpg.org)