

MODULE 1: THE STORY OF YOUR LIFE

SESSION 7: YOUR STORY CONTINUES

Key Ideas for This Session:

- We have the opportunity to change our direction. The past is not wasted but rather, a starting point for God's grace in your life.
- Key verse: Philippians 1:6:
Being confident of this, that He who began a good work in you will carry it on to completion until the day of Christ Jesus.

An Opportunity to Write a Completely New Chapter:

During the previous sessions we have been thinking about our lives as a story—a story with a beginning and a middle part that brings us to where we are today. Right now, we are on the threshold, the doorway into the next part of our story. We have the opportunity to change the script and direction.

Reviewing Your Story

Let's review what we have discussed about your story so far:

Session 1: We looked at the very beginning of the world. We looked at our early experiences and how our story began and was shaped.

Read Psalm 139:13

For You created my inmost being; You knit me together in my mother's womb.

What are the implications of this verse?

Session 2: We looked at our growth from childhood into adulthood and how we developed as people. This includes physically, mentally, socially, emotionally, and spiritually.

Read Luke 2:52

And Jesus grew in wisdom and stature, and in favour with God and man.

What does this verse say about Jesus? What does it say about you?

Session 3: We looked at the people who were influential in our lives as role models—the people we looked up to and admired.

Read Proverbs 13:20

Walk with the wise and become wise, for a companion of fools suffers harm.

If you agree with this advice, how will you follow it?

Session 4: We discussed learning and the ways in which learning develops our ability to relate to the world (knowledge and skills), to other people (emotional intelligence), and to God (spirituality).

Read Proverbs 4:7,8

The beginning of wisdom is this: Get wisdom. Though it cost all you have, get understanding. ⁸ Cherish her, and she will exalt you; embrace her, and she will honour you.

What might this verse mean in relation to learning?

Session 5: We considered how character is the inner reality of who we are. It shapes the attitudes, choices, and behaviour that others see of us on the outside.

Read Philippians 4:8

Finally, brothers and sisters, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable—if anything is excellent or praiseworthy—think about such things.

List things you think about that fall under this description:

Session 6: We talked about our values and how our lives are shaped and defined by the choices we make based on these values.

Read Psalm 24:3,4

*Who may ascend the mountain of the Lord? Who may stand in His holy place?
4 The one who has clean hands and a pure heart, who does not trust in an idol or swear by a false god.*

What has been most helpful or meaningful to you in thinking about your life story so far? (Past relationships? Dreams and goals? Understanding values? Something else?)

Preparing to Write the Next Chapters:

It is important to know your story from the beginning so that you can learn from it and grow from it—and if necessary, depart from it.

There is a wonderful story in Scripture that talks about people who were unfaithful to God and found themselves in a wasteland of failure and trouble.

God promises them that this is not the end of their story but that He will give them a new future—as long as they will turn to Him and trust Him.

Read Joel 2:25-32

I will repay you for the years the locusts have eaten—the great locust and the young locust, the other locusts and the locust swarm—my great army that I sent among you. ²⁶ You will have plenty to eat, until you are full, and you will praise the name of the LORD your God, who has worked wonders for you; never again will my people be shamed. ²⁷ Then you will know that I am in Israel, that I am the LORD your God, and that there is no other; never again will my people be shamed.

²⁸“And afterward, I will pour out my Spirit on all people. Your sons and daughters will prophesy, your old men will dream dreams, your young men will see visions. ²⁹ Even on my servants, both men and women, I will pour out my Spirit in those days. ³⁰ I will show wonders in the heavens and on the earth, blood and fire and billows of smoke. ³¹ The sun will be turned to darkness and the moon to blood before the coming of the great and dreadful day of the LORD. ³² And everyone who calls on the name of the LORD will be saved; for on Mount Zion and in Jerusalem there will be deliverance, as the LORD has said, even among the survivors whom the LORD calls.

What did God promise to restore to His people?

What does the verse say they need to do?

Your story too, can take a very different turn with God’s help. The past is not a waste but the beginning, a starting point for God’s grace in your life.

What do you need to do to take the next positive step?

Read 2 Corinthians 5:16-18

So from now on we regard no one from a worldly point of view. Though we once regarded Christ in this way, we do so no longer. ¹⁷ Therefore, if anyone is in Christ, the new creation has come: The old has gone, the new is here! ¹⁸ All this is from God, who reconciled us to Himself through Christ and gave us the ministry of reconciliation.

This is an important reminder to us that God has not turned His back on us, He is not finished with us, but is present with us to change the course of our lives—our story. So, let's think ahead, to tomorrow, next week, next year —looking for ways to grow positively and diminish those things that weigh us down.

Worksheet for Review and Planning Ahead

The questionnaire below is designed to get you thinking about your future and the positive pathway you are on. Before answering it, consider these verses:

Philippians 1:6

Being confident of this, that He who began a good work in you will carry it on to completion until the day of Christ Jesus.

1 Corinthians 9:24

Do you not know that in a race all the runners run, but only one gets the prize? Run in such a way as to get the prize.

Philippians 4:13

I can do all this through Him who gives me strength.

What do you think these verses mean?

Questionnaire:

<i>What motivates you and gives you energy?</i>	
<i>What do you find frustrating that drains your energy?</i>	
<i>What would you do if you had the courage and the opportunity?</i>	
<i>Fill in: "Today, I'm one day closer to..."</i>	
<i>If you had the finances, what would you do?</i>	
<i>Who are the people who matter most in your life?</i>	
<i>What is your top goal? On a scale from 1-10, how close are you to the goal (10 being closest)? What do you need to do to achieve it?</i>	
<i>If you could go back in time and meet your younger self, what advice would you give?</i>	
<i>In five years from now, how do you want people to see you?</i>	
<i>If you could learn any skill, what would it be?</i>	

<p><i>What are the things you feel like you are in control of? What are the out-of-control things?</i></p>	
<p><i>What is something you've always wanted to do but never did?</i></p>	
<p><i>Who are the people helping you to move forward? Who is there to support you through everything?</i></p>	
<p><i>What is something good that has happened in the past, to make you the person you are today?</i></p>	
<p><i>What are five things you're grateful for right now?</i></p>	<ol style="list-style-type: none"> 1. _____ 2. _____ 3. _____ 4. _____ 5. _____