

GROWTH GROUP HOMEWORK | SESSION 4

SESSION FOCUS | AUTHENTICITY

VERSE | Galatians 5:1

CONTEXT | Galatians 5:1–12

PRAYER | God, show me what freedom looks like.

CONTENT: BOOK | THE CURE

For Session 6, we will be discussing your key insights and personal applications from the book *The Cure* by John Lynch, Bruce McNicol, and Bill Thrall. Begin reading the book now, and your assignment will be given at our next session.

ASSIGNMENT | PREPARE YOUR LIFE MAP

Our group will rise and fall on the level of transparency and honesty each of you is willing to give. Many times, God seems to do great work when we bear our souls to one another—*sharing the good, the bad, and the ugly*.

When sharing the Life Map of your story, it's important for others to feel like they **understand the real you**, rather than just facts or events. The Life Map exercise will help prepare you to share. Writing down the high and low points of your story, the heroes, and the defining moments will help you reflect on what made you who you are.

Not every point on your Life Map will need to be shared—only the key defining moments. Look to connect in a meaningful way by revealing your emotions and beliefs in conjunction with the details of events. Keep these best practices in mind:

- Provide insight into your heart, rather than just details about your life.
- Clarify where you are now on your faith journey with Jesus.
- Let others know areas where they can pray for or support you.
- Share the significant events in your life that affected your beliefs and development.
- Trust your group with information that you typically protect.

When sharing your Life Map, a typical chronology includes family dynamics, adolescent markers, transitioning into the real world, your professional journey, and your family situation. Significant markers or events and how those have affected your life will be sprinkled throughout the narrative. The same should be true as you share your faith journey. A good sharing of your story will express fears and hopes for the future, as well as where your heart and emotions are in relation to your life experiences.

Practice out loud several times. You will have 20 minutes to share your Life Map story and 10 minutes for the rest of the group to ask questions. Focus on your defining moments that have shaped your life and impacted your story. Within those 20 minutes, share one thoughtful story that illustrates the real you—good and bad.



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ONE-ON-ONE

Meet with another group member according to the one-on-one schedule.

LIFE MAPS

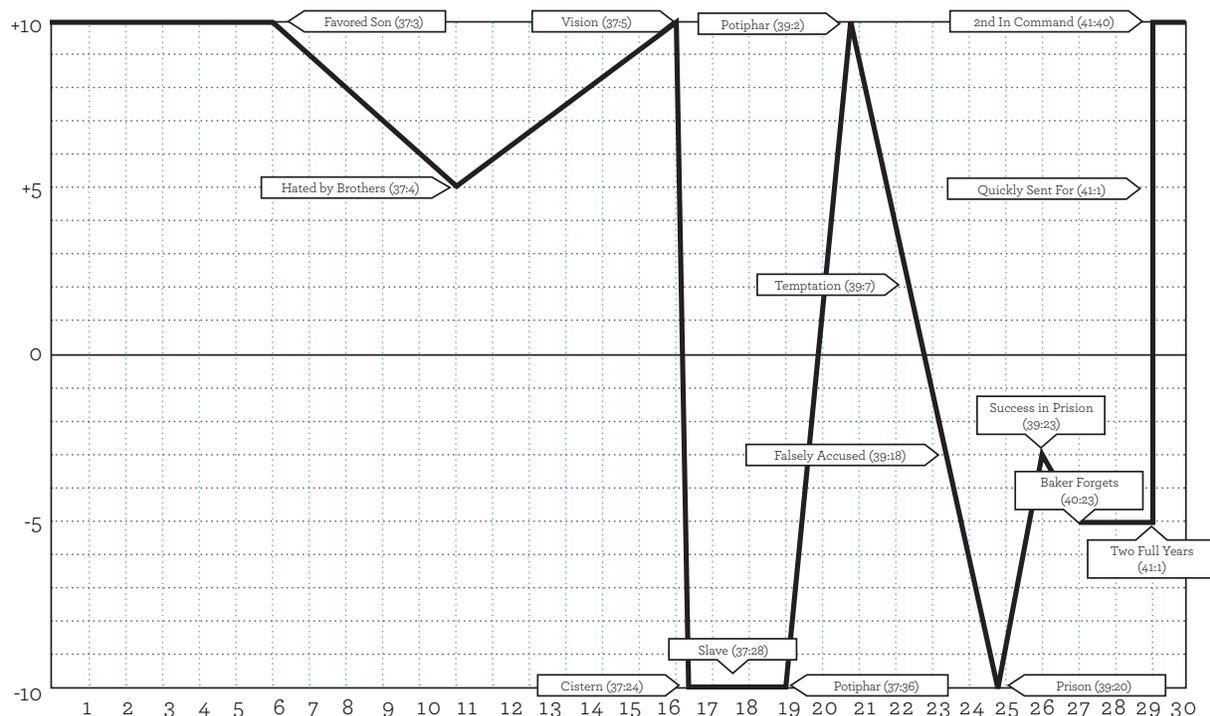
The Life Map is a great tool for preparing to tell your story to others. It helps you to identify the high, low, and in-between points in your life and to think through the significance of those events in your story.

To use your Life Map:

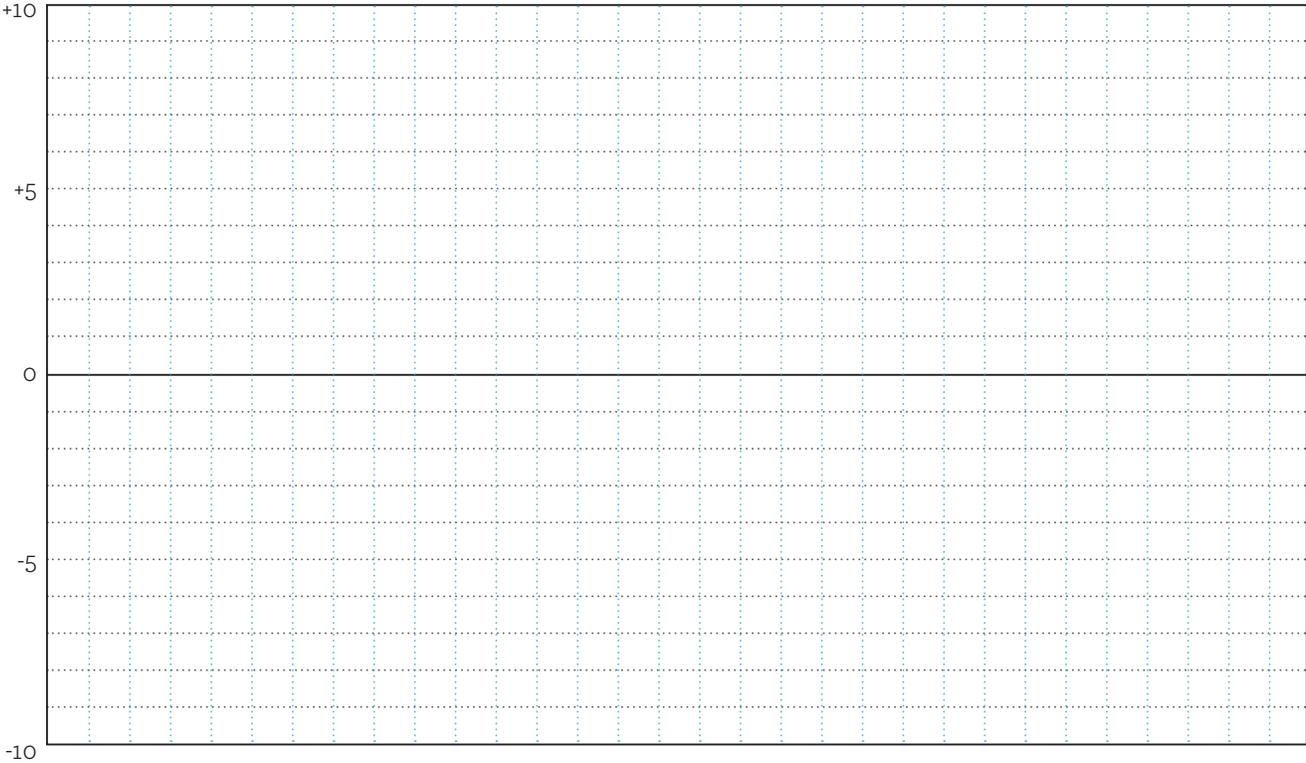
1. Chart your age along the bottom horizontal axis of the graph so that your birth (0) is in the bottom-left corner and your current age is in the bottom-right corner.
2. The left-side vertical axis is a scale from -10 (most negative events in your life) to +10 (most positive events in your life). The middle value (0) is neutral.
3. Think through the events of your life and chart them based on your age at the time they occurred and to what degree they were negative, neutral, or positive.
4. Place a dot on the page for each event and label that dot.
5. Connect the dots. This will help you to recognize a shape and pattern to your life by revealing seasons that were positive and seasons that were challenging.

Understanding your own Life Map will help you tell your story well. Our group wants to know and connect with the real you, so be honest about those defining moments that made you who you are.

Example Life Map of Joseph:



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HIGH POINTS

HEROES

LOW POINTS

DEFINING MOMENTS

