



YOUNIQUE



STORY

Session 2



TRAINER'S GUIDE



INTRODUCTION: WELCOME AND OPENING EXERCISE (10 MINUTES)

(Say something like this:) "Welcome back to Younique. I hope this past week has been filled with lots of discovery about God and His story that we find in the Bible. When we left last week, I challenged you to think about what you saw in God's story. This week we want to take a minute before we begin the next part of our journey to hear what you found."

EXERCISE: SHARING THE STORY

Invite the different groups in your room (if you're teaching a large group) or each individual (if you're leading a small group) to share their chapter titles for God's story with the rest of the room. Challenge the room to think through how each contributor's chapter titles are telling the story of the Bible.

After all the groups have shared, use two or more of the following questions to help the room reflect on what God has been teaching them so far in your journey together:

1. What new things have you learned about God's story since we started this journey together?
2. How did our session last week challenge your thinking about God or about yourself?
3. Which group's/person's chapter titles other than your own do you most identify with? Why?
4. What have you sensed God was saying to you this past week through this exercise?





Teach It: God's Story and Your Story (25 Min)

*The following is a script you can use to teach this portion of this session of the Younique 6-Week Primer to your group. You can read it out word for word, or you can use it as a basis for making your own remarks in your own style. If you make it your own that way, note the sentences and phrases in **boldface** as points you especially want to hit.*

As you might remember, last week we started the journey of identifying our God-given purpose. All of us have the same *general calling* that God issues to all people. The general calling includes honoring and glorifying God and making disciples. But that general calling is not what our six sessions together are about. **Younique is about our special calling.**

Last week we discovered together from Ephesians 2 that each of us is God's workmanship, created to do good works which God prepared in advance for us to do. I said that God has been dreaming about you. And no matter what you have done or what has happened to you, the good news of the Bible is that God hasn't given up on His dream for your life. This God-dream includes your general calling but it also defines your special calling. That means that **there are things unique to you—only you—that God has been dreaming about from the beginning of time.** Younique is about knowing and naming that unique, special call in a way that changes everything about your life.

I also said last week that our process to identify special calling combines **six important discoveries** that when put together create a dynamic collision of revelation about your call. These discoveries follow this progression:

1. God's Story
2. Your Story
3. Your Gifting
4. Your Passion
5. Your Calling
6. Your Goal

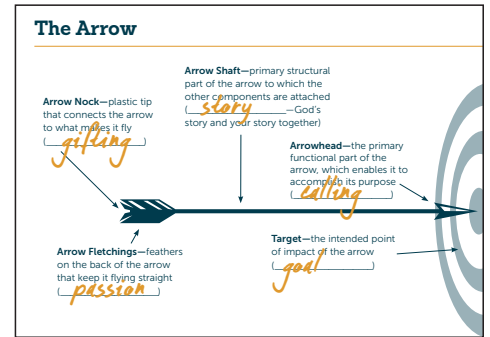
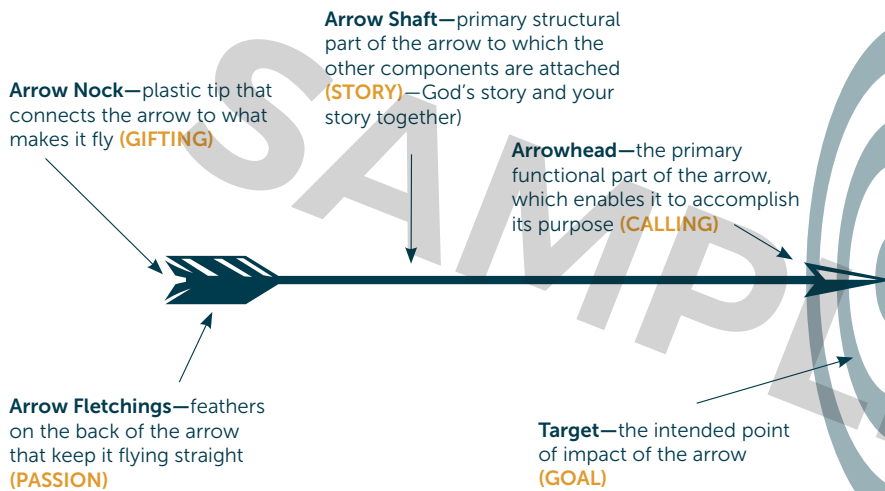
Let's take a minute to think about a picture that might show you how these six discoveries work together in your life.



TOOL: THE ARROW

An arrow that is designed the right way, that is placed into the right hands, that is connected to the right instrument (a bow), and that is used the right way can strike a target with great impact and precision. We want to think about how each of us could live our lives with the impact and precision of an arrow shot from God’s bow and striking the target of our world with the maximum faith, hope, and love.

The different parts of an arrow correlate to the different aspects of Story, Gifting, Passion, Calling, and Goal:



Last week we looked at the power of story by thinking about God’s story as found in the Bible. This week we want to continue that exploration of story by thinking about our own story. The power of story is truly revealed when God’s story connects with our story.

This combined story of God and ourselves is represented in this picture by the Arrow Shaft. Just as the Arrow Shaft is the primary structural part of the arrow, so **God’s story and our story combine to form the primary structural part of our lives.** Everything we are to do connects to this combined story.

BIG THOUGHT:

Here’s the big thought I want you to consider today. **Most people have experienced their story, but few have interpreted their story. Even fewer can articulate their story in a way that helps them find their place in God’s story.**

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The Arrow

Arrow Nock—plastic tip that connects the arrow to what makes it fly

Arrow Shaft—primary structural part of the arrow to which the other components are attached

Arrowhead—the primary functional part of the arrow, which enables it to accomplish its purpose

Arrow Fletchings—feathers on the back of the arrow that keep it flying straight

Target—the intended point of impact of the arrow

BIG THOUGHT:
 “Most people have _____ their story. Even fewer can _____ their story in a way that helps them find their place in _____ story.”

TEXT: 1 SAMUEL 17:1-37

NOTES

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BIG THOUGHT:
 “Most people have *experienced* their story, but few have *interpreted* their story. Even fewer can *articulate* their story in a way that helps them find their place in *God’s* story.”

TEXT: 1 SAMUEL 17:1-37



Last week we began our teaching in Ephesians 2, but really the entire Bible became our text. Now for the next several weeks we want to spend our teaching time in the story of one young man who exemplifies the dynamic collision of Story, Gifting, Passion, Calling, and Goal that we have been talking about. His name is David, and in chapter 17 of 1 Samuel, which we are going to examine over the next five weeks, **we will see vividly how the components of the arrow came together to shift the trajectory of David's life dramatically.** By seeing how David discovered his special calling, we might find the audacity to discover our own.

TEXT:

1 Samuel 17:1-37 (read aloud)



EXPLANATION:

Today we dive head first into the beginning of the defining moment of David's life. It's a story that's familiar even to many people who don't know the Bible well—**the story of David and Goliath.** In the first 37 verses of this chapter, just before the defining moment itself, we find that it was not simply a matter of coincidence or happenstance. Instead, **David recognized it as his defining moment because he knew God's story and because he knew his own.** When it mattered, he recognized that his whole life had been preparing him for it.

We could pull many insights out of these 37 verses, and in fact we will over the next several weeks. But today we want to focus on a few things that lie just below the surface that could be missed if we aren't careful. See, this defining moment for David could have been someone else's defining moment. His brothers came from the same family and went to the same battle. Their stories and David's story surely had many of the same features. But David was armed with something they weren't. David had interpreted his story. It was his understanding of the past that gave him eyes not only to see his future but even to shape it. This is the power of an interpreted story.

A few verses give us some clues that this is so. First, as an almost offhanded comment in verse 12, the Scripture tells us that David was the son of an Ephrathite named Jesse. It would be easy to miss the significance of this detail if we weren't careful. Then we get a clue from another commonly overlooked passage of Scripture—specifically, the genealogy of Jesus in Matthew 1. Matthew 1:5-6 says, "Salmon [was] the father of Boaz, whose mother was Rahab, Boaz [was] the father of Obed, whose mother was Ruth, Obed [was] the father of Jesse, and Jesse [was] the father of King David." In these two verses we find that **David's story was linked to two other great stories of Scripture.**



One was **Rahab**. In Joshua's day, when the people of Israel were fighting the Canaanites for the land God promised them, Rahab was a Canaanite prostitute living in Jericho who sheltered Israelite spies. In return, when the city was completely destroyed, she and her family were the only ones **delivered from Jericho's destruction**.

Then there's Ruth. Ruth was a Moabite who married an Israelite who had fled Israel with his family because of a terrible famine. Then Ruth's husband, her husband's brother, and her father-in-law all died, which left her mother-in-law Naomi devastated and destitute. When Naomi went back to Israel, Ruth went with her, even though it was basically a guarantee of abject poverty and no protection from men who might harm them. But then her late father-in-law's relative Boaz married Ruth, bought Naomi's husband's land, and enfolded them into his family. So **Ruth was delivered from the tragedy of a destroyed marriage, harrowing poverty, and status as a foreigner and an outsider**.

This theme of deliverance ran strong in David's story. So is it any coincidence that when David is talking to Saul about why he is qualified to fight Goliath, this theme of deliverance makes its way into his argument?

Listen to David's words in 1 Samuel 17:37. He says, "The LORD who delivered me from the paw of the lion and the paw of the bear will deliver me from the hand of this Philistine." Did you catch that? David sees the future based on his interpretation of the past. Sure his brothers had the same heritage—they had the same ancestors. Surely they all had heard God's story in the lives of these women. But **only David found the theme for his story in theirs. Not only that, but David had already found in his own story this common theme**. He had lived through a lion attack and a bear attack. Those experiences, which probably didn't seem like preparation at the time, now became the key to him understanding his future.

There's more. Did you notice that both Rahab and Ruth belonged to other nations? And not just any other nations—there was fierce hostility between them and Israel. The only reason Rahab and Ruth became part of Israel was that, in a moment of crisis, they both turned a dramatic about-face and rejected the gods of their peoples in favor of the God of Israel.

In Joshua 2:11, Rahab says to the Israelite spies, "The LORD your God is God in heaven above and on the earth below." Then she makes the spies swear in the Lord's name to help her. And in Ruth 1:16, Ruth says to Naomi, "Your people will be my people and your God my God." Then Ruth swears in the Lord's name never to leave Naomi. **Both women saw their crisis as the moment of truth to declare loyalty to the true God, the God of Israel, against the gods of the nations**.



So is it any wonder that David views the contest with Goliath the same way? David's brothers and the rest of the militia discussed the problem of Goliath entirely on an earthly plane. They focused on the social status and economic reward that King Saul would give whoever would take the giant down. Yet they also believed that Goliath was too strong to be defeated.

But **David talked about the situation totally differently—on a heavenly plane.** In verse 26 he says, "What will be done for the man who kills this Philistine and removes this disgrace from Israel? Who is this uncircumcised Philistine that he should defy the armies of the living God?" To David, the big issue was "disgrace"—it was a disgrace to the God of Israel that His army would panic in the face of this "uncircumcised Philistine." David knew that his ancestors Rahab and Ruth, who had belonged to Israel's enemies, wisely abandoned their gods for the God of Israel. So **David's attitude toward Goliath was, "Who does he think he is to defy the Lord?"**

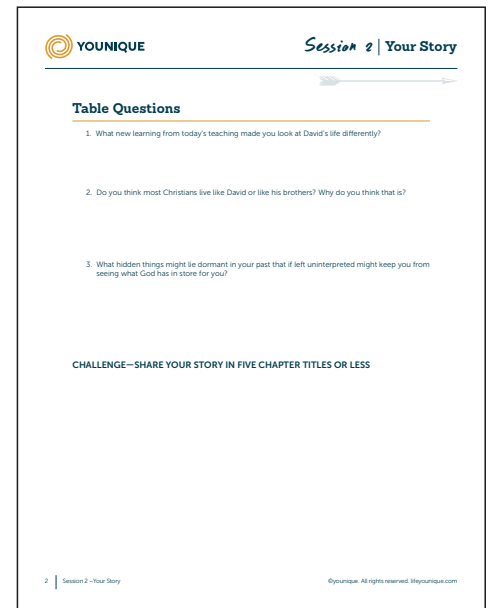
Here we see God's story and David's story in divinely orchestrated, dynamic collision. Thankfully David had eyes to see it too. While everyone else in Israel was convinced their stories were on the brink of irrecoverable disaster, David saw the divine deliverance. And while everyone else saw a clash of earthly armies over land and plunder, David saw the divine power-encounter between the God of Israel and the false gods of the nations. **Because David saw how God's story interwove with his story and his whole family's story, he was able to join God in the future God had been dreaming about and preparing David for his entire life.**

So the question for us today is, **"What about us?"** Are you ready to join God in his dynamic and divine future? Or will you spend your life cowering on a mountain, embittered like David's brothers against the audacity of others who have the faith to believe that the reality they find themselves in doesn't have to be the reality they live out the rest of their lives?

To join David, the first step lies in interpreting your past, understanding your story—both the good parts and the not-so-good stuff. **It is by recognizing what God has done in the past that we gain the courage to join Him in the future.**

**TABLE QUESTIONS:**

1. What new learning from today's teaching made you look at David's life differently?
2. Do you think most Christians live like David or like his brothers? Why do you think that is?
3. What hidden things might lie dormant in your past that, if left uninterpreted, might keep you from seeing what God has in store for you?



The thumbnail shows a worksheet page with the YOUNIQUE logo and 'Session 2 | Your Story' at the top. Below that is a section titled 'Table Questions' with three numbered questions. At the bottom of the page is a challenge: 'CHALLENGE—SHARE YOUR STORY IN FIVE CHAPTER TITLES OR LESS'. The footer contains '2 | Session 2—Your Story' and '©yunique. All rights reserved. lifeyunique.com'.

CHALLENGE—SHARE YOUR STORY IN FIVE CHAPTER TITLES OR LESS



Train It: Discovering Your Story (40 Min)



Now that your group has heard today's teaching, explain that you are now going to transition into a training session that helps them put today's teaching into practice. This training session includes working through the three tools that your group became familiar with last week as you were looking at God's story. This week you will use virtually the same tools to interpret and tell your own stories. These three tools include:

- Tool #1—Hinge Moments
- Tool #2—The Life-Line
- Tool #3—The Life Discovery Grid

Tell your group that today's training session will use a series of timed exercises to help them make their way through the three tools listed above in order to help each of them interpret and articulate their own stories.

TOOL #1—HINGE MOMENTS:

A Hinge Moment is an event or short period of time that changes the trajectory of the story. These Hinge Moments usually come as High Points or Hard Times.


Exercise: Use the Hinge Moments Tool to help participants come up with the Top 10 Hinge Moments of their lives.

Instructions: Explain to your group that today each of them will be working in our training session by themselves to accomplish several similar timed tasks in interpreting their own story as they did with the group last week to interpret God's story.

TASK 1: BRAINSTORM THE HINGE MOMENTS OF YOUR LIFE

Timer—7 Minutes

- Use the Hinge Moments Tool in your workbook.
- List the 10 highest High Points of your life. These are moments of great success or rejoicing.
- List the 10 lowest Hard Times of your life. These are moments of great failure or grief.
- Some Hinge Moments might be bittersweet—good-but-turn-bad or bad-but-turn-good. Just sort them into one list or the other as well as you can.
- We're going to prune these lists later, so they don't have to be perfect.

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Hinge Moments

LIST TOP TEN HIGH POINTS	LIST TOP TEN HARD TIMES
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

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TASK 2: IDENTIFY THE TOP 10 HINGE MOMENTS OF YOUR LIFE

Timer—1 Minute

- Circle the Top 10 most important Hinge Moments between your two lists—this time High points and Hard times don't have to be equal. (For example, you could choose six High Points and four Hard Times, or three High Points and seven Hard Times, etc.)

SAMPLE

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Hinge Moments

LIST TOP TEN HIGH POINTS	LIST TOP TEN HARD TIMES
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

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TOOL #2—THE LIFE-LINE:

The Life-Line is a linear map of events of your life, marking those events in chronological order.

Exercise: Use the Life-Line to organize your Top 10 Hinge Moments into chapters.

Instructions: Instruct participants to graph their Top 10 Hinge Moments on the Life-Line by completing the following timed tasks.

TASK 1: PLOT YOUR TOP TEN HINGE MOMENTS ON THE LIFE-LINE

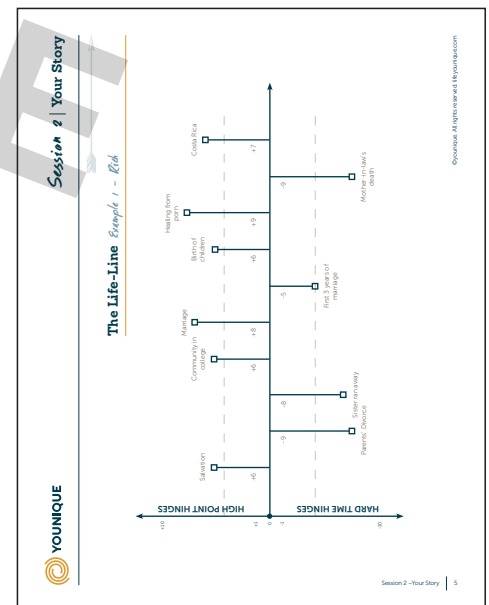
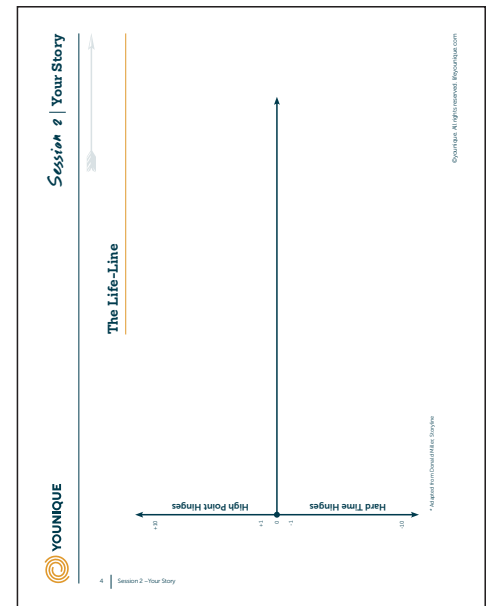
Timer—4 Minutes

- Rate how high was each of your High Points on a scale from +1 to +10.
- Rate how hard was each of your Hard Times on a scale from -1 to -10.
- Chart your story on your Life-Line by drawing a vertical line representing each Hinge Moment of your life onto the Life-Line in chronological order. Start each line on the midline. Then extend the length of the line up or down according to the rating you gave that Hinge Moment.
- Label each Hinge Moment on the Timeline.

TASK 2: BREAK THE LIFE-LINE INTO CHAPTERS

Timer—3 Minutes

- Locate two to four break points on the Life-Line.
- A break point is where a new season or chapter of your life story begins.
- Draw a dashed line vertically at each break point.
- Write your age-range at the top of each chapter (e.g., 0-12, 12-23, 23-35, 35-41)



TOOL #3—THE LIFE DISCOVERY GRID:

The Discovery Grid is an interpretive grid that helps you think through some of the most important aspects of each chapter of your life story.

Exercise: Use the Life Discovery Grid to grasp the content and significance of the different chapters of your life.

Instructions: Instruct the participants to fill out the Discovery Grid together by working through and completing the following timed tasks:

TASK 1: COMPLETE THE LIFE DISCOVERY GRID

Timer—20 Minutes

- Use the Life Discovery Grid tool in your workbook.
- Write your chapters' age-ranges in the cells of the dark grey row at the top of the grid.
- In the *Heritage* row, list two to five noteworthy features of how your family of origin and extended family impacted your life during each chapter.
- In the *High Points* row, list several High Points that happened during each chapter. You may include events that didn't make your Top 10 list.
- In the *Hard Times* row, list several Hard Times that happened during each chapter. You may include events that didn't make your Top 10 list.
- In the *Hand of God* row, list times that God revealed Himself to you in some extraordinary way during each chapter.
- In the *Heroes* row, name any individuals you admired who significantly impacted you in each chapter.

TASK 2: NAME YOUR CHAPTER TITLES

Timer—5 Minutes

- Brainstorm titles for each chapter, and write the one you settle on at the top of each column to help explain what was happening in each chapter of your life.
- Be as creative as possible.
- Try to title your chapters so that, when you put them all together, they succinctly communicate the story of your life.

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Heritage Your family and/or extended family's impact on your life.					
High Points Your most joyful, meaningful, and/or significant accomplishments and experiences.					
Hard Times Your most difficult, stressful, and/or painful experiences.					
Hand of God How God revealed Himself to you in some extraordinary way.					
Heroes People you admired, respected, and/or aspired to be like.					

Download the Life Discovery Grid tool at lifeyouunique.com/life-discovery-grid

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Life Discovery Grid Example 1 – Dan

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	Removal	Design	Structure	Foundation	Blue Print	Heritage
Heritage	Low-key, Staying Over	Olson, Shared Resources, Growth	Overweight, Shared Resources, Loyalty	Community, Mission, Identity	Family, High School, Fraternity	Family, High School, Fraternity
High Points	College, Moving Out, Career, Marriage	College, Moving Out, Career, Marriage	College, Moving Out, Career, Marriage	College, Moving Out, Career, Marriage	College, Moving Out, Career, Marriage	College, Moving Out, Career, Marriage
Hard Times	Blame, Worry, Struggle, Youngest Child, Our move to NY	Blame, Worry, Struggle, Youngest Child, Our move to NY	Blame, Worry, Struggle, Youngest Child, Our move to NY	Blame, Worry, Struggle, Youngest Child, Our move to NY	Blame, Worry, Struggle, Youngest Child, Our move to NY	Blame, Worry, Struggle, Youngest Child, Our move to NY
Hand of God	Guidance	Faith	Provision, Guidance, Patience	Joy, Love	Provision, Forming	Provision, Forming
Heroes	Gen S	Mrs B, Steve C	Mom and Dad, Issues	Country A, Drive B, Dr. M, Mr	Couch, Chavez, Mrs. B, Mrs. C, Dr. M, Mr	Couch, Chavez, Mrs. B, Mrs. C, Dr. M, Mr

Download the Life Discovery Grid tool at lifeyouunique.com/life-discovery-grid

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Tie It: Naming Your Story (5 Min)


Take a few minutes to debrief today's training exercise and tie it together with today's challenge. Tell participants that you are going to give them until this time next week to finalize the Chapter Titles of their life. Invite each person to come ready to share their story with someone else next week. Encourage them to use this week to tweak anything they want to before arriving at the next session.

FINAL THOUGHT AND REFLECTION QUESTIONS:

An uninterpreted past **determines** your future. An interpreted past **fuels** your future.

Encourage your participants to work through the following questions on their own this week to think through their personal stories:

1. What are my truly formative experiences in life—that is, what has made lasting impact?
2. Is there any common thread to my Hand of God experiences?
3. Is there any common thread to my Hard Times?
4. What are the patterns of sin that emerge in my life? How have I dealt with those sin patterns?
5. What are the consistent gifts and abilities in my life?
6. Why do I do what I do vocationally? Did one person or event significantly determine this?
7. Who are my most meaningful friends?
8. Who taught me how to live? How am I learning to live like Christ?
9. How has God's grace been revealed in my life?
10. How does my unique story bring God glory?
11. What would my life be like without God's hand?
12. What may God be preparing me to do in future chapters of my life?
13. What one-word title would I give my Life Discovery Grid?


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Final Thought

An uninterpreted past _____ your future. An interpreted past _____ your future.

REFLECTION QUESTIONS:

1. What are my truly formative experiences in life—that is, what has made lasting impact?
2. Is there any common thread to my Hand of God experiences?
3. Is there any common thread to my Hard Times?
4. What are the patterns of sin that emerge in my life? How I have dealt with those sin patterns?
5. What are the consistent gifts and abilities in my life?
6. Why do I do what I do vocationally? Did one person or event significantly determine this?
7. Who are my most meaningful friends?
8. Who taught me how to live? How am I learning to live like Christ?
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Final Thought

An uninterpreted past **fuels** **determines** your future. An interpreted past _____ your future.