



Objective & Big Idea:

To reveal important patterns in a participant's life by stimulating awareness and connection of significant life events and relationships. To initiate the journey of learning to understand their life story.

BIG IDEA: If you don't interpret your story, your past will determine your future. If you DO interpret your story, your past can fuel your future.

How it Works:

Bring the age range over to the Life Discovery Grid, initially serving in each of the top boxes to designate the four different chapters of their life

Have participants fill out a draft of the Life Discovery Grid by filling out 2-5 bullet points in each square of the grid (examples, instructions and questions also available in the Participant Guide).

Once the grid is complete, participants go back and name each of the chapters in a way that feels significant to each chapter

Give space for people to quietly reflect on God's hand in their life as they think through the Life Discovery Grid questions

After they've evaluated their 4 chapters, have them guess, "In light of what you've seen in your past, what do you think the next chapter of life will look like?"

Coaching Tips:

Encourage participants to have creativity in naming the chapters of their life. (For example, some people use movie titles, song titles, alliteration, etc.) Time for reflection, in and out of session, will give space for creativity.

Give 10 minutes and 5 minutes warnings as time winds down. If possible, place a timer of 25 minutes on the screen so people can see how much time is left in the exercise.

Make yourself available to those who are getting stuck. Typically, the biggest issue people have is identifying Heritage, so be prepared to answer those types of questions. (i.e.: what is the beauty and brokenness in your family of origin and how that plays out throughout all chapters?)





Reference:

Journey 1 Workbook, pg. 24-32
 Younique Experience Notebook, pg. 10-11

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Life Discovery Grid Instructions

"Before I can tell my life what I want to do with it, I must listen to my life telling me who I am." —*Patrick J. Palmer*

WHAT IS A LIFE DISCOVERY GRID?
 A Life Discovery Grid is a simple tool designed to reveal important patterns in your life. It does this by stimulating the awareness and connection of significant life events and relationships. Once the grid has been completed, it can be presented to others within the process group.

WHY DO A LIFE DISCOVERY GRID?
 The Life Discovery Grid is the first tool on the Personal Clarity Journey that connects to the "Courage to Know" imperative on the Clarity Spiral. The tool guides an individual through reflective work that will provide a context for other tools along the way. The Grid can also create a structured process for building community and inspiring worship within any small group setting. Every time you share your Life Discovery Grid, there is an incredible potential for fellowship, laughter, reflection and encouragement. Life Discovery Grids can bring people to a great awareness of what God is doing in life and a greater intimacy to follow Christ. The primary focus in a Life Discovery Grid is God, the process allows the group to reflect on God's goodness and grace as it reflects itself differently in every person. The secondary focus is you, what has God been doing through you and preparing for your life?

HOW IS A LIFE DISCOVERY GRID STRUCTURED?
 A Life Discovery Grid is a blank grid for you to record specific people and events. The grid allows you to divide your life into five chapters. These chapter divisions are completely up to you based on natural dividing points in your life experience. To help you think through the five life chapters, we start with the Life-Line tool. The grid includes 5 "H's" that help focus the people and events for you to record.

- Heritage
- High Points
- Hard Times
- Hand of God
- Heroes

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Life Discovery Grid Instructions (continued)

HOW TO PREPARE A LIFE DISCOVERY GRID

Step #1. Use the Life-Line tool to chart your top ten "hinge moments."

Each hinge moment can be scored on a scale of one to ten either as a hard time hinge moment or a high point hinge moment. Some hinge moments will have a mixture of both. Don't worry about a "right answer," simply use the tool to stimulate reflection.

Step #2. Identify the chapters of your life story.

- Think about natural divisions of your life after completing the Life-Line. Examples may include early childhood years, college, single, before children, preparation, Vermont years, My 30s, First Baptist years, multiplication, etc.
- Record these on the Discovery Grid and be as creative as you want with the titles.

Please complete the Life Discovery Grid worksheet on pg. 10 of your Younique Experience Notebook.

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Life Discovery Grid Instructions (continued)

What if the positive and negative turns in your life have prepared you for something great? —*Donald Miller*

Step #3. Identify the characters and events of your life story by filling in 2-5 bullet points in each square of your grid.

Heritage—that which comes or belongs to one by reason of birth; an inherited lot or portion. —*Random House Dictionary*

HERITAGE

- What qualities in my parents influenced me most?
- What was the atmosphere in my home as I grew up?
- What cultural or ethnic factors influenced me?
- What geographic factors influenced me?
- What financial factors influenced me?
- How did my parents define success?
- What were the types of businesses in my home?
- How do heritage factors continue to influence me beyond childhood?

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Life Discovery Grid Instructions (continued)

Hero—a person who, in the opinion of others, has heroic qualities or has performed a heroic act and is regarded as a model or ideal. —*Random House Dictionary*

HIGH POINTS

- What experiences demonstrate my abilities?
- What successes have I enjoyed?
- What events have brought me great joy?
- What season of life has been my happiest?
- How have I made significant contribution to others?
- What memories do I dream about?

HARD TIMES

- Who or what has been a source of pain in my life?
- What do I tend to harbor bitterness toward?
- Where do my deepest disappointments lie?
- What injustices have I had to suffer?
- What addictions and abuse have I been exposed to?
- What incidents are hard to talk about with others?

HAND OF GOD

- What were the most life-changing moments in my life?
- When and how have I been awakened to God?
- What blessings have I received that I did not know were blessings at the time?
- What "God Moments" are forever etched in my mind?
- When did I first start thinking about God?
- How has God directed me through supernatural experiences, encounters or communication?

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Life Discovery Grid Instructions (continued)

HEROES

- Who have I looked up to or admired?
- Who has influenced me for good?
- Whose life would I like to model mine after?
- Who has given me inspiration, who has believed in me?
- Who has shaped my character and life direction?
- What parents, relatives, neighbors, teachers, coaches and friends could be heroes?

Make sure that for each of the 5 "H's", you write down specific words or phrases that will bring a character or event to your mind when you present your Life Discovery Grid.

Step #4. Name your chapter titles

Step #5. Discover God's authorship in your life.

After your Life Discovery Grid is complete, continue to reflect so that you can identify and record patterns. Use the questions on the following page as a guide.

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Life Discovery Grid Instructions (continued)

DISCOVERY GRID QUESTIONS

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

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Life Discovery Grid Example 1-Dave R.

	Blue Print	Foundation	Structure	Design	Remodel
Heritage	Family hard work, Frugal	Community Fellowship, Mission Ministry	Overwhelming Community Shared, Reformed Identity	Disc, Maturity Growth	Loneliness, Starting Over
High Points	Summer trips to OH Sports, Saving my sister	College Soccer, Dating, Friendships, Dams, Steamers, Fishing, Camps, Marriage	Marriage Kids 1st, 2nd, 3rd, 4th, 5th, 6th, 7th, 8th, 9th, 10th, 11th, 12th, 13th, 14th, 15th, 16th, 17th, 18th, 19th, 20th, 21st, 22nd, 23rd, 24th, 25th, 26th, 27th, 28th, 29th, 30th, 31st, 32nd, 33rd, 34th, 35th, 36th, 37th, 38th, 39th, 40th, 41st, 42nd, 43rd, 44th, 45th, 46th, 47th, 48th, 49th, 50th, 51st, 52nd, 53rd, 54th, 55th, 56th, 57th, 58th, 59th, 60th, 61st, 62nd, 63rd, 64th, 65th, 66th, 67th, 68th, 69th, 70th, 71st, 72nd, 73rd, 74th, 75th, 76th, 77th, 78th, 79th, 80th, 81st, 82nd, 83rd, 84th, 85th, 86th, 87th, 88th, 89th, 90th, 91st, 92nd, 93rd, 94th, 95th, 96th, 97th, 98th, 99th, 100th	Living near the ocean, New friends, Success, Job, Trip with Son to Montana, 4200 10000	Sister's Wedding, Move to KY
Hard Times	Bad Choices, Relationships, Being Fights, Jr year of High School	Score Ending, College Ending	Shawn Dying, Marriage Struggles, Youngest Child with HIV, Financial	Discovery of learning disabilities with Daughter, Traveling and being on the road away from family	Sister's Wedding, Move to KY
Hand of God	Protection, Farming	Joy, Love	Provision, Guidance, Faithfulness	Faith	Guidance
Heroes	Coach, Coachman Mr. Hulford, Uncle Ben	Courtesy R, Dan B, Chris B, Dr. Myer	Mom and Dad, Inters	Mia B, Steve C	Clan B
Life Drifts					

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Life Discovery Grid Example 2-Kelly R.

	Happy	Hurt	Health	Hope	Hacked
Heritage	Pastors Kid, Westwood, Conversion, Celebrations of family	Legation in the Church, Personal Frustration, Isolation and Frustration, Getting outside the US.	Independence, freedom, ability to choose, Discovery of the faith and becoming personal.	Extended Family in Mission, Press to Discover, a deep sense of mission and purpose	Conventional, Establishment, Business, People Learning, Loss
High Points	Summer trips to OH Sports, Saving my sister	First love relationship, Sports, church, art, trip to Italy	College, Meeting my husband, Working at great organizations, Family moved close.	Married, Having children, Working at great organizations, Family moved close.	Adoption of our son, 9 month wait, setback
Hard Times	Bad Choices, Relationships, Being Fights, Jr year of High School	Mean Girls, Name called on every 4 years, Eyes opened to ch. dysfunction and abuse	Being in College in FL, while family lived in NY, Moving to IL, my Senior year of college.	Working and always financially just getting by, infertility.	Relationships w/ Ministry Partners, rejection, called to cross, family business not family.
Hand of God	Protection, Farming	Christians, Church Heritage, Grounded Family, Pastor Henna, 1983, Getting Saved	Mission trip to Haiti B, Eyes open to real kindness, Protection in relationships.	My Mom able to watch the son, Living in Community, Our first daughter	Leaving FL, Growth in leadership, being delivered out of financial grid, The courage to leave.
Heroes	Coach, Coachman Mr. Hulford, Uncle Ben	High School, Coaches, Mr. Campbell	Anna, husband, Community of Friends, Grandparents.	Mom and Dad, Grandparents, husband	Clan and Courtney, Obed CHM, husband
Life Drifts					

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Please complete the Life Discovery Grid Reporting worksheet on pg. 11 of your Younique Experience Notebook.

YOUNIQUE Life Discovery Grid

Heritage					
High Points					
Hard Times					
Hand of God					
Heroes					
Life Drifts					

YOUNIQUE Life Discovery Grid Reporting

CHAPTER TITLES					
Insight 1 To Share					
Insight 2 To Share					
Insight 3 To Share					

