



Objective, Big Idea & Biblical Focus:

To help participants see how the core temptations of the enemy are trying to sabotage their narrative, and how the power of the Gospel helps redeem their story.

BIG IDEA: A Life Drift is when we tend to multiply our brokenness by medicating our primary issues with secondary issues, instead of going to the cross with our brokenness.

Luke 4:1-14 - Have a participant read this aloud before you teach this.

How it Works:

Introduce Appetite, Approval and Ambition as the life drifts through Luke 4:1-14.

Demonstrate how we often multiply our own brokenness by moving from one to the other.

Show how 'at the cross' Jesus addresses each of these drifts (Gospel). Highlight that He was led into the desert full of the Holy Spirit and on the other side of temptations is empowered by the Spirit - the same empowerment Christ followers have today.

Identify core issues for each of the three A's and the lie behind each core issue. Reiterate that Satan contextualizes these lies to each person (not everyone hears them the same way).

Show, and give examples, of how the three A's become Celebrity, Consumerism and Competition in American Culture.

Coaching Tips:

As you are teaching, make sure to use your own life stories, giving appropriate vulnerability of your own tendencies to multiply brokenness rather than going to the cross. Be genuine. Be you.

Share how this tool has helped you identify broken patterns in your own life.

This tool helps us see we all WILL drift and the key is how we grow in our recognition and recovery rate which is the two marks of spiritual maturity.



Reference:

Journey 1 Workbook, pg. 35-40
 Younique Experience Notebook, pg. 12

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The Three Life Drifts

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The Three Life Drifts (continued)

Read Luke 4:1-14

THE 3 TEMPTATIONS OF JESUS*

- The Temptation of Appetite
 The issue of Appetite is need and satisfaction .
- The Temptation of Ambition
 The issue of Ambition is weakness and strength .
- The Temptation of Approval
 The issue of Approval is rejection and acceptance .

*Mike J. Breen https://disciplingculture.com

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The Three Life Drifts (continued)

"But if I am to let my life speak things I want to hear, things I would gladly tell others, I must also let it speak things I do not want to hear and would never tell anyone else! My life is not only about my strengths and virtues; it is also about my liabilities and my limits, my trespasses and my shadow. An inevitable though often ignored dimension of the question for 'wholeness' is that we must embrace what we dislike or find shameful about ourselves as well as what we are confident and proud of."

—Parker J. Palmer

THE POWER OF THE CROSS

- What Jesus resisted personally in the desert determined the power with which He lived.
- What Jesus defeated permanently at the cross determines the power in which we can live.
- At the cross, Jesus becomes everything that too often plagues us.

AT THE CROSS

- In regard to Appetite:
 Jesus becomes needy so we can be satisfied .
- In regard to Ambition:
 Jesus becomes weak so we can be strong .
- In regard to Approval:
 Jesus becomes rejected so we can be accepted .

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The Three Life Drifts (continued)

"What Jesus resisted in the desert personally, he defeated at the cross permanently." —Dave Rhodes

Life Drift: Instead of going to the cross with our brokenness we tend to multiply our brokenness by medicating our primary issues with secondary issues.

CORE ISSUES OF THE 3 A'S:

- The Core Issue of Appetite is Fear .
 Fear says: "I'll never have enough!"
- The Core Issue of Ambition is Guilt .
 Guilt says: "I'll never accomplish enough!"
- The Core Issue of Approval is Shame .
 Shame says: "I'll never be enough!"

INSTRUCTIONS:

- Go back into each chapter of your life story and identify which Life Drift (temptation) you struggled with in each chapter.
- Think through how you multiplied that brokenness or took it to the cross.
- Identify directly the lies you were tempted to believe in light of this in each chapter.
- Identify the gospel truth that you now believe or should believe in light of this lie.

Please complete the Life Drifts Grid worksheet on pg. 12 of your Younique Experience Notebook.

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Life Drifts Grid Example 1—Chad P.

CHAPTER TITLES	Trying Out	Getting Cut	Making the Team	Starting Line-Up
Primary Drift (Core)	Ambition	Appetite	Ambition	Ambition
Secondary Drift (Presenting)	Approval	Approval	Approval	Approval
Life Lie #1 (God)	God was confined to organized church	God would protect me no matter what and God is dependent on me.	God did not care if I enjoy in in the church	God would protect all of us fighting for discipleship
Life Lie #2 (Life)	Actions don't have consequences	My actions were not negatively affecting others	Life in church would be boring. I would always have to sacrifice my family.	Tragedy won't come my way. People I trust and look up to will never let me down.
Life Lie #3 (Yourself)	I was invincible. I could party and excel in sports and athletics would carry me.	I had found enlightenment. I was making a positive difference in the world.	I had to be a pastor like my dad. I was savior of the church.	I would never get my chance. I'm better than other leaders around me.
Life Truth	God has called me	Community and relationships are what. How you treat others really does matter.	God really does love me and has my best interest at heart	Don't have to compete against others/sinners. Learn to love wife, parent, children are important.

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Life Drifts Grid Example 2—Kathy R.

CHAPTER TITLES	Happy	Hurt	Health	Hope	Hacked
Primary Drift (Core)	Appetite	Approval	Ambition	Appetite	Approval
Secondary Drift (Presenting)	Ambition	Ambition	Appetite	Approval	Ambition
Life Lie #1 (God)	God is not stable	God Does not care about Me.	Was God who he said he is? I should feel guilty for not living fully for him.	God gives us just enough but will always keep you on the verge of breakthrough	God wants me to sacrifice and to die to everything.
Life Lie #2 (Life)	People are always mean and self serving	That people are cruel. There are no real friendships in life.	That in an isolated bubble everything is perfect.	Our perfect life would never change and we would always be one big happy family	That we need to submit to and serve others and never question things.
Life Lie #3 (Yourself)	Were not likeable enough as a family/person to have long lasting relationships. Fear I was not enough.	I was messed up. Was not good enough for someone to like. I was not enough.	If you run away from your "past" it will never find you.	That I had to work really hard in managing relationships	That I was not a good leader. I would never be worthy of being adopted into someone else's family
Life Truth	You can't control others but you can control yourself and your response to things.	God was always there.	God wants me to thrive in relationships with him and others.	Life is meant to live in Community and doing life that way is worth everything.	God is a god of Freedom. He wants us to LIVE Fully, in community where you can fully be your true self.

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YOUNIQUE Life Drifts Grid

CHAPTER TITLES					
Primary Drift (Core)					
Secondary Drift (Presenting)					
Life Lie #1 (God)					
Life Lie #2 (Life)					
Life Lie #3 (Yourself)					
Life Truth					

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