



## Objective, Big Idea & Biblical Focus:

In identifying key moments in their life where they multiplied brokenness or took it to the cross, participants will take the first step in seeing more breakthrough in the future (identification of patterns in the past is always step #1).

**BIG IDEA: Knowing our drift patterns can become transformational. Being a disciple is about recognition and recovery - do we see our brokenness and turn to the cross? Growth happens when the time gap between recognition and recovery decreases.**

Reiterate that while we're looking at some of these negative things, we are doing it to show the Gospel truths that are the actual drivers of our life that we get to live into each and every day. These are creating the major "why's" of your life, becoming the fertile soil from which to identify your Core Values.

## How it Works:

Have participants go back to their life story and identify which Life Drift they struggled with in each chapter, thinking through how they either multiplied brokenness or took it to the cross, writing it down on the 'My Life Drifts' worksheet.

Have them spend time filling out the Life Drifts Grid: Directly identify the lies they were tempted to believe about God, life and themselves. Then, identify the Gospel truth they now believe or should in light of each lie (Life Truth).

## Coaching Tips:

Let people know this is the deepest, toughest part of the process in Journey 1 while also being "the best news" session. There is no good news without the bad news of our brokenness and it is a shared reality for us all. A certain percentage of people will need more help, even counseling, as they are working through some of their life drifts. Make that recommendation to them in an appropriate manner, but don't let the whole cohort get hung up on the one person. Create space towards the end of session, through prayer, inviting the Spirit of God to bring His healing presence and seal His truth upon each person's heart.





# Reference:

Journey 1 Workbook, pg. 39-40  
 Younique Experience Notebook pg. 12

Session 3

Life Drifts Grid *Example 1-Chad P.*

CHAPTER TITLES	Trying Out	Getting Cut	Making the Team	Starting Line-Up
<b>Primary Drift (Core)</b>	Ambition	Appetite	Ambition	Ambition
<b>Secondary Drift (Presenting)</b>	Approval	Approval	Approval	Approval
<b>Life Lie #1 (God)</b>	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
<b>Life Lie #2 (Life)</b>	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.
<b>Life Lie #3 (Yourself)</b>	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.
<b>Life Truth</b>	God has called me	Community and relationships are vital. 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/churches. 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
<b>Primary Drift (Core)</b>	Appetite	Approval	Ambition	Appetite	Approval
<b>Secondary Drift (Presenting)</b>	Ambition	Ambition	Appetite	Approval	Ambition
<b>Life Lie #1 (God)</b>	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.
<b>Life Lie #2 (Life)</b>	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.
<b>Life Lie #3 (Yourself)</b>	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. If you came around me you would leave.	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
<b>Life Truth</b>	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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Life Drifts Grid

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

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