BEFORE YOU BEGIN

Welcome to Younique! Over six sessions, you and your group will get a powerful taste of what it's like to live inspired by your God-given purpose.

We created the *Younique 6-Session Primer* to introduce people to the greater joy and effectiveness they can have following Jesus when they know their unique calling in life, wherever they are on their faith journey. But that's not all—**Younique helps the church be the change-agent God designed.**

Younique exists to help churches equip every follower of Jesus for his mission where they live, work, and play—not only to come to church but to be the church. That's how salvation multiplies to more people, who make disciples, who make disciples. Helping each disciple to know what God uniquely created them to do is essential to their training.

This exploration is only the beginning of what we at Younique call **Gospel-Centered Life Design.** We hope it whets your appetite for the full Younique Experience, which goes much deeper—not only into discerning and naming your unique calling but also into living it out.

Whether or not you choose to go beyond this study, however, what you're about to discover might change how you see and do everything.

Five Tips

We know that leading people through a journey to discover their calling in life might be intimidating. But even though you can never be prepared for everything, these five tips help you lead well.

1. Trust God

A well-designed curriculum can never substitute for the dynamic interaction between you and those you lead and between them and God. We can't manufacture or manipulate a life-changing encounter with God!

Never sacrifice what God is doing in your group in order to get through the session. It's better to move with what God is doing than feel handcuffed to what the material tells you to do. Getting through to your group is always more important than getting through the curriculum.

2. Trust Yourself

Sometimes our design and your discernment may seem to be at odds. While every session is designed in light of our experience with many groups, we know that every group is unique. This design is a framework, not a formula. You know the needs of your group better than anyone else.

3. Trust the Process

You don't have to be a perfect leader, but you do need to be a prepared leader. Recognize your role as both a teacher and a trainer. Each session is 75 minutes long and is designed with both a teaching and a training component.

The teaching component gives the biblical context and foundation for that part of the journey.

The training component helps your group put into practice what they learned in the teaching. This is where the *Younique 6-Session Primer* differs from most groups.

The video icon indicates an optional video that can be accessed at **lifeyounique.com/ptv** using the password ARROW21. The video can substitute for the teaching component, and it introduces the tools (exercises) used in the training component.

Every session is more than just teaching and discussion questions it's loaded with tools to help your group get breakthrough clarity about their calling. So don't overteach. Trust that what you didn't cover in the teaching time will come out in the training time.

Each 75-minute session will fly by because your group will be engaging the content and each other in dynamic ways, not just sitting and listening. So watch your time to make sure you stay on task. Invite participants to continue using the tools between sessions for maximum breakthrough.

4. Believe for the Best

People in your group may get frustrated sometimes. Pressure is an ingredient of any breakthrough. Resist the temptation to rescue

people when they hit pressure points that they are not used to hitting. Sometimes breakdown (at least a little) leads to breakthrough.

Training sessions are built with this in mind. Just as a trainer at a gym pushes you beyond what you think you can do, do the same for your participants as a spiritual trainer. Be okay with a few complaints—that's how you know you're pushing your group beyond their comfort zone.

5. Prepare for More

The Younique 6-Session Primer is just the beginning of designing a well-lived life. Few things are more frustrating than knowing your God-given purpose but not knowing how to live it out. That's why we created the full Younique Experience, a complete journey in Gospel-Centered Life Design.

The Younique Experience helps people answer the five biggest questions for living under the lordship of Jesus: What am I called to do? Why am I driven to do it? How do I do it? When am I successful? Where is God taking me? We invite you to get certified to bring the Younique Experience to your church. Learn more at lifeyounique. com/for-coaches.

Get Ready to Launch

VIII Marin

Kelly Kamuscher

Please reach out to us so we can help you along the way. And please share your stories of breakthrough with us! We can't wait to hear the insight and revelation that God brings to your group. Send us an email at info@futurechurch.co or find us on Instagram at YourLifeCall.

In addition, Younique is only one part of the Future Church Company, an organization devoted to forging the next chapter of church. Learn more about how we can assist your ministry at **futurechurch.co**.

Meanwhile, take time to prepare each session, and have fun! Get ready to lead your group on the journey they won't forget.

Will Mancini, founder, Future Church Co.

Dave Rhodes, cofounder, Future Church Co.

Kelly Kannwischer, cofounder, Future Church Co.

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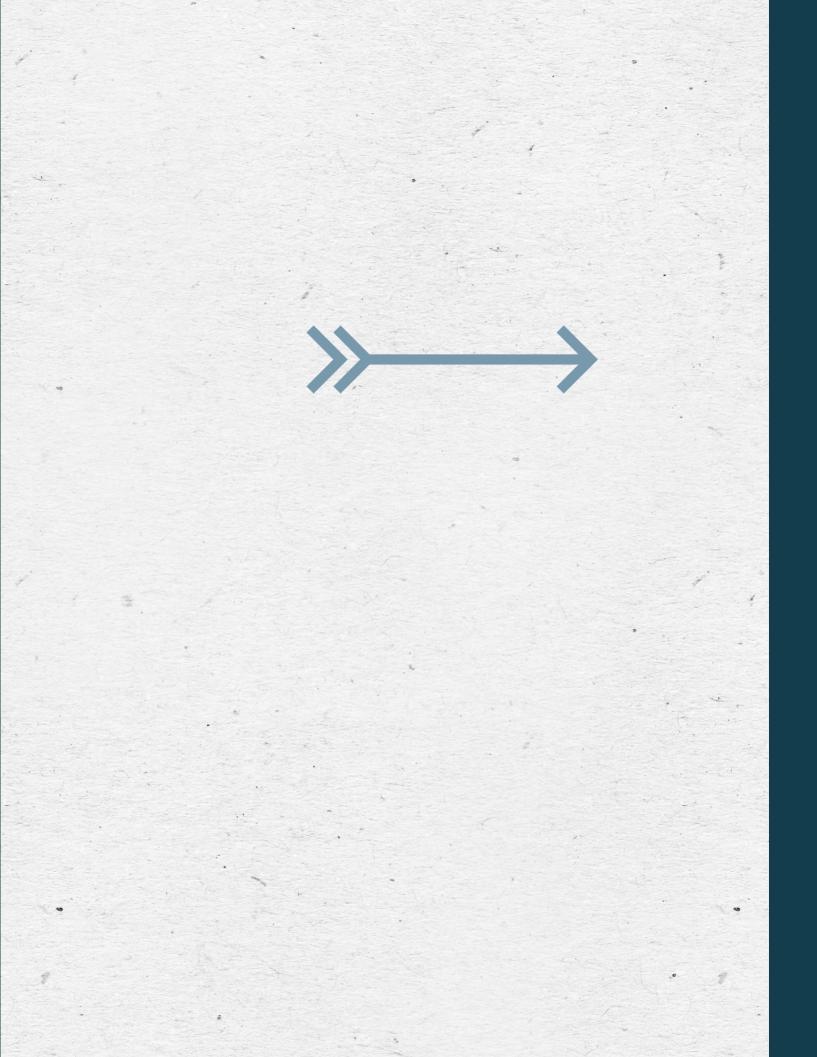
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SESSION 01







Introduction: Welcome and Opening Exercise (20 Min)

Welcome to Younique! In these six sessions, I hope you get a boost on your life-long journey of learning who you are and who God is. This process has great content and exercises, but that's only part of the benefit. The rest comes from who takes the journey with you. So let's introduce ourselves and get to know each other.

Use the following exercise to introduce yourself and any coaches who are assisting you with a larger group. Then invite the group to introduce themselves in the same way.

Exercise: Movie Character Icebreaker

We all love stories, even if we don't like to read. At least once in the last couple of weeks, you probably binge-watched a favorite show, rented a movie on demand, or just turned on the television and got caught up in a movie you never planned on watching.

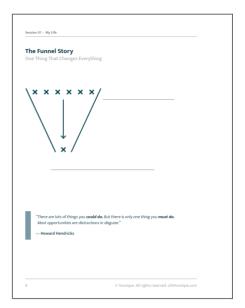
Stories are important not just because they entertain us, but because they interpret us. We can learn a lot about ourselves by the stories we love. So to start our time, introduce yourself by answering these questions:

- 1. What are your two favorite movies or TV shows?
- 2. What character in each do you identify with most?
- 3. Why?

If you have a large group, do this exercise around each table.

Teach It: The Power of Story (25 Min)

The following is a script you can use to teach the opening portion of this session of the Younique 6-Session 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 emphasize OR you may use the Younique Primer teaching videos that stream for free from () lifeyounique.com/ptv (the password is ARROW21). Your group can watch the teaching video all together or watch individually in advance of meeting together.



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Introduction: The Funnel Story

Howard Hendricks, a seminary professor and pastor, used the picture of a funnel to help his students think about how important it was that they know God's dream for their lives.

At the top of the funnel, Hendricks placed several X's. These X's represented all of the things that his students can do with their lives. At the bottom of the funnel, Hendricks placed one X. This X represented the one thing that they must do with their lives.

As Hendricks talked to his students, he told them that his biggest fear for their lives was not that they would fail. Instead, his biggest fear was that they would succeed at things that didn't matter most. Hendricks would say, "Most opportunities are distractions in disguise." In other words, the problem with being successful in life is that success creates many more things that we "can do." But sadly, if we chase all of the things that we can do, we often miss the one thing that we must do.

So what is the one thing that you "must do"? This is the question that Howard Hendricks would present to his students, and it's the question that this whole six-session experience is about.



BIG THOUGHT:

"Here's the big thought I want you to consider as we get started: "Freedom is not the ability to do anything you want to do. Freedom is the capability of becoming who God has dreamed you to be."



TEXT:

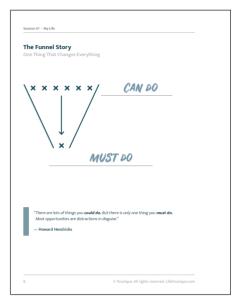
Ephesians 2:1-10 (read aloud)



EXPLANATION:

Ephesians is one of the books that make up the New Testament called "epistles." Epistles were letters that early Christian leaders wrote to the earliest generations of believers. The primary question behind every New Testament epistle is, "What does it mean to be Christian?"

We have to remember that this would still be a new question to the first readers of these documents. People are having Jesusexperiences, but they don't automatically know what the Jesus experience means to their life. Should these non-Jews who are now



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worshiping the Jewish God by faith in the Jewish Messiah become Jews? Or are they to keep living their lives as Gentiles? No one knows.

This is why Paul, who wrote Ephesians, and the other writers of the New Testament base all of their practical teaching about life on the gospel. In almost all of Paul's epistles he starts his teaching about how to live life by first rearticulating the story of God's relationship with the world he created.

Here in Ephesians 2, Paul relates a crucial portion of the story of God, but he doesn't leave God's story in a vacuum. God's story intersects the stories of the Jesus-followers in Ephesus, so Paul demonstrates how it transforms the meaning of their lives.

First, God's story redeems their lives. Verses 1-9 are about this. In these verses, Paul says that we were dead in our transgressions and sins. But through Christ God raised us up to new life. And all of this is 100 percent God's grace: it isn't the reward for any good behavior on our part.

Then in verse 10 Paul introduces a new reality. Not only does the work of Jesus forgive us of our sin, but it also sets us free to become who God has always dreamed us to be.

Here is the radical gospel message: God has been having a dream about your life from the beginning of time. Paul says that you are God's *poema*—that's Greek for "workmanship"—"created in Christ Jesus to do good works, which God prepared in advance for us to do." You are his masterpiece, his poem. Paul goes on to say that as part of this workmanship, God has been dreaming about who you would be and what you would do with your life.

And here is the good news of the gospel—not only does Christ's work on the cross forgive you of sin; it also restores the Goddream of your life. In other words, no matter what you have done, what you have been through, or what has happened in your life, the gospel is that through Jesus the God-dream can now be reclaimed in your life.

What if this God-dream was both knowable and nameable? In other words, what if you could actually know right now what God dreams you and only you to be? And what if you could actually put words to it—name the one thing you must do? And what if more of your life tomorrow could be more of what God dreamed about you yesterday? God is still redeeming and restoring. And part of this redeeming and restoring is not only receiving his work of forgiveness in our lives but in recovering our ultimate freedom—becoming who he has always dreamed us to be and in doing the work that he has called us to do.

Starting today and for the next five sessions we are going to explore the beginning of The Younique Experience. During these six sessions, you'll get a powerful taste of what it feels like to live a life inspired by a sense of your God-given purpose.

We're going to take a deep dive into five different areas. When these five areas combine, the result is a dynamic collision of revelation about your life and calling that few people experience. These five areas are:

- 1. My Story
- 2. My Gifting
- 3. My Passion
- 4. My Calling
- 5. My Goal

Through this process you will become not only more aware of God but more aware of yourself. As you do, you will learn to live life at a continual point of surrender, where God's dream for your life becomes a tangible reality that you can choose to live into every day.

Discussion Questions

- 1. What are you looking forward to most in this process? Why?
- 2. What hopes and expectations do you have for our journey together?
- 3. What is one question that you hope to have answered?

CHALLENGE: START FINDING YOUR ONE THING

Train It: Two Words Preview (5 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 by starting an exercise that we will be coming back to all throughout our journey together. It's called the Two Words Exercise.



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Tool: Two Words Exercise

Our journey together is to name the One Thing that you must do. Over these sessions, you'll be looking at your story, your gifting, and your passion, because they point you toward your calling. But in this first session, before we do any work together, we want your first thoughts about calling. Don't worry about getting it right; we're just getting our feet wet.

Turn to the Two Word Worksheet on page 44 in your participant guide. You're going to complete the following sentence:

I exist to honor God and help others by:

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The first part of this sentence represents what we call "general calling." This is what all Christians are called to do in life: bring glory to God, love God, love people, make disciples, and more. We sum this up in the words "honor God and help others." The blanks are about the unique way you're called to do this. How do you honor God the most? How do you help others the most?

There's more on general calling and special calling in session 5 in the Singularity Sandwich section. Jump ahead and read it now to prepare for this session. You won't teach the Singularity Sandwich now, but it will give you background and a view to where this is going.

Complete the sentence at least five times—five different pairs of words. (It's okay for you to reuse a word; we just want five different combinations.)



Tie It (5 Min)

Take a few minutes to debrief today's training exercise and tie it together with today's challenge.



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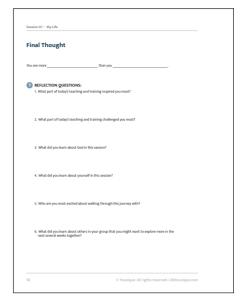
Final Thought and Reflection Questions

You are more unique than you think.

You are a masterpiece. Your divine design is one of kind. No one on the planet is exactly like you or is called to do what only you can do. Just as your fingerprint is unique to you, so is the imprint that you are called to leave on this world. Today isn't the beginning of the work that God has been doing in your life. He's been dreaming about you since before you came into existence.

Invite your group to reflect on the following questions before next session:

- · What part of today's teaching and training inspired you most?
- What part of today's teaching and training challenged you most?
- What did you learn about God in this session?
- What did you learn about yourself in this session?
- Who are you most excited about walking through this journey with?
- What did you learn about others in your group that you might want to explore more in the next several weeks together?



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