

INTRO

- What's your favourite genre of fiction? Or do you prefer to read non-fiction?

In our current series “My Story” we’ll look at ways to unpack our story in the light of the God of love and truth. We are going to approach our series in three parts:

- Part 1 – See your story
- Part 2 – Own your story
- Part 3 – Rewrite your story

Our story is more than just the facts of where we were born, what our family was like and the various experiences — good and bad — we had growing up. It's how these experiences marked us and effect how we relate to others now. It also affects how we see, understand and relate to God.

READ

Let's See the story of Joseph:
 Genesis 37:1-4
 Genesis 37:18-25
 Genesis 37:31-34

REFLECT

Qu: From the readings above from Genesis or anything you might know about this story, identify the following in the childhood of Joseph and his family?

- trauma
- favouritism
- sibling rivalry
- aggression and/or violence
- lies and deception

“True spirituality frees us to live joyfully in the present. It requires, however, going back in order to go forward. This takes us to the very heart of spirituality and discipleship in the family of God—breaking free from the destructive sinful patterns of our pasts to live the life of love God intends.”

— Pete Scazzero, Emotionally Healthy Spirituality

RESPOND

Reflect on incidents, memories or individuals from your childhood that you believe have had significant impact or influence on your life.

Tell of an experience that brought you blessing, encouragement, good.

If you feel comfortable, tell of an experience that brought you heartache or had a negative impact, or even harm.

PRAY

- After hearing one another's stories, take time to pray for each other

RESOURCES

Recommended Reading

- “To Be Told” by Dan B. Allender PhD
- “Emotionally Healthy Spirituality” by Pete Scazzero
- “Third Culture Kids: Growing Up Among the Worlds” by Ruth Van Rekey, Michael Pollock & David Pollock

Guided Reflection and Writing Exercise with Dan B. Allender

<https://theallendercenter.org/resources/engaging-your-story/>

Podcasts (many more good ones available)

- “Emotionally Healthy Leader Podcast” with Pete Scazzaro
- “Being Known” Curt Thompson MD
- “Positive Sobriety Podcast” Nate Larkin, David Hampton (If your life has been touched by any type of addiction)