

# weekly guide

dealing with our past: the lab  
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Talking through the weekly message helps you turn information into application. These talking points, questions, and scriptures are designed to help you make the next move.

**Care:** How are we doing? (Share brief update, listen, encourage, pray)

**Loving Accountability:** This time of accountability is for all to share if they were faithful on following through with the goals, they set the previous week. *Give an account of your obedience to the goals you set last week (Obey, Abide, Train, Share).*

## Icebreaker: Questions to Get You Talking

- What are the emotional roadblocks or defenses you might be tempted to put up as you do this exercise?
- What is most daunting about discovering and gaining insight into your narrative scripts?

**Retell The Message Together:** We all have messages from our life that inform our behavior, altering how we see the world around us. As we observed last week, each of us have inherited some kind of framework or pattern from our family for how we exist in relationship. But that's not all you inherited. From our family of origin and from key life events we have developed something called narrative scripts. Narrative scripts are messages from our life that inform our behavior. These scripts are essentially our way of making sense of the world around us. Our narrative scripts are usually rooted in our family of origin and are often linked to messages that were spoken over us, about us, or to us. These scripts can also come from our understanding and interpretation of ourselves through difficult or traumatic life events.

## The Lab:

### Move 1: Messages I received from my Father or paternal caretaker

- Invite the Holy Spirit to lead and guide your mind and heart, and to give you discernment and insight throughout this exercise.
- Jot down the messages you received about life from your father or a paternal caretaker. (e.g. "Failure is not an option" or "Life isn't easy or fair, but it is good.")
- Jot down the messages you received about yourself from your father or paternal caretaker. (e.g. "You're lazy" or "You are beautiful just the way you are")
- Next, ask the Holy Spirit to show you a memory that might give you insight into the messages your father or paternal caretaker passed on to you about life.
  - What is the message you received based on that memory?
  - Ask the Holy Spirit if there are any other memories he wants to show you.
- Now ask the Holy Spirit to show you a memory that might give you insight into the messages your father or paternal caretaker passed on to you about yourself – this includes your worth, value, place, competencies, failures, successes, etc.
  - Ask the Holy Spirit if there are any other memories he wants to show you.

### Move 2: Messages I received from my Mother or maternal caretaker

- Jot down the messages you received about life from your mother or a maternal caretaker. (e.g. "No one will ever care about you more than you care for yourself" or "Money is the key to a happy life")
- List the messages you received about yourself from your Mother or maternal caretaker. (e.g. "Your weight is the barometer for your beauty" or "You are special")
- Next, ask the Holy Spirit to show you a memory that might give you insight into the messages your mother or maternal caretaker passed on to you about life.
  - What is the message you received based on that memory?
  - Ask the Holy Spirit if there are any other memories he wants to show you.
- Now ask the Holy Spirit to show you a memory that might give you insight into the messages your Mother or maternal caretaker passed on to you about yourself – this includes your worth, value, place, competencies, failures, successes, etc.
  - Ask the Holy Spirit if there are any other memories he wants to show you.

#### Move 3: Messages I received from key life events

- Jot down key life events that have shaped or impacted you. (e.g. divorce, death, loss, abuse, financial stress, etc.)
- List the messages you received from these key life events (e.g. "You're all alone" or "Money is security")
- Next, ask the Holy Spirit to bring to your mind any other key life events that you may have missed or forgotten. If there are more, be sure to record the messages you received. (e.g. "No one is safe.")

#### Move 4: Cumulative Messages I Believe (beliefs may or may not be true)

- Take a few minutes and read through the messages you have listed.
- Ask the Holy Spirit to show you the messages you believe. Don't be afraid to wait on the Holy Spirit.
- List the messages you are believing.
- Now, ask the Holy Spirit to show you whether those messages are true or not true.
  - Some may be easy to identify, but others may not. Don't rush this – take time and allow the Holy Spirit to show you the truth.
- Next to each of the messages you've listed, mark whether they are true or not true.
- Spend a few minutes praying over the messages you have marked "not true"
  - Ask the Holy Spirit to show you the truth related to that specific message.
  - Take a few more minutes and write down the truth he reveals.
  - Now, ask him to exchange the old, untrue, narrative scripts with the truth he revealed.
- Close your time by thanking God for his help and truth.

#### Goals our Pastor(s) want you to set:

- **OBEY:** Work through the lab individually this week. If you need help, is there anyone you need to connect with this week, maybe a sibling or a parent, who could help give you better insight into your narrative scripts?
- **ABIDE IN:** Read Philippians and pray daily.
- **TRAIN:** You need to train your disciples in this. If you don't have a disciple, who can you practice it with this week? Join us weekly on Wednesday for "**Mentor Me To Move**" disciple making training (Zoom Code: 389-476-789).
- **SHARE:** "Who from your oikos map will you share this story/message or share the gospel with this week?"

**Commission/Pray:** Ask God for His power to help you observe these goals.