

EXPERIENCES TEST

All praise to God, the Father of our Lord Jesus Christ. God is our merciful Father and the source of all comfort. He comforts us in all our troubles so that we can comfort others. When they are troubled, we will be able to give them the same comfort God has given us. 2 Corinthians 1:3, 4

Your life experiences have shaped who you are as a person. God's desire is to use those experiences for the greater good of others. Work through the following questions and let God speak to you and show you how He wants to use them to impact the lives of others.

This assessment can be completed in as quickly as 30 minutes or 30 days. It all depends on how deep you desire to go and how deep God desires to take you. We want to encourage you to take this assessment at whatever pace God directs and go only as deep as God directs. Throughout this assessment you will find yourself smiling and laughing at some very fond memories. However, there will also be times of sadness, struggle, and pain as you work through some of the dark areas of your past. When that happens, you will need to give yourself time to work through that pain and struggle. It's important that you don't minimize the pain that you've experienced. But, digging through the past can be difficult and you will need to give yourself permission to be angry, sad, or even confused. The general rule is that the darker the experience the more time you will need to process what took place. If it's just too painful, it's ok to skip that section. You can always come back to it when you are ready.

We also want to encourage you to process this assessment with a close friend or family member. Someone you trust, and you know has your best interest at heart. If you would like to talk with a member of our pastoral staff, we would be honored to walk through this with you.

One last thing, begin with prayer. Take a moment, before you begin, to pray and ask God what He wants to speak to you about. Ask Him to guide you and help you through this assessment.

What enjoyable experiences have I had in my life?

Use the space below to record a few memories or experiences that you remember. If you need more room to write, use the back of this page or record your thoughts in a journal.

Enjoyable moments from my childhood years:

Enjoyable moments from my teen years:

Enjoyable moments from my adult years:

How might God use one or more of these experiences to help others?

What difficult experiences have I had in my life?

Use the space below to record a few memories or experiences that you remember. If you need more room to write, use the back of this page or record your thoughts in a journal.

Difficult moments from my childhood years:

Difficult moments from my teen years:

Difficult moments from my adult years:

How might God use one or more of these experiences to help others?
