

AN EXPERIENTIAL IMAGERY EXERCISE

You may color it and write one word inside each compartment of the backpack that describes what you have relied on in life for significance and success. Identify those things that are no longer accessible to you (a person, situation, possessions, etc.) and write them on the page next to the bus.



PRINCIPLE

The bus ride of difficult circumstances either defines you or you define it. People may label you according to the backpack of your achievements, but only what is developed inside of you on this bus ride will have eternal implications in loving others and fulfilling God's purposes for your life.

Take the time to think and journal about the current journey of your life:

What is being built inside of you on this new bus ride?

Describe yourself without your external achievements:

Who are you on the inside? What makes up your core?

In what areas of your life are you still struggling with shame?

Are you comfortable asking for help? If not, what practical steps do you need to take in order to let go of the need to be in control and be able to graciously receive?