



# STUDENT LIFE PLAN

*8-SESSION GUIDE TO SHAPE  
YOUR FUTURE*

Trainer Guide - v2.0

Live Your Design! | [LifeYounique.com](http://LifeYounique.com)



Published by Life Younique LLC | Printed 2021

Copyright 2021 Future Church Co.

All rights reserved. No part of this work may be reproduced, stored, transmitted, or used in any form or by any means, except as permitted under the Section 107 or 108 of the United States Copyright Act, without the written permission of Future Church Co.

*Unauthorized Use.* Certified Younique coaches and trainers, churches, ministries, and individuals shall not knowingly permit third parties to use Copyrighted Materials.

*Modification of Copyrighted Materials.* User shall not modify or create a derivative work of the Copyrighted Materials without the prior written permission of Future Church Co.

*Removal of Copyright Notice.* User may not remove, obscure, or modify any copyright or other notices included in the Copyrighted Materials.

*Commercial Purposes.* Other than as specifically permitted in your License Agreement, User may not use the Copyrighted Materials for commercial purposes, including but not limited to the sale of the Copyrighted Materials or bulk reproduction or distribution of the Copyrighted Materials in any form.

# BEFORE YOU BEGIN

## Welcome to Yunique Students!

During these eight sessions you will be leading your students through a fantastic journey. They will discover incredible truths about God and themselves that will change the way they think and live every day.

Most students are simply making their way through life, moving from thing to thing, with no idea of why God created them and what they have to offer the world. That is why your job as a leader of this process is so important. You have the opportunity to help students uncover their God-given purpose and calling. You are their trusted guide.

A journey like this might be intimidating to you as a leader, but the potential of what you will be leading your students toward is worth the risk. We believe that God has been dreaming about the lives that each one of us is to live from the beginning of time. He has created each of us as a one-of-a-kind masterpiece with good works to do that he prepared beforehand. Our privilege as leaders is not only to learn to know and name our own calling but to help others do the same.

We will be praying for you as you launch and lead your students through this process. We are your biggest fans and are always ready to help you if you ever feel stuck or overwhelmed along the way. We believe that you were made for this and can do this! The future you will help your students discover will make a difference far beyond your own life.

So let's get ready for this journey together. We are for you and we are with you. And most importantly, God is with you, and his presence is what makes all the difference.

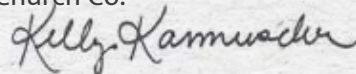
Rooting for you always,

## THE YOUNIQUE TEAM

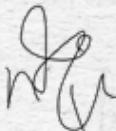
Will Mancini, founder, Future Church Co.



Kelly Kannwischer, cofounder, Future Church Co.



Dave Rhodes, cofounder, Future Church Co.



---

## Five things to know before you start

We know that leading people through a journey to discover their calling in life might be intimidating. No matter how much experience we might have, every time any of us leads people through an experience that promises to provide clarity as to their purpose in life, we do so with a fair amount of trepidation. While we can never prepare you for everything that you will encounter on this journey, we do hope to help you lead as well as possible.

With that said, here are five things that we believe will best prepare you as a leader for the journey.

### 1. Trust God

We want to say very clearly from the beginning that a well-designed curriculum can never substitute for the dynamic interaction that you have with those you are leading and their experience with God himself. In fact, a life-changing encounter with God is exactly what we hope will happen through this journey. And a life-changing encounter with God is not something that we can manufacture or manipulate.

So know that getting through to your group is always more important than getting through the curriculum. Never sacrifice what God is doing in your group in order to get through the session. We would rather you move with what God is doing than feel handcuffed by what you think we need you to do.

### 2. Trust Yourself

As a leader, you are going to find certain places where our design and your discernment 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. Please know that our design is a framework and not a formula for your group. We trust you as a leader. We believe you know the needs of your group better than anyone else. Always feel free to deviate from these recommendations when the Spirit of God is moving in your group.

### 3. Trust the Process


Every part of the process that you experience in this journey is built from years of experience with churches that we have led through it. You can trust the process. It has delivered in the past, and we believe it will deliver in your church.


You don't have to be a perfect leader, but you do need to be a prepared leader. And being a prepared leader means recognizing 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.**

**4. Teaching Component:** The teaching component of this journey is captured in the Warm Up and Set Up portions of each session. These sections both help the students engage each week's topic and provide a biblical foundation for each part of the journey.


---


 **Warm Up:** The Warm Up section is designed to help students review what they have learned and practiced in the session before, and to ready them for what they will learn in the session at hand. The Warm Up is filled with several questions to help students start talking before you start teaching.

 **Set Up:** The Set Up section is designed to set the biblical context and foundation for the things the students will learn in each session. This section alternates between biblical stories and biblical instruction in order for students to see their own story in the life of the Bible characters, and hear biblical principles throughout the process.

 **Big Thought:** Every Set Up section has a Big Thought that captures the lesson of the session in one sentence. At the point in the teaching where it appears in this Trainer's Guide, introduce it to the students. They have the Big Thought in their Participant's Guides with blanks to fill in.

**5. Training Component:** The training component of this journey is captured in the Step Up and Wrap Up portions of the session. These sections help students put the learning from each session into practice through creative and explorative questions and exercises.

 **Step Up:** The Step Up section is designed to help students apply the truth of the teaching to their own lives. The tools, exercises, and assessments in this section give the students an opportunity for hands-on learning and discovery about God and themselves. This is where true breakthrough happens. As students embrace and engage in their own story, gifting, passion, calling, and values, we believe the gospel will come alive in their hearts in a way that teaching alone cannot do.

 **Wrap Up:** The Wrap Up section is designed to pull the principles and practices from each session together into a cohesive whole. It gives students an opportunity to share their personal learnings with each other and helps them use these shared learnings throughout the week.

During the course of this journey, we invite students to personalize an arrow. Research shows that students will not only discover but internalize their learning through writing, transferring, and decorating. In addition, it is fun to have an object that becomes both a reminder and an inspiration at the end of the journey. Throughout the journey we provide instructions on how to help students personalize an arrow. We recommend the following supplies:

- Arrow (1 each per student) – if you search “toy wooden arrow” in Amazon you will see affordable options
- Tags with strings (3 each per student)
- Dot stickers in multiple colors
- Markers
- Feathers – only if the arrows you make or purchase do not come with feathers attached
- Glue or tape

SESSION 01

# MY STORY



TRAINER'S GUIDE




## Warm Up

### RECALL AND PREPARATION

With a large group, interview two or three students in front of the group. In a small group, use two or more of these as opening discussion questions:

- Have you ever heard a person talk about their “calling in life”? What were they talking about?
- Who do you think has a calling: nobody, some people, most people, or everybody? Why do you think that?
- Have you ever thought about whether you have a calling in life or whether you might have one some day?
- What would be the best thing about having a calling in life?

## Set Up

The following is a script you can use to teach the opening portion of this session of Younique Students 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 Students teaching videos that stream for free from  [lifeyounique.com/ptv-students](https://lifeyounique.com/ptv-students) (the password is ARROW21). Your group can watch the teaching video all together or watch individually in advance of meeting together.

## TEXT: EPHESIANS 2:10

### SCRIPTURE AND TEACHING

When you think about yourself, what do you think about? What words would you use to describe yourself? What is the picture of yourself that you carry around in your mind? Take a moment and describe yourself in three words to the person sitting next to you.

Now here is a bigger question, “What do you think would be the words that God would use to describe you?” You may have lots of words floating around your mind right now, but one thing I’ve noticed, when I’ve asked lots of people this question, is that very few people think of the word unique.

Even fewer would use a word like “masterpiece” to describe what they believe God thinks about them. That is why today I want to share with you one big thought that our whole session is really all about—“You are more **unique** than you **think**.” You are a unique person with a unique calling. You are God’s one-of-a-kind divine design. And no matter what you think about yourself, it’s what God thinks about you that makes all the difference. This idea comes from Ephesians 2:10. Listen in as I read it to you.

Let me ask you something: did you notice that it says “we are created in Christ Jesus”? Any idea what that means? **[Take answers.]**

## Big Thought

You are more **UNIQUE** than you **THINK**.



Here's what I think is going on. I think that in this verse, Paul is connecting God's story with our story. God's story is that he created every person on earth; he made all of us. But human beings turned away from God to do our own thing—we turned to sin. Suffering and conflict and death is the result. But God sent his Son Jesus to make us right with God again, to bring us home to him, by dying for us on the cross. That's God's story.

Now back to Ephesians 2:10, which connects God's story with the story of each one of us. As I said, God created all people. But if you put your trust in Jesus to be in charge of your life, then as Ephesians 2:10 says, God creates you anew—and he continually re-creates you. He makes you new again from the inside out. As Paul puts it, he makes you into his handiwork.

Have you ever thought of yourself as God's handiwork? Have you ever thought of yourself as a one-of-a-kind work of art that came out of God's genius? Have you ever thought that he saw you as beautiful before you were born? That he is even right now sculpting you into a masterpiece that makes angels' jaws drop?

So what does that have to do with calling? The rest of the sentence tells us: "For we are God's masterpiece. He has created us anew in Christ Jesus, so we can do good works, which God prepared in advance for us to do." Your calling is to do the good works he prepared in advance for you, before he even made the world. So, if you are being re-created in Christ Jesus because you've trusted in him, God prepared good things for you to do. In other words, because you are his handiwork, you have a calling!

So the big question is "**what did God prepare in advance for you to do?**" To warm us up to think about what God prepared for you to do, let's think about what God prepared for everybody to do. Let's think about the good things that we're all supposed to do, no matter who we are, no matter where we live.

In a large group, say, "Take 60 seconds with your neighbor and list good things that God wants all people to do, as many things as you can think of." When the time is up, ask for examples from the group. In a small group, make this a brainstorming exercise for the whole group.

All those good deeds we came up with are the part of your calling that you share with everybody. But let me ask you this: how are you supposed to do those things where you are?

Use examples from the brainstorming period. For instance, if one idea was "be kind to people," say, "Who, specifically, are you called to be kind to? What can you do to be kind to them?"

We don't all have the same answers to these questions—we're all different people living different lives. But God has specific answers for you. Even before you were born, God planned good things that only you can do. That is your special calling, the calling that only you have as God's handiwork.

So how do you go about finding out what God planned for only you to do? Do you just guess? Do you blunder into it and see what happens? A lot of people think so, if they think about it at all. But I have a different point of view. I believe that the Holy Spirit will give us wisdom from God to know what our calling is, to know what he has prepared in advance for us to do. We're going to take the next eight weeks to hear him tell us. But to do this we are going to need to dive into and identify some of the things that make each of us unique. Remember, "You are more unique than you think" and your unique calling is tied directly to the unique way that God has made you. To help illustrate this big thought today, I want to use a picture of an arrow. Like an arrow, we all have several pieces of who we are that when put together properly can make us a person of impact in the world.

## ARROW ILLUSTRATION

To illustrate how our calling fits together, we're going to look at an arrow over these eight weeks. In fact, you're going to customize your own arrow as you discover your calling.

The journey to discover your calling has four steps. **[Demonstrate by holding up an arrow and pointing to its parts.]**

First, you're going to discover your **Story**. You're going to see more clearly than ever the path that God has taken you on so far in your life, the high points and the hard times. Story is the arrow shaft (the long, skinny part). It's the basic shape that holds the rest together. That's what the story of your life is: it's the structure that holds your calling together. We'll show you what that means in a little bit.

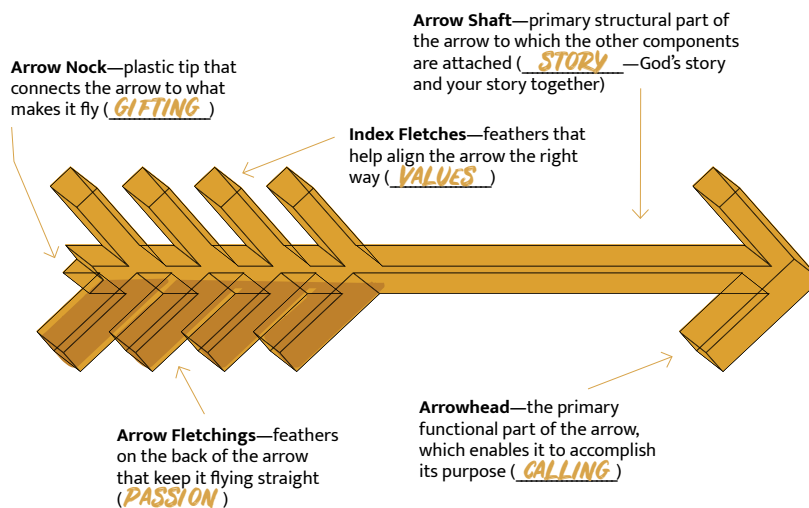
The second thing you're going to discover is your **Gift**. Your gifting is what God made you to do well. It's the potential you have to be excellent at something. To some of you this is probably really exciting. To others of you it might be intimidating or discouraging—you might think, "I'm not gifted at anything—I'm not like him; I'm not like her." Don't worry: you're going to find out that you're a lot more gifted than you think.

Gifting is the arrow nock—that's that notch on the back end of the arrow. It's the part that connects the arrow to the bow that launches the arrow forward. Think of the bow as the powerful God who empowers you. Your gifting is the connection between you and him that makes you fly in what he has called you to do.

The third step in learning your calling is discovering your **Passion**. Your passion is what you care about most deeply; it's what really matters to you. Passion is like the arrow fletching—that's the word for the feathers. The fletching is what keeps the arrow flying straight; otherwise, no matter how much force you put into it, it will wobble around and won't go very far. Knowing the passion God has put inside you is what keeps you flying in the right direction over the long haul.

The fourth step is to discover your **Calling** itself, what God made you to do with your life. Everything else we're talking about leads up to this. Your calling is like the arrowhead, the pointy part at the end. The purpose of an arrow is to pierce something from far away; that's what it's made to do. Your calling is your purpose; it's what you're made to do.

Finally, you will identify and name your personal **Values**. Your values are deeply held convictions that reveal your character and direct your behavior. Your values are what characterize everything you do as they shape what you expect and desire of yourself.



## Step Up

### TOOLS AND DISCOVERY

Today you're going to discover your story in a new way. (Remember, story is the arrow shaft part, the structure that holds your calling together.) To discover your story, we're going to start with the Six-Sketch Storyboard.

#### Six-Sketch Storyboard

1. Brainstorm a list of the moments in your life that have made the biggest impact on the person you are today. Aim for at least ten. To help your brainstorming, name 5 High Points and 5 Hard Times. High Points are moments in which you experienced great joy, satisfaction and/or success. Hard Times are moments in which you experienced deep sadness, conflict and/or loss.
2. Choose the six most significant moments on your list, which can be any combination of high points and hard times, and put them in order from earliest in your life to latest in your life.
3. Draw a simple picture of each of those moments in the order they happened.
4. Think of a title for the six-sketch story you made. Write it across the bottom of the paper.

When you've finished your storyboard, get together with two partners and share stories (3 minutes each). Listen carefully to each other. When a person finishes their story, say something that builds them up—for example:

- Thank you for telling us about your life.
- That great moment in your story must have felt terrific.
- That tough moment in your story must have been sad.

Session 01 - My Story

### Ten Moments

Take a few minutes to brainstorm a list of ten moments in your life that have made the biggest impact on the person you are today. This list should include both high points and hard times:

<p><b>😊 FIVE HIGH POINTS</b></p> <p>1. _____</p> <p>2. _____</p> <p>3. _____</p> <p>4. _____</p> <p>5. _____</p>	<p><b>☹️ FIVE HARD TIMES</b></p> <p>1. _____</p> <p>2. _____</p> <p>3. _____</p> <p>4. _____</p> <p>5. _____</p>
--	--

After you have listed ten moments, circle the six most important moments. Then write those six in chronological order from the earliest in your life to the latest in your life.

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

4. \_\_\_\_\_

5. \_\_\_\_\_

6. \_\_\_\_\_

8 © Younique. All rights reserved. LifeYounique.com

Participant Guide page 8

Session 01 - My Story

### Six-Sketch Storyboard

Draw a simple picture of each of the six most impactful moments of your life in the order they happened in the six boxes below.

1.	4.
2.	5.
3.	6.

Six-Sketch Storyboard Title: \_\_\_\_\_

10 © Younique. All rights reserved. LifeYounique.com

Participant Guide page 10

## CUSTOMIZE YOUR ARROW

### To prepare for this exercise, you will need:

Inexpensive practice targeting arrows, one for each student. These are sold in bundles of usually about a dozen for about 50 cents per arrow. They generally have black shafts made of fiberglass or some other kind of plastic.

Dot stickers in a wide diversity of colors. Some vendors sell stickers in a variety pack with dozens of colors.

As we go through this eight-session journey, each of you will have your own arrow that you'll customize as a symbol of what you're learning about the calling God has on your life. Handle it carefully!

Pass out a practice targeting arrow to each student.

For each of the sketches on your storyboard, I want you to think: if you had to represent that sketch with one color, what color would it be? (You're allowed to use the same color for more than one sketch if you want.)

When you have come up with the color for each of your sketches, you can picture a sequence of six colors that tell your story. You're going to put the colors of your story onto your arrow using stickers, like this.

[To demonstrate, hold up an arrow with six colored dot stickers wrapped around its shaft.]



## Wrap Up

### FORECAST AND CONCLUSION

You're going to leave your arrows here, because we're going to do more with them over the coming weeks. We're not going to put your names on them to tell them apart. You know why? Because they're already labeled with your story. So look closely at the order of colors on your arrow shaft and relate them to your story. That's how you will recognize your arrow next time.

### Until next time, there are three things I want to remind you of right now:

1. You are God's masterpiece.
2. If you trust and follow Jesus, God gives you a calling—the good things that only you can do.
3. Knowing your calling comes from knowing your story.

IF YOU WANT TO  
IDENTIFY ME, ASK  
ME NOT WHERE I  
LIVE OR WHAT I  
LIKE TO EAT OR HOW  
I COMB MY HAIR  
BUT ASK ME WHAT  
I AM LIVING FOR  
THOMAS MERTON

IF YOU WANT TO  
IDENTIFY ME, ASK  
ME NOT WHERE I  
LIVE OR WHAT I  
LIKE TO EAT OR HOW  
I COMB MY HAIR  
BUT ASK ME WHAT  
I AM LIVING FOR

THOMAS MERTON

SESSION 02

# MY GIFTING

(PART 1)



TRAINER'S GUIDE



## Warm Up

### RECALL AND PREPARATION

Last session we learned that God has given a unique calling to each one of us. We saw that from Ephesians 2:10: “For we are God’s masterpiece. He has created us anew in Christ Jesus, so we can do the good things he planned for us long ago.” God has special things that he planned for you to do from before he made the world.

But how are you going to do those things? That’s what we’re going to begin to explore in this session, and we’re going to dig deeper into your life story to do it.

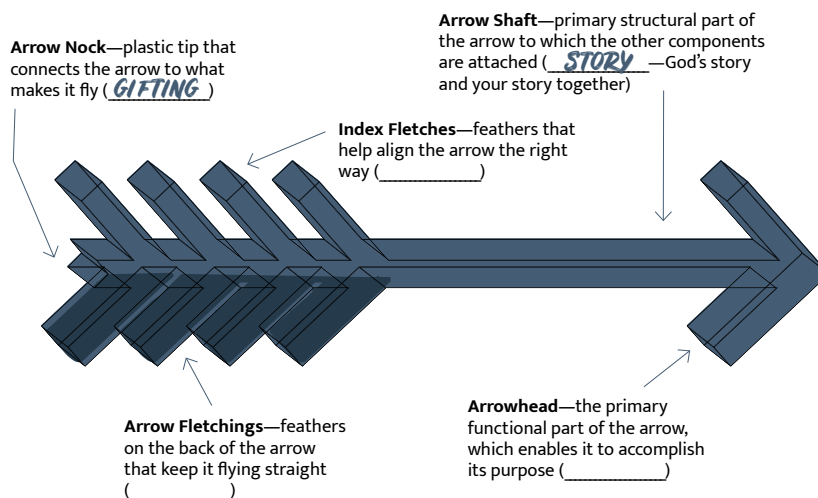
With a large group, interview two or three students in front of the group. In a small group, use two or more of these as opening discussion questions:

- What do people mean when they say that someone is “gifted”?
- Would you change the definition of “gifted” if you could, or do you like the way people commonly use it?
- Is it better to be gifted or be supported? Why?
- How does a person find out what their gifts are?

### RETURN TO THE ARROW


Last week we introduced you to the image of an arrow to illustrate your calling. The arrow shaft represents how our story works together with God’s story to form the main structure of our lives. This week, we want to continue with this picture of the arrow to talk about our gifting.

Our gifting is like the arrow nock. The arrow nock is the plastic tip at the end of the arrow that connects the arrow to the bow, and the connection to the bow is how the arrow gets its power. This is what gifting is in our lives. Our gifts are our connection to God’s power. Our gifting is what God’s supernatural grace looks like as it flows through our lives.





## Set Up

The following is a script you can use to teach the opening portion of this session of Younique Students 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 Students teaching videos that stream for free from  [lifeyounique.com/ptv-students](https://lifeyounique.com/ptv-students) (the password is ARROW21). Your group can watch the teaching video all together or watch individually in advance of meeting together.

### SCRIPTURE AND TEACHING

Leftover pizza is delicious, isn't it? Some people enjoy it cold right out of the refrigerator. Others like to warm it up and enjoy the cheese melted and toppings hot.

I heard of a guy who looked forward to leftover pizza, and he wanted it warm. But he didn't want to use the microwave, because he wanted the crust crispy. On the countertop he saw a toaster; it seemed like a great tool to warm up the pizza. So he turned the toaster on its side, slid a slice of cold pizza in the slot, and pushed the toast button. The bread got toasty. The cheese and toppings heated up. Everything was going perfectly. But then the freshly melting cheese slid onto the toasting coils. Not only did the cheese burn, but the whole toaster caught on fire! It made a smoky, metal-and-pepperoni mess.

The first moral of the story is that a toaster is the wrong tool to warm up pizza. But the other moral is that it's always best to have the right tools for the job you've been given.

### DAVID AND GOLIATH

We see that very lesson in the famous story in the Bible of David and Goliath. What do you know about David and Goliath? Let's get into the who, what, where, when, and why.

By asking questions and filling in gaps in the students' knowledge, surface these answers:

**Where:** Israel

**When:** About 3,000 years ago

**Who (main characters):** (1) David—a young Israelite (possibly a teenager), youngest of eight sons, a shepherd, named as the next king by the prophet Samuel at God's direction. (2) Goliath—a gigantic warrior of the Philistines, who were neighbors and bitter rivals of the Israelites. (3) Saul—Israel's current king, once a warrior but now past fighting age; he lost God's support because he didn't take God seriously and obey him.

**Why (setup for the story):** The Philistines invaded Israel. Their army and the Israelite army camped facing each other across a ravine. Neither side could get an advantage. Every day for weeks Goliath would challenge Israel to send a warrior down to face him in single combat to the death; the loser's whole nation would have to slave away working for the winner's nation. King Saul offered a big reward to anyone who defeated Goliath, but every man in Israel was too afraid to take him on. Meanwhile, David came to the camp to bring supplies to his brothers in the army.

**What (main plot):** David heard Goliath challenge Israel and claim his gods could beat Israel's God. David was so outraged that he volunteered to fight for God's honor, and Saul let him. Goliath came at David in full body armor with spear, sword, and javelin. David was unarmored but

hurled a rock from his sling that hit Goliath in the forehead and killed him. David chopped off Goliath's head with Goliath's own sword, and Israel's army chased the Philistines all the way back to their cities and cut them down as they went.

There's a part of this famous story that I want us to look at more closely, because it shows us something important about using the gifts that God has given us for the job he's called us to do. It comes from the part of the story right after Saul has heard that David was interested in fighting Goliath, so he summons David for a talk.

The big thought for today, is this: "Your gifts are a **sign** of your divine **design**." This is what we see played out in David's life from the verses that we have just read. It's only as David embraces his own unique gifting instead of trying to fit into Saul's armor that David is able to do what God has called him to do.

Read 1 Samuel 17:32-40.

Remember, David is not even supposed to be on the battlefield. He comes to the scene to deliver food to his three oldest brothers. David is supporting his family when he hears Goliath taunting his people and mocking his God. He can't believe his ears! This giant from the city of Gath is defying the one true God.

One big interpretive key helps us to see what is going on here in this chapter. It's something we often overlook, but something that throughout Scripture becomes a common theme. It has to do with David's and Goliath's names. Over and over again the Bible places significant weight in the names of the characters. In this story the giant's

name is Goliath. Goliath means "exposer" and this is exactly what Goliath does to everyone he comes in contact with. Here he exposes Israel's lack of faith. He exposes Saul's fear. He exposes the army of Israel's cowardice. But in the end he also exposes David's faith and courage. David's name on the other hand means "beloved." And this is who we see David to be. David is beloved by God and gifted by God in and through that love. David loves God and loves Israel and this love for God and Israel leads him to step into action when everyone else is paralyzed in their fear. It leads David to see an opportunity where everyone else sees a threat.

So David is stirred to get into the fight. He goes to King Saul and asks to be allowed to fight Goliath. King Saul cannot imagine this young, inexperienced shepherd joining the army much less being sent to fight the enemy's most highly trained and fiercest soldier.

## Big Thought

Your gifts are a **SIGN** of your divine **DESIGN**.

Have you ever felt like David? Ready to go but overlooked and underappreciated? Sometimes people cannot appreciate all that we have to offer by simply looking at us. Certainly Saul did not see in David someone who could win the fight.

But David must have had some quality that was impossible for Saul to ignore, because eventually Saul allows David to meet Goliath on the battlefield. This is a huge risk for Saul—he puts his entire nation's fate on David's young shoulders.

But before David goes to battle, Saul mercifully offers David his own armor and his own sword to give David a fighting chance. The king's own weaponry is a precious and personal gift. It is probably one of the few full suits of armor and real swords in the whole army (which is made up mostly of farmers with sharp farming tools). It certainly was among the best gear in Israel. Can you think of a time that you received a gift that was expensive, valuable, beyond anything you expected? Receiving something precious is a great honor that we don't easily refuse. But just because the armor is the best in Israel doesn't mean that it is best for David. Saul is one of the tallest men in Israel, and his armor was tailored to fit. So it is too big, bulky, and heavy for David. It overwhelms him because it was not made for him—he can barely walk in it, and besides, he isn't used to fighting in it. It doesn't fit his fighting style.

So David boldly tells his king, "Thanks, but no thanks." Saul may have won battles in his armor, helmet, and sword, but David wouldn't. As good as those gifts might have been for Saul, they were just not the gifts that David had been equipped with. So David takes off the armor and the sword and picks up the tool that is familiar to him: a sling. A sling is the tool for a shepherd. He uses it to protect the sheep from wolves and wild animals. This sling has been David's trusty companion in the other battles he has fought. He has seen God use his sling to deliver him from the lion and bear that tried to steal the sheep under his care. He has experienced God's power working through him in his sling, so that's what he goes with.



**David's slinger's gear would have looked something like this. An ancient slinger would spin the sling very fast; when he let go of one of the two straps (ropes) in his hand, the stone would fly out. With practice, slingers could become extremely accurate, and their stone could have the stopping force of a bullet from a modern handgun! Can you imagine how much harder it would be to spin the sling fast and shoot accurately while wearing bulky armor?**

We can learn from David. God is equipping each of us for the battle of our lives, but someone else's armor will not do. We often admire what we see in others—musical talent, athletic skill, academic achievement, a magnetic way with people. Because these are all good things, we can be tempted to try on the gifts of others even though they don't fit.

We must discover for ourselves the weapon that God has placed in our hands. There is no sense trying to live our story based on someone else's gifting. Instead, by identifying the unique gifts, talents, and abilities that God has given to you, you will be able to connect to God's supernatural power in your own life.

David wins the battle with his sling and five stones. In the same way, each one of us has been equipped by God with the tools we need to win in life. Remember, "Your gifts are a sign of your divine design." So let's take some time to identify our unique gifting as we think about the person that God has made us uniquely to be.

## Step Up

### TOOLS AND DISCOVERY

For the next two sessions you're going to learn more about your gifting. (Remember, gifting is the nock part of the arrow; it's your connection to God's power working through you.) To start with today, we're going to look at the meaning of your name.

In ancient Israel, names were a big deal. People's names sounded like Hebrew words, and people knew what they meant. Parents gave their children names that meant something—they said something about the child, the parent, or what was happening around the family at the time.

A name was more than a sound or a string of letters. It was a statement about who the person was. A name was like words on a bottle that tell you who's inside the bottle. Let's take David for instance. David means "loved"—not just any kind of love, but affection or attraction. That's what we see in David's life. After he defeated Goliath, everybody loved him. Men loved him; women loved him. Even people who might have been his enemies couldn't help but love him. And God loved him too; David would do some terrible things later in his life, but God would never stop loving him.

In the Bible, naming is an act of power. God names people because he has the power to make them what they are. Sometimes God told parents what to name their child because that's what he made them to be. Other times he changed a person's name after he took the person through a big change, like changing the words on the bottle to match the new stuff inside.

The amazing thing is that God gave some of his naming power to people too. (Did you know that the first human's first job in the Bible was to name the animals?) So today we're going to look at the names people have placed on you.

### Trashing Labels

The power of naming things and people is significant, because with the power to name also comes the power to label. When someone calls us a "waste," "useless," or "stupid," those words lodge themselves deeply into our souls. The old children's rhyme says, "sticks and stones may break my bones but names will never hurt me," and it would be wonderful if that were true. But unfortunately, it's not. Bad names become labels that haunt us and overpower too much of our lives.

Many people know this to be true. But what most people miss is that even seemingly good labels are bad when they trap us in something less than we really are. A lot of people might tell you, "You're a good athlete," but you hear, "All you are is a good athlete." Or a parent might say, "You're good at English and your sister is good at math," but you hear, "You're not good at math." These names function as labels that put us in a box and don't respect all we have to offer.

However, in the same way that labels haunt us, good names help us. They empower us by calling out the possibility of what our lives could be. So today we want to shed the labels on our lives and start embracing our names.

Before doing this exercise, place a trash can in the center of the room. Also distribute a blank, small or medium-sized piece of paper to each student.

1. Take a moment to think about any labels (bad names) that you have been called that have affected your life. Write these labels down on the piece of paper.
2. Surrender these labels to God and ask him to take away the power of these labels in your life. Tear up the paper and throw it away as an act of shedding these labels.

## NAME MEANING

Fortunately, labels aren't the only things we're called. We also have our actual names. So we're going to look at how our first, middle, and last names have shaped us.

Now, you might think this is kind of crazy. Most of our names aren't words any of us recognize. They come from other languages, often ancient languages. Our parents may have given us those names not because of what they meant but just because of how they sounded or how they looked.

But God put the power of naming into human beings, and we can't shake it! We give people names that have power even if we don't realize we're doing it. So we're going to look at the names people gave you to get a glimpse of your ability, the stuff inside your bottle.

1. Using your phone, search for "name meaning [your first name]." Go to two or three of the websites to look at the definitions and write down what you find. I especially recommend [ohbabynames.com](http://ohbabynames.com) and [namestories.com](http://namestories.com). (A word of caution: Urban Dictionary doesn't help for this, because people just make stuff up and put it there.) Then repeat with your middle name and last name.
2. Write down the nicknames you've been given. Who gave you those names? Why? What do they mean?
3. Consider how your names might tie together or show themselves in your life. Use your imagination!
4. If your name is a place then investigate what that place is known for, what the place produces, or features of the place.

Session 02 - My Gifting / Part 1

**Name Meaning**  
Fill out the following chart by looking up your name and finding out what it means.

					What Your Name Means
					Your Name
First Name	Middle Name	Last Name	Nickname	(Name spoken over you, like "Student Leader")	

18 © Younique. All rights reserved. LifeYounique.com

Participant Guide page 18

## DISCUSSION

If your group is larger than six people, break into groups of three or four. Ask all these questions of one person at a time. Before moving to the next person, ask for responses from the others in the group. Do they see something in the person's names that matches up with their abilities?

- What is your full name, and what do each of your names mean?
- Which name definition do you like the best?
- Is there a name definition you aren't sure about—you don't see how it fits—or else you just don't like it?
- How do you think your names might fit together?

## CUSTOMIZE YOUR ARROW

To prepare for this exercise, you will need colored card stock tags, four to five inches long, with elastic strings attached.

3. Write your full name on a tag with the meaning of your name—either each name separately, or the meaning of all of it put together. (Leave the other side blank, because we'll write on that side next time.)
4. Attach the tag to your arrow between the fletching (feathers) and the nock (notch) by folding the bottom end of the tag through the string loop and pulling it tight around the arrow shaft.



## Wrap Up

### FORECAST AND CONCLUSION

When you're looking at your names, it's not unusual to find one that just doesn't seem right. I don't mean, "My name means 'plumber,' and I'm not a plumber." I mean something like, "My name means 'brave,' and I don't feel brave at all," or, "My name means 'cowardly, and I want to be brave.'"

This sort of name mismatch happened to people in the Bible too, and God had ways of dealing with it. Sometimes God challenged people to live up to their name, and the calling he gave them required them to do it. Maybe that's what you need to hear today—maybe you need to know that God has a dream of you living up to your name, and he is right now working in your life to make that happen as you cooperate with him.

In other cases, God changed people's names; he gave them a new name. Now, it's generally not practical for you to change your own name, but you can reinterpret your name. You can look at your name from a different point of view. For example, if your name means "cowardly," you can consider how you're called to help people who are fearful and afraid.

One more thing. You may have seen the names that other people have placed on you. They might be encouraging, they might be embarrassing, or anything in between. They might be a reflection of God's dream of you, but they might not—they might be someone else's idea of you that does not reflect the way he sees you. What I want to do right now is to pray for you that over the next few days, God would speak to you about the names that he gives you and that he would replace any false names you have with his truth. **[Pray.]**



A JOB IS  
WHAT YOU  
ARE PAID FOR;  
A CALLING IS  
WHAT YOU ARE  
MADE FOR.

HOWARD HENDRICKS

SESSION 03

# MY GIFTING

(PART 2)



TRAINER'S GUIDE





## Warm Up

### RECALL AND PREPARATION

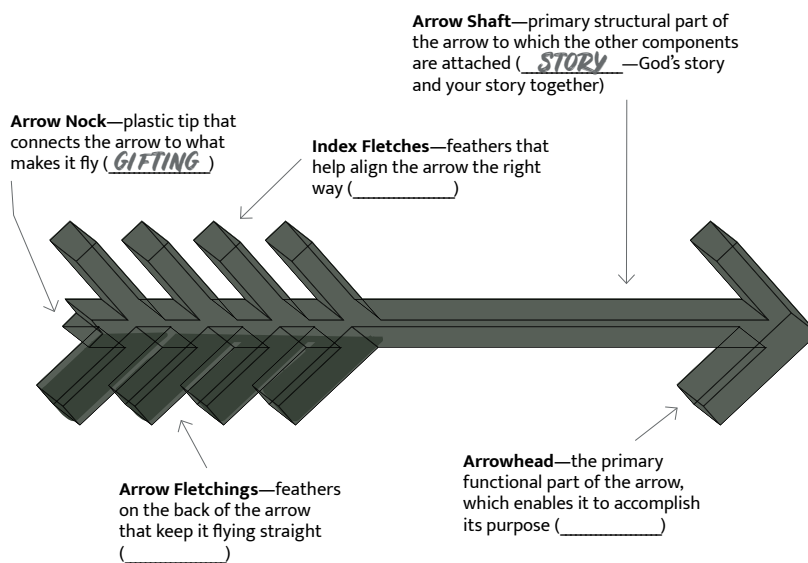
Last week we began talking about our Younique gifting. Like David, God has given us all gifts to live the life that he has called us to live. We learned about the power of our name and researched our names together to get insight into the kind of person that God has called us to be.

Last week we saw that David’s name means “beloved.” Another character in the Bible is a prophet named Jeremiah. Jeremiah’s name means “the Lord exalts.” This was the constant hope and battle of Jeremiah’s life. He lived in a world that was constantly trying to tear him down, but God lifted him up in the end. That’s why we know his name today.

Here’s the crazy thing: in Jeremiah 1:5 God tells Jeremiah, “Before I formed you in the womb I knew you, before you were born I set you apart; I appointed you as a prophet to the nations.” His words to Jeremiah paint a picture of how intimately God is at work in all of our lives even before we were born. So what if God knows you better than you know yourself? And what if God has wired you uniquely for everything He has called you to do? That is the kind of journey that we are on together—to find out God’s one-of-a-kind divine design of your life.

With a large group, interview two or three students in front of the group. In a small group, use two or more of these as opening discussion questions:

- What did you learn about your name last week? What part of your name meaning resonated the most with you?
- Have you ever thought about the way God has made you unique—the same way he did with Jeremiah? What is your first reaction to the idea that God formed you just the way you are before you were even born?
- How might knowing how God has designed you keep you from just comparing yourself with other people?
- What is the most interesting thing you have ever discovered about yourself?



## Set Up

The following is a script you can use to teach the opening portion of this session of Younique Students 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 Students teaching videos that stream for free from [lifeyounique.com/ptv-students](https://lifeyounique.com/ptv-students) (the password is ARROW21). Your group can watch the teaching video all together or watch individually in advance of meeting together.

don't have a one-size-fits-all kind of gifting. It's a Younique fitting that is just the right size for you.

But in order to fit into this one-of-a-kind divine design, you have some work to do. That's why today our entire session is going to be about discovering some of the things that make you different from other people around you. Here is today's big thought—"You were made **different** in order to make a **difference**". So let's turn to Ephesians 4 and read how God is bringing different kinds of people to his church so that his church makes an eternal difference in the world.

### SCRIPTURE AND TEACHING

Have you ever gotten a shirt that fits you exactly right, but the first time you washed it, it shrunk down to a size that you could barely even fit into? Or maybe after having a few experiences like this, you bought a shirt that was too big, hoping that it would shrink—but it didn't? Why does it always feel like the shirts we don't want to shrink do and the ones we want to shrink don't? It's surprisingly hard work to find a shirt that is exactly the right size.

What is true about shirts is also true about our lives. Oftentimes when we look at ourselves we feel too small to do anything significant. Or when we look at God's work in the world, it feels too big to fit into. But here is what I want to suggest to you today—God has made you just the right size to play your role in his big plan for the world. You

## Big Thought

You were made DIFFERENT in order to make a DIFFERENCE.

## Ephesians 4

In session 1 we looked at a verse from Paul's letter to the church at Ephesus—Ephesians 2:10. There Paul said that we are God's masterpiece, created in Christ Jesus to do good deeds that God prepared in advance for us to do. Two chapters later in Ephesians 4, Paul describes how it works in the church when many of God's masterpieces join to do good deeds together as one. Paul says that Christ gave the church gifts, and the gifts are five different kinds of people. When these five kinds of people work together, they accomplish a mission that's bigger than all of them. Let's look at how Paul says it.

Read Ephesians 4:4-13.

That last verse we read gives a clue to the mission God has for the church: it's for God's people to measure up to the standard of Christ. Paul says that the church is Christ's body; he's saying that God's goal for the church is that it would look just like Jesus. So God's mission for us is to be the expression of Christ in the world, the presence of Christ in the world. That's a tall order! None of us has all Jesus' abilities to do everything that he did. None of us can imitate him totally. So if God wants the church to be the representation of Christ in the world, and if none of us can do that on our own, how can we accomplish this big mission? By doing it together. The church is the body of Christ, and everyone who follows Jesus is a part of it. So each of us is called to be Yunique, but none of us is called to be independent—we are called to be one. Each of us is called to represent Christ, but it takes all of us to represent him fully.

In these verses, Paul describes how Christ designed the church so that all of us represent him together. To accomplish this, it says that Christ gave gifts to the church. But those gifts aren't things; they're not ideas; they're not even

powers. The gifts are people! Every person that Jesus brings into the church by saving them is his gift to the church. Do you realize what that means? It means that if you have received his gift of salvation, you are his gift to the church! You are God's gift to us all!

Now, the whole point of Yunique is that you are one-of-a-kind. You are a complex person with a rich mixture of gifts and abilities that's like no one else. And that's going to keep growing and developing over time. So there's no way anyone can put a label on you that expresses all of who you are. But at the same time, we do each show certain tendencies, and sometimes our tendencies are kind of like someone else's. We call these "types." A type isn't all we are, but it is one thing that we are.

That's how Paul is talking here. The people in Ephesus were just as complex and unique and richly gifted as you are. But Paul pointed out five broad gift types that different believers in the church tended to. These five types are apostles, prophets, evangelists, shepherds, and teachers. We believe that Christ is still giving people in these five types as gifts to his church today.

Now, Jesus himself is the ultimate Apostle, Prophet, Evangelist, Shepherd, and Teacher. And he also wants each of us to learn to do the basics of all five too. But he made each of us to major in one or two or three gift types as the ones we do best by the power of the Holy Spirit. When we each act out our Yunique gifting, the church becomes all that God has called it to be, and the whole world sees Jesus in us.

These five gifting types can be summed up this way (and as I read, think about what your unique contribution might be).

**Apostles:** The word apostle means "sent one." This gift doesn't mean that we are capital-A Apostles like the Twelve Apostles, Jesus' closest

original followers. For us, it simply describes the role the Apostles played in the church. Apostles help the church step into its destiny. As visionaries and entrepreneurs, they help the church move into the future and build bridges to new people, new places, and new things. They are constantly moving to what is next while keeping the church grounded in the truth that never changes. The question apostles constantly ask is “Are the people of God stepping into their destiny?”

**Prophets:** Prophets help the people of God **hear from God** and respond to what God is telling them to do. Like with apostles, when we say “prophets” we don’t mean someone who is able to write another book of the Bible and tack it on the end. We mean the role that prophets play to help the people of God live with integrity and right the wrongs that they see around them. They provide clarity for God’s people and have a keen sense of what God desires for their world. The question prophets constantly ask is “Are the people of God hearing from God and responding to what God is saying?”

**Evangelists:** Evangelists are people who always have **good news** to share. They are great connectors and want everyone to get involved. They are constantly spreading “good news” wherever they go to recruit those who believe it into the kingdom. They are constantly looking for the next person to connect with and are burdened for those who haven’t connected yet. The question evangelists constantly ask is “Are new people coming into the kingdom?”

**Shepherds:** Shepherds help the people of God **care for one another** well. They want more than just new relationships; they want deep relationships. Shepherds see the needs of people around them and want to help meet those needs. They walk with people through the ups and downs of life; they help people see and feel

God’s grace in good times and bad. Shepherds help us remember that we are human beings and not just human doings. The question shepherds constantly ask is “Are the people of God caring for each other well?”

**Teachers:** Teachers are **passionate for the truth**. They want individuals to hear the truth and know it, but they also want the whole body to be aligned with the truth. This means teachers are more than people who stand up and talk; they can also be great designers and engineers who build systems for people to find freedom according to the truth. The question teachers constantly ask is “Are the people of God learning the truth about who God is and who they are?”

People who live out any of these five functions help the church become all that God has made it to be. And here is the good news: each one of you is a gift to the church, and each of you lives out one or more of these types. These five gifting types do not exhaust all the gifts that God gives you, but they do provide you with a great place to begin. When you link your gifting up with how your personality is wired, you get a great view of God’s Unique design of your life. Remember, “You were made different in order to make a difference.”

## Step Up

### TOOLS AND DISCOVERY

So what kind of gift to the church are you? Today in our training we are going to take two assessments. The first assessment is going to help you understand your Ephesians 4 gifting. The second assessment is going to help you understand the gift of your personal wiring.

Keep in mind: these assessments are not tests that you can pass or fail. There aren't right answers or wrong answers; there aren't good types and bad types. The right answer is whatever is true for how you like to do things, not what someone else would do. The first answer that comes to you is probably the right one, so go with it.

Also, remember what I said last week about labels. Don't let these assessments become labels that limit you but names that empower you. These assessments are not telling you what you can't do. They are simply given to name how God's grace is displayed uniquely in who you are and what you do.

Together these two assessments are going to give you a clear look at the special gifting that God has given you—as if you found the shirt that is just your size!

### APEST Giftings

1. Go to [lifeyouunique.com/APEST](http://lifeyouunique.com/APEST).
2. Take the online assessment.
3. Read through your results with the goal of learning more about the way God has wired you.
4. Record your top two giftings (like prophet and teacher, for example) in your workbook.

### Personality Quiz

Go to [lifeyouunique.com/assessments](http://lifeyouunique.com/assessments) and take the quiz. Then read the report at the end that tells you about your personality type. Tap the button to get a PDF and save it to your phone.

### Discussion

You might be wondering what the results of your personality test mean. So here's a little introduction.

First, near the top of the report page, there are four pairs of words, and the report shows your preference for each.

At the bottom of the page are two of four possible types—Mover, Connector, Thinker, and Planner—with descriptions of how each type likes to do things. The first one is the type that fits you the closest, and the second one is the type that fits you second-most. When you put those types together with your preference for extraversion or introversion, you have your full type!

It's important to remember that these types are not a label. They're not meant to confine you. They're meant to free you to become your best at being you so you don't have to envy the gifts that God gave someone else.

If your group is larger than six people, break into groups of three or four. Have participants take turns answering these questions.

- How well do each of your APEST descriptions fit you? Have you ever seen them in action in the things you often do?
- How well does your personality type description fit you? How do you see it in action in your life?
- What connections do you see between your APEST types and your personality type?

Participant Guide page 24

<b>Extraversion</b> – you prefer to experience life out loud with the people and things around you	<b>Introversion</b> – you prefer to experience life by talking inside yourself with your own thoughts
<b>Hands-On</b> – you prefer dealing with what your eyes see	<b>Theoretical</b> – you prefer dealing with what your mind or heart recognizes
<b>Objective</b> – you prefer to evaluate things by what seems to be true	<b>Subjective</b> – you prefer to evaluate things by what seems good to you
<b>Planned</b> – you prefer things to be figured out ahead of time and seeing them neatly concluded	<b>Spontaneous</b> – you prefer living one day at a time and keeping your options open

Go around the group one member at a time. Have the others answer this question: “What do you think is unique about the combination and relationship of this person’s APEST and personality type?”

Ask each member of the group to write down the phrase or learning that resonated with them the most from this exercise.

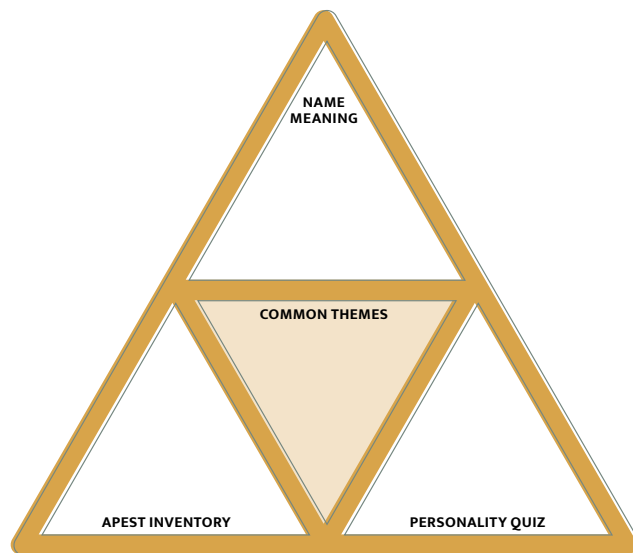
## CUSTOMIZE YOUR ARROW

### Gifting Pyramid

1. Place your name meaning in the Name Meaning triangle.
2. Place your top giftings from the APEST Inventory and their meanings in the APEST Triangle.
3. Place your personality quiz names and meaning in the Personality Quiz triangle.
4. List the common themes or unique insights you have about your giftings in the Common Themes triangle.

To prepare for this exercise, you will need colored card stock tags, four to five inches long, with elastic strings attached.

1. On one side of the tag, write the common themes or insights you have about your giftings you captured.
2. On the other side of the tag, write the takeaway phrase you captured at the end of the last exercise. What is unique about your gifting?
3. Attach the tag to your arrow between the fletching (feathers) and the nock (notch) by folding the bottom end of the tag through the string loop and pulling it tight around the arrow shaft.



**WORKING THROUGH THE DETAILS SO THAT EVERY PROJECT BECOMES THE BEST THAT IT CAN BE**

**HELP PEOPLE FIND THE PLACE WHERE THEY COME ALIVE**

**RECOGNIZE OPPORTUNITIES AND INSPIRE OTHERS TO GO FOR IT**

**CHALLENGE THE STATUS QUO AND FACILITATE INNOVATION THROUGH COLLABORATION**





## Wrap Up

### FORECAST AND CONCLUSION

Over the last two sessions, we have taken a few moments to look at our unique gifting. We have interpreted our names and looked at how God has uniquely wired us. But the truth is that this is just a small peek into the uniqueness with which God has made each one of us. There will always be more for us to learn about God and about ourselves. What we hope you come away with most from these first three sessions together is that no one on earth has your story or your unique gifting. You are a one-of-a-kind divine design. God has formed you and is forming you. He knows you better than you know yourself and he is inviting you to know yourself the way that he knows you.

Next week we will begin looking at our passions. Passions help us answer the “why” question of our lives. If gifting helps us answer what we are capable of doing, then passions help us answer why and where we might put those giftings into practice for the greatest benefit of those around us. You have giftings, but you are more than your giftings. Finding what we can do well might help us discover our purpose, but it is not until those things are combined with our passions that we get close to discovering our calling. So join us next week as we dive into your passion—you won’t want to miss these sessions together.

SESSION 04

# MY PASSION

(PART 1)



TRAINER'S GUIDE



## Warm Up

### RECALL AND PREPARATION

Welcome back to Younique! The past few weeks we have looked at your story and your gifting in order to help you discover the amazing person that God has called you to be. No one else on the face of the planet is exactly like you. You are unique, and with your unique story and gifting, God is calling you to make a unique impact in our world.

But the truth is that your story so far and even how God has gifted you are not enough to ensure that you will step into your one-of-a-kind divine design. That is why today we are going to talk about passion. Too many times people use their story and gifting in ways that only serve themselves. Discovering our true passion shows us a different way. Instead of being distracted by things that we naturally desire, passion helps us give our lives away to the things that really matter. So, today we invite you to begin discovering your passion.

### RETURN TO THE ARROW

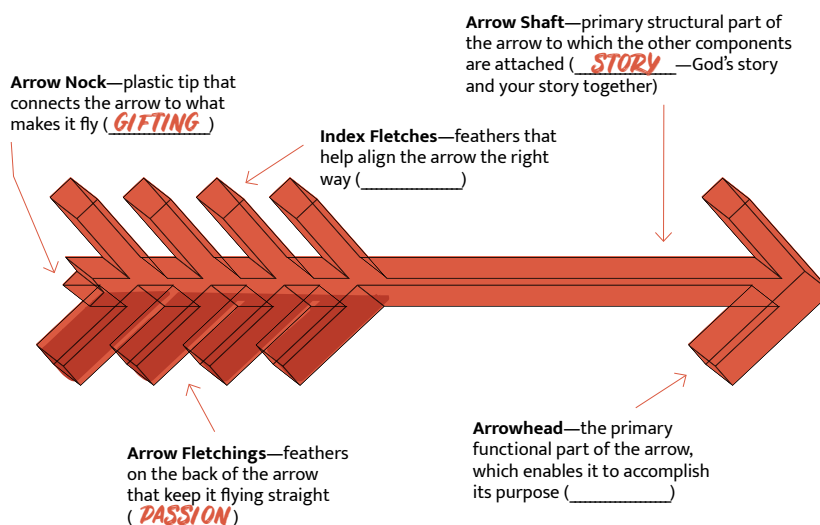
The last several weeks we have used the illustration of an arrow to talk about calling. In our previous sessions, we looked at the way the arrow shaft illustrates our story and God's story. As the primary structural part of the arrow, our story and God's story are attached to every other part of our lives. Then for the last two weeks, we have focused on the arrow nock, which represents our gifting. The arrow nock is the plastic tip of the arrow that attaches the arrow to the bow, and the bow is what gives the

arrow its power. In the same way, our gifting is God's power operating through our lives.

Today we want to go further and talk about the arrow fletching. The arrow fletching is the term for the feathers attached to the arrow; they help the arrow fly with precision. Without the arrow fletching, the arrow would fly off any which way instead of in the direction the archer wants it to go. The feathers of the arrow are like passions in our lives; they help our lives fly with dramatic precision. When we identify our passions and live them out intentionally, we live our lives with a sense of direction. Passion helps us determine where to put our giftings into practice.

With a large group, interview two or three students in front of the group. In a small group, use two or more of these as opening discussion questions:

- If God were to offer to give you anything you asked for, what would you ask for? Why?
- What is passion?
- What do you think the difference is between passion and excitement?
- Who have you seen live their life with passion? How did their life inspire your life?



## Set Up

The following is a script you can use to teach the opening portion of this session of Younique Students 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 Student teaching videos that stream for free from [lifeyounique.com/ptv-students](https://lifeyounique.com/ptv-students) (the password is ARROW21). Your group can watch the teaching video all together or watch individually in advance of meeting together.

### SCRIPTURE AND TEACHING

I want you to think back a few years. Remember what it was like to go to McDonald's when you were younger? The menu had all kinds of stuff on it, and it might have taken your mom or dad or older brothers and sisters forever to figure out what they were going to order. But I bet it took you no time at all because there was one thing on the menu that was calling your name. What was it? [Perhaps wait for the answer.] The Happy Meal. And why was the Happy Meal so great? What made it the must-have thing on the menu? [Wait for answer.] The toy. Did you ever get your Happy Meal and race to find the toy and pull it out of the plastic and start playing with it, and your mom or dad or grandma made you eat first? Maybe you ate as fast as you could, left half the food still in the box, and then started playing.

Great memory, right? Now let me ask you something. Of all the Happy Meals you've eaten, how many Happy Meal toys do you still have? Actually, how many Happy Meal toys do you remember—like, you could tell us exactly what it was? You might want to ask for answers from the group.

Now, when the excitement wore off, how long did you enjoy that toy? How long did you play with it and use it frequently? Maybe a few weeks or a few days, but I wouldn't be surprised if it didn't even last an hour. So what happened to all that excitement? What happened to your passion for your toy? Why did it go away? Ask for answers from the group.

Final question: did the Happy Meal make you happy? Think about it—it's called a "Happy Meal." It promises happiness. How much happiness did it actually deliver?

Let me tell you a secret. That fun with the Happy Meal toy that you've forgotten before you get out of the minivan—that's not just a little kid problem. I bet you've experienced it since then in other ways. Guess what: you're going to run into it for the rest of your life. The world's advertisements for what's supposed to excite you look huge. They promise a lot but rarely deliver. In the end, if we chase those things expecting the excitement to never end, we compromise the substance of life for the promise of a toy only to realize later that we've sold out for something less than God's best.

## Big Thought

Avoid the ***DISTRACTION*** by naming your ***PASSION***.

Today we continue our Younique Journey by talking about the passions of our lives. It is a call to substance and not to toys. While the world will do its best to get us to buy into lesser things, passions are the divine motivators that help us give our lives to things that really matter. While it is easy to be distracted by toys, passions are what guide us to substance—and substance is what really matters in designing the life that God has called us to. That’s why today’s big thought is so important. In this thought lies a challenge that summarizes everything that we are going to be talking about today. So here it is—“Avoid the **distraction** by naming your **passion**.”

Today’s passage tells us a lot about passion. Solomon was the son of David and became the greatest king in all of Israel’s history. In this passage, Solomon was just beginning to step into a position as king of Israel that would mark the Golden Age of Israel’s history. But how would he reign in this crucial moment? And how could he possibly be the person to lead Israel into its divine future? Let’s find out.

Read 2 Chronicles 1:1-13.

So Solomon sensed the significance of this big transitional moment in his life and in the life of the nation, so he gets all the leaders together and goes to worship the Lord. And while he’s there, God gives Solomon a dream. In this dream, God offers Solomon anything he wants.

The distractions were huge. Would Solomon ask for wealth? Would he ask for pleasure? The toys must have loomed large. I mean, who wouldn’t ask for these kinds of things if God showed up like Aladdin’s genie in a bottle?

But Solomon asks for something bigger than all that. He asks for wisdom. Compelled by a burden to govern his people well, Solomon knows that riches and pleasure are mere distractions for what it will mean for him to be a great leader. He has seen the mistakes of his father and he knows from his own pain how much bad decisions can cost a king. His passion is to govern Israel well, so he asks God for wisdom. Then as a byproduct of wisdom, Solomon gains a lot of the lesser things that could have distracted him (wealth, fame, etc.).

Every one of us faces the same kind of decision, not just in big moments but in little moments every day. Too many times the distractions of fame and fortune distract us from God’s best. Like going after this year’s toys, we too often settle for less than God’s best with our lives. Our passion shows us a different way. It calls us to what really matters and clears our minds of lesser things. It helps us discern substance from toys and motivates us to move our lives toward things that matter.

Today, we want to call you to this same kind of journey. I get it—it is easy to just try to fit in or to just try to accumulate the kinds of things that you think will make you happy. But people who find their passion aspire to a different kind of life. It’s rarely easy. But instead of being distracted by toys, they live their lives for the things that really matter.

So today’s question is “What motivates your life?” What are you willing to live your life for? What is the substance of life that is greater than toys? Today we invite you to discover your passion. Because only when you know your passion can you stop chasing the world’s promises of excitement that don’t last for a calling that lasts a lifetime. Remember, “Avoid the **distraction** by naming your **passion**.”

## Step Up

### TOOLS AND DISCOVERY

Today you're going to start to discover your passion. Remember, in casual conversation we toss the word "passion" around pretty easily, but not just anything drives you deep in your soul. That's where we want to begin to explore, and we're going to do that over the next two sessions.

Today we're going to use two tools to explore your passion. The first is called the Passion Funnel.

#### The Passion Funnel

The Passion Funnel is a tool to sift the heavier passions from the lighter ones. To do that you're going to explore the things you're interested in, the things you're excited about (which are deeper), and the things you're driven by (which are deeper still).

1. What are the five (5) things you're interested in? What do you take a second look at when it catches your eye? What do you like to do or check out from time to time? Write them in the space provided.
2. What are the four (4) things you're excited about? What do you look forward to doing or seeing? What do you wish you could experience more often? Write them in the space provided.
3. What are three (3) things you're driven by? What are the things you have to be involved with or you're not "you"? What would you make sacrifices for without anyone forcing you? Write them in the space provided.
4. What are the two (2) things that you are burdened for? What keeps you up at night? What are the things that break your heart? Write them in the space provided.
5. Look over your whole funnel. What five big ideas about your passions do you want to take away from what you see? Write those in the space below the funnel.

Session 04 - My Passion / Part 1

### The Passion Funnel

**Interested In: (5)**  
What do I enjoy? What are my hobbies? Where do I spend my free time?

**Excited About: (4)**  
What gives me energy? What do I look forward to doing?

**Driven By: (3)**  
What must I do? What gets me up in the morning?

**Burdened For: (2)**  
What keeps me up at night? What pain in the world do I sense God wants me to step into?

**PASSION:**  
A conviction that becomes contagious because it withstands the test of pain.  
What five words from the funnel above best describe your Passion?

---

---

---

---

---

32© Younique. All rights reserved. LifeYounique.com

Participant Guide page 32

#### Discussion Questions

If your group is larger than six people, break into groups of three or four. Have participants take turns answering these questions.

- The Passion Funnel is just the first tool we're using to uncover your passion. But based on that tool, what do you seem to be most passionate about?
- What matters most to you about the things you're most passionate about?
- Do you think a lot of people know that you're most passionate about these things, or only a few? Why is that?

### Passion 360

With the Passion Funnel, you got a glimpse of the passions you see in yourself. The next tool, Passion 360, helps you to see the passions that other people see in you. Sometimes other people see what matters most to us as well as we do or even better.

First, snap a picture of the words on page 25:

**Hi! I'm going through a program called Younique that's helping me learn more about myself. Would you help me? As you see it, what THREE words describe what I am most passionate about? (These words aren't for describing me; they're to describe my passions.) Text back three words only, please. Thank you!**

Next, send the text to:

- 2 parents, grandparents, or people who are like parents to you
- 2 teachers, coaches, or other adult leaders in places you go
- 2 friends
- 2 other people of any category

As people text you back with their three words over the next few days, write their answers in the space provided.

## Wrap Up

### FORECAST AND CONCLUSION

Passion is what guides our lives with God's precision. Without knowing our true passion, we tend to use our gifting—our talents and abilities—to live for things that in the end are less than God's best. But just like the fletching of an arrow, our passions help us move in the direction that God is calling us.

Session 04 - My Passion / Part 2

### The Passion 360

For your Passion 360 interview, text something like the following statement below to eight people: two parents, grandparents, or people who are like parents to you; two teachers, coaches, or other adult leaders in places you go; two friends; two other people of any category. Record their answers in the boxes below.

Hi! I'm going through a program called Younique that's helping me learn more about myself. Would you help me? As you see it, what THREE words describe what I am most passionate about? (These words aren't for describing me; they're to describe my passions.) Text back three words only, please. Thank you!

**FAMILY**

1.

2.

**TEACHERS/COACHES**

1.

2.

**FRIENDS**

1.

2.

**OTHER**

1.

2.

© Younique. All rights reserved. LifeYounique.com 33

Participant Guide page 33

In this session, we began the journey of discovering our passions. In the next session we'll dive even further into passion by learning about the gift of pain in our lives. Pain is often the thing that differentiates passion from mere excitement. As we will learn next time, passion is a conviction that becomes contagious, because it endures the test of pain. So come back for session 4 and learn with us how the biggest pain points of our lives reveal our greatest passions.



GOSPEL-CENTERED LIFE DESIGN



**HARDSHIP**

**OFTEN PREPARES  
AN ORDINARY  
PERSON FOR AN  
EXTRAORDINARY  
DESTINY.**

**C.S. LEWIS**

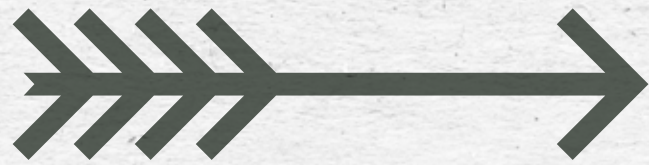
SESSION 05

# MY PASSION

(PART 2)



TRAINER'S GUIDE



## Warm Up

### RECALL AND PREPARATION

Welcome back to Younique. The last few weeks we have been talking about becoming people of impact in our world by finding our calling and living it out. We've been on a journey in which we have discovered our story and God's story. We have identified our unique gifting. And last week we began to uncover our passion.

This week we want to continue learning about our passions by taking a look at an unlikely source. We want to look at our pain. We can't talk long about passion without talking about pain, because it is in our pain that so much of our passion is developed. And also, it is through pain that our passion is truly tested.

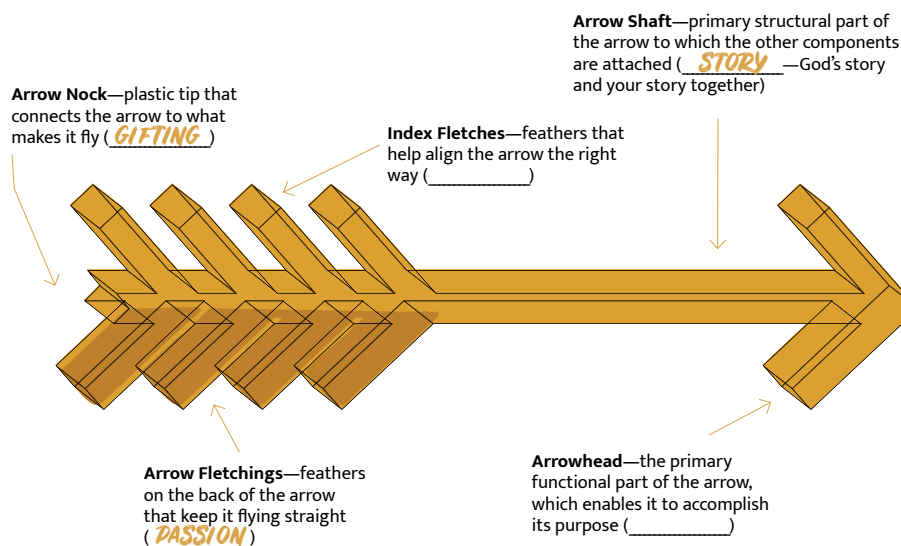
### RETURN TO THE ARROW

Remember that we have been using the example of an arrow to talk through the way that God uses our story, giftings, passions, and calling to make us people of impact in our world. Just like an arrow is made up of several parts, our lives are made up of different parts that God uses to enable us to do significant things in our world.


Last week, we introduced you to the arrow fletching, the feathers at the back of the arrow that allow the arrow to fly with precision toward its intended target. We used these feathers to talk about the different passions of our lives and started uncovering those passions together. This week we want to continue that learning.

With a large group, interview two or three students in front of the group. In a small group, use two or more of these as opening discussion questions:

- What five big ideas did you list from last session's Passion Funnel exercise?
- Of the passions that your friends and family identified in the Passion 360 exercise, which ones did you resonate with most?
- How have you seen pain form passion in people, or how have you seen people push through pain as they pursued their passion?



## Set Up

The following is a script you can use to teach the opening portion of this session of Younique Students 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 Students teaching videos that stream for free from  [lifeyounique.com/ptv-students](http://lifeyounique.com/ptv-students) (the password is ARROW21). Your group can watch the teaching video all together or watch individually in advance of meeting together.

### SCRIPTURE AND TEACHING

Bring in a large bottle of Advil or Tylenol for the opening illustration.

Today's big thought helps us think about the role pain plays in forming our passion. Here it is—"Your **passion** matures through the **pain** you endure." We live in a world where everyone wants to get rid of pain as quickly as possible. Entire industries exist for this purpose. Just walk down the aisle of any CVS, Walgreens, or your local grocery store and you will see whole shelves devoted to alleviating our pain. In fact, today I brought in a large bottle to demonstrate just how accessible this kind of painkiller is. Have a headache? Take a Tylenol. Twist an ankle? Pop an Advil. Have a little heartburn? Chew on some Tums.

Everybody's looking for easy ways to get rid of the pain in their lives. Of course, we're thankful

for the relief these different medicines bring. But we should ponder whether all our efforts to get rid of pain are also subtly robbing us of something valuable—our passion.

It is impossible to talk about passion without also talking about pain—maybe not physical pain like a headache, but pain in the soul. In fact, one gift of pain is the passion that is formed through it or tested by it. The Latin root of the word "passion" actually means "suffering." Have you ever heard the term "the Passion of Christ"? It refers to the last week of Jesus' life when he went through tremendous suffering.

So here's a definition of "passion" that I'd like you to think about today: passion is a conviction that becomes contagious because it withstands the test of pain. In other words, where there is no pain, there is no passion. And in a world where so much money is spent numbing our pain, it shouldn't surprise us that there is also so little true passion.

### Hebrews 12:1-3

Today we want to take a look at passion and pain through one description of the life of Jesus found in the Letter to the Hebrews, chapter 12. We want you to see how Jesus' passion was revealed through his pain and how his pain demonstrated his greatest passion.

Hebrews was written to a group of Christians who had been persecuted for making Jesus the Lord of their lives. Some of them were thrown in prison, some were beaten up, some had their possessions taken from them. In fact, their very lives were at stake because of their beliefs. They

## Big Thought

Your passion MATURES through the pain you ENDURE.

made it through, but they were scared that it would happen all over again. So these believers were tempted to go back to their life before they met Jesus to avoid more pain for their faith in him. They had had a Jesus experience, but they weren't sure they would continue on the Jesus path under the threat of more pain. So the writer of Hebrews wrote to remind these people of just how important Jesus is, and he encourages them to push through the pain for the life that God called them to live. In the early chapters of Hebrews, the author does this by demonstrating that Jesus is greater than all the prophets. He is the great High Priest. He's greater than the angels or anyone who has come before him. Jesus is Number One. In chapter 10, the author rallies people's attention to how Jesus' death on the cross was the perfect sacrifice so that all their sins could be forgiven once and for all. In Hebrews 11 the writer reminds the people of the stories of heroes of their past. Then comes chapter 12.

Read Hebrews 12:1-3.

In Hebrews 12, the author calls his friends into their future as he encourages them to run the race that is set before them. He challenges them to continue in perseverance. And he does so by using Jesus as his chief example. Listen again to words he writes in verses 2 and 3 [re-read]. In these verses, we overhear Jesus' secret to a life of passion. A life of passion is not the absence of pain. Instead, it is a life of finding a joy so great that it is worth moving through any pain that might come our way.

So what joy is worth the pain for you? This is what differentiates pain from mere excitement. Excitement fades when pain enters the equation. But passion only gets stronger through pain and leads us to the joy on the other side of it.

This is the kind of passion that becomes contagious to everyone around us. When our lives

are going well, people may pay some attention, but when they see us press through pain, they can't help but notice. The gift of pain reveals this truth: there is something worse than suffering, and that is having nothing in your life worth suffering for.

Now, I want to make something clear—this is very important. For these first readers of Hebrews, it wasn't fair that they suffered what they suffered. It was wrong; they didn't deserve it. But in a way, they did sign up for this pain—they went into it with their eyes open; they knew that claiming Jesus as Lord was a risk. They were suffering for something they chose.

But my guess is that most of the suffering in your life is not something you signed up for; it's not something you chose. It's pain that came into your life that you couldn't see coming, and you couldn't get away from it no matter what you did. Maybe it was a family situation. Maybe it was a disease. Whatever it was, you weren't suffering for something—you were just suffering.

So can that suffering be redeemed too? Can even the pain that you didn't choose lead to your passion? It sure can. God is a good God—he can take the pain you've suffered, whatever it is, and turn it into the passion that drives you to joy.

So today, I'm inviting you to take a fresh step in that direction. I'm inviting you into your pain—as far as you're willing to go today. I'm inviting you to consider something different than just numbing the pain of your life. I'm inviting you to discover your passion because once you tap into the passion God has put inside you, you'll find that it is even more lasting and more powerful than the pain you have experienced. Remember, "Your passion **matures** through the pain you **endure**." So let's push into the pain just a little bit and allow it to inform some of our passions.

## Step Up

### TOOLS AND DISCOVERY

A true passion is a conviction that withstands the test of pain. Fortunately, discovering what your convictions are doesn't have to be painful; it can even be fun! But it does mean tapping into a little of that pain. We do this with a tool called Offender Opposites. Through this tool, we are going to identify some things that may have brought pain in your life, but in identifying that pain we will also help you identify the joy on the other side of it.

#### Offender Opposites

1. Write down the top four things that offend you, big or small—things that annoy you, irritate you, tick you off, or maybe even hurt you.
2. For each of the four things you listed, try to sum up in one word what makes it so offensive (like “messiness” or “inconsiderate”). Maybe you have to ask yourself, “What’s the problem with this offender? Why does it offend me so much?” If you have trouble naming it, do a search for “word for \_\_\_\_\_,” and fill in the blank with a phrase (like “full of yourself”).
3. Now search for the antonym (the opposite) of each of the one-word summaries of your offenders. (One good place to go is [synonym.com](http://synonym.com).) Write the antonym down in the table also.

#### Storyboard Convictions

Go back to Session 2 and take a look at your Six-Sketch Storyboard.

1. In the table below, name any of the sketches that show a moment of pain in your life.
2. In the next column, write down anything that you became passionate about after that experience (see example).

Session 05 - My Passion / Part 2

### Offender Opposites

Offender	One-Word Summary	Opposite (Antonym)
(Example) People acting like something they're not	Fakeness	Sincerity

38 © Younique. All rights reserved. LifeYounique.com

Participant Guide page 38

Session 05 - My Passion / Part 2

### Storyboard Convictions

Sketch	Passion
(Example) Being pushed away from the lunch table I wanted to sit at	Belonging for everybody

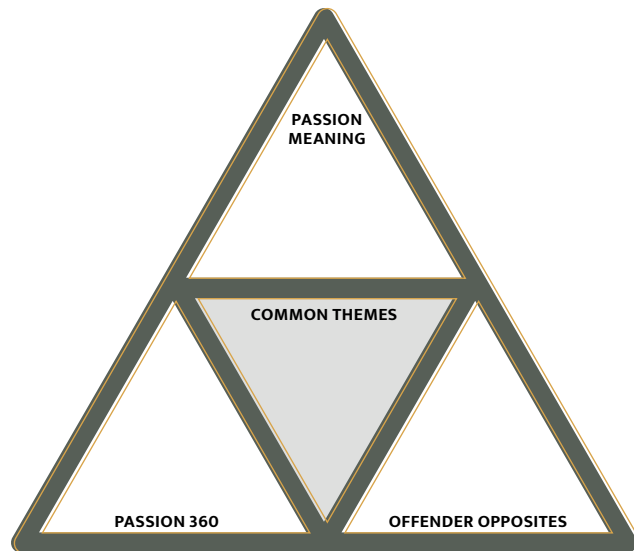
© Younique. All rights reserved. LifeYounique.com 39

Participant Guide page 39

## CUSTOMIZE YOUR ARROW

### Passion Pyramid

1. Place the five words you used to describe your Passion at the bottom of your Passion Funnel in the bottom of the Passion Funnel triangle.
2. Place the four most repeated words in your Passion 360 exercise in the Passion 360 triangle.
3. Place your Opposite Offenders in the Opposite Offenders triangle.
4. Review your assessment and how it helps to name your passion. Capture the insights you have about your passions in the Common Themes triangle.



To prepare for this exercise, you will need card stock tags of a different color than the ones you used for Your Gifting.

1. Look back to last session. Compare your Passion Funnel, your Passion 360, your Offender Opposites, Storyboard Convictions and TruMotivate. What do you see in common? What connects these tools?
2. Write what you think is your deepest passion(s) on a tag. You can use one or both sides of the tag to write it down.
3. Attach the tag to your arrow just forward of the fletching (feathers) by folding the bottom end of the tag through the string loop and pulling it tight around the arrow shaft.



 **Wrap Up****FORECAST AND CONCLUSION**

No one likes pain. And today's session has not been about pursuing pain. It's simply been about not spending our whole lives trying to avoid it or numb it. Because in the pain is a potential gift that far outweighs any suffering—meeting Jesus in and through our pain often creates an experience with God that awakens and cultivates meaning and purpose. In fact, Jesus went through his own pain because of his deep love and passion for you. He's not calling you to anywhere he has not been. Instead, he is meeting you in your pain and forging his passion inside of you through it. It is in the great pain of our lives and of our world where the greatest passion is formed. So thanks for pressing into the pain today, because your courage really is contagious.

By the way, we didn't have discussion today the way we usually do because you might have found some things in your story that are hard to discuss. But you might want to talk about it with someone. I invite you to text me or any of the leaders here to talk about your passion and your pain. All of us would be honored to listen to whatever you have to share.

● **CREATING A PLACE OF BELONGING FOR ALL**

● **CREATING ORDER OUT OF CHAOS**

● **HELPING OTHERS MAXIMIZE THEIR POTENTIAL**

● **CONFRONTING INJUSTICE SO THAT OTHERS CAN MOVE FORWARD**

SESSION 06

# MY CALLING



TRAINER'S GUIDE



## Warm Up

### RECALL AND PREPARATION

Welcome back to Younique. Today is a big day! Today is the day that we start to bring together everything that we have been learning about God and ourselves over the past five sessions. In these five sessions, you have looked deeply at your story, your gifting, and your passion. Today we want to bring those things together as we talk about your calling.

Calling is what gives purpose to your story, your gifting, and your passion. It answers the “what” question of your life. What is it that you are called to do? We call that your LifeCall. Today we’re going to take a big step to answer the “what” question and discover your LifeCall.

With a large group, interview two or three students in front of the group. In a small group, use two or more of these as opening discussion questions:

- What is the most important telephone call that you have ever received? Why?
- Whose voice (other than God) is most important in your life? Why?
- How have you heard God’s voice in your life?
- How do you think God speaks to us today?

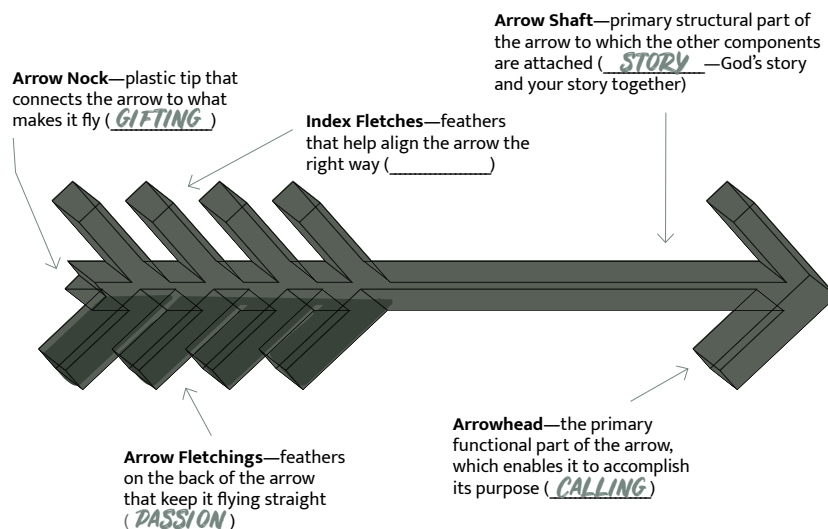
## Set Up

The following is a script you can use to teach the opening portion of this session of Younique Students 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 Students teaching videos that stream for free from [lifeyounique.com/ptv-students](https://lifeyounique.com/ptv-students) (the password is ARROW21). Your group can watch the teaching video all together or watch individually in advance of meeting together.

### SCRIPTURE AND TEACHING

What does direction from God look like?

The Bible gives some amazing examples. Abraham gets GPS directions. Sarah gets an unexpected pregnancy. Jacob gets a fabulous dream. Moses gets a burning bush. Samuel gets a voice. Isaiah gets a hot coal. Paul gets a blinding light. And God literally opens the heavens and launches Jesus’ ministry in his baptism by saying out loud, “This is my Son in whom I am well pleased.”



And yet the big, theatrical moments are not the only way that God directs his people. Yes, sometimes people experience dramatic moments with God. But most of us don't receive a text message directly from God telling us what to do.

The story of Esther is one of the best examples of God's call without all of the Hollywood special effects.

The story of Esther happens during the same century or so as the Books of Ezra and Nehemiah. Before this century, the Jewish people were deported from Israel and exiled to other lands, and their kingdom was destroyed. Ezra and Nehemiah tell the story of Jews who later returned to their land from exile to resettle it. Ezra (the priest) and Nehemiah (the politician) recount how people went back to rebuild the temple and reestablish rhythms of worship and learning and fasting and prayer in their homeland.

But Esther tells a different story. It is a glimpse of the lives of Jews who stayed in their new home in Persia (modern-day Iran), where they lived among foreign and sometimes hostile people. It addresses the question of how God's people were to follow his call on their lives when they lived and worked and raised families in a community that didn't worship God, a place with worldly priorities—maybe a lot like where you live.

You might already know this, but the Book of Esther is famous for the fact it is the only book in the Bible that does not mention God by name. Scripture tells the story of God and his people, so why is the story of Esther in the Bible if it never mentions God?

Because it is critical testimony to another way that God gives his people direction about their calling, even when the faithful are far outnumbered and outmatched in a place that seems very far from God. He doesn't just give direction with the big, dramatic word from the sky. He also calls people through the reality

they're facing. And Esther also shows us that for some strange reason, God even calls ordinary folk like you and me to serve a great purpose.

So who is Esther, anyway? Esther is a Jewish orphan who finds herself winning a beauty contest in the court of a powerful Persian king. There is nothing in Esther's background that suggests that she would be chosen to lead. In spite of this, she wins the ancient Middle Eastern equivalent of *Dancing with the Stars* and the lottery on the same day.

One might think her rise to prominence and fame might be the end of the story, but after a while, she discovers (along with her cousin Mordecai) a dreadful plot—an egomaniac who works for her new husband is putting her people in real danger. Now she has a big decision to make. Do I put my life at risk by approaching the king in his court without an invitation—a crime that is punished by death? Or do I stay silent?

This was not an idle question for Esther. Although men called the shots in Persia, women in the king's household had significant influence. Greek historians wrote many stories about how they intervened with kings to put some people to death and to spare others. Esther couldn't shrug off this crisis by saying, "Someone else is better for the job," or, "There's nothing I can do about it." Of all the Jews in Persia, she was uniquely equipped to save her people.

What's amazing to me is that God does not raise up a priest or a military leader or scholar for this particular moment in history. Instead, he uses an orphan who had nothing to lose and now has everything to lose.

The critical moment for Esther happens in chapter 4 when she has to make a choice. Mordecai tells her that she is in the unique position to help. He says, "You can either partner with God to deliver his people or not." Let's hear it in the Bible's words.

Read Esther 4:10-14.

Today's big thought summarizes exactly what Mordecai is trying to communicate to Esther. Here it is—"Your best service is to live out your purpose." Let's dive in a little further to how Mordecai helps Esther do this. Mordecai is a brilliant coach for Esther, isn't he? Notice what the text says about Mordecai's faith. He trusts in God's rescue no matter what. He tells Esther that her only choice is whether she wants to be a part of it. Would she rather try to preserve her nice, new life? Or does she want to be an instrument in the hand of God to save his people?

Mordecai also reminds her of her identity as a Jew. He tells her that she can't hide it forever; if all the Jews are killed, she'll die too. Have you ever gotten a speech like that from a parent—the "remember your name" speech? You can't be one person in one place and another person somewhere else for too long. Eventually, they will collide.

There is no question that being a follower of God in a hostile land creates a certain identity crisis for each and every one of us. This is the identity crisis that Esther faces as a follower of God in a hostile land. Esther actually has two names. Hadassah is her Jewish name; Esther is her Persian name. Her

names reveal that she's had to live in two different worlds and two different cultures at the same time. That was not a bad thing—it was actually God's plan—but eventually she has to make a choice. She has to look beyond what goes with the flow and instead choose from who she really is. Many of you are probably familiar with that wonderful phrase that rings like a bell at the end of this passage: "for such a time as this." God hasn't spoken to Esther in any obvious way about her calling. She's been given no signs, no miracles, no divine cues or clues. All she knows is her position and her identity, but that's enough for her to know what her calling is. In spite of the danger of stepping forward, she realizes something: for a Jew to win the beauty contest was no mere coincidence. She's got a job that she's called to do.

So here's what she says back to Mordecai. In other words, Esther comes face-to-face with today's big thought. Her best service is to live out her purpose.

 **Big Thought**

Your best SERVICE is to live out your PURPOSE.

Read Esther 4:15-16.

One of the things you have to love about Esther is her courage because she's going to do this even if it means she'll be executed. She has counted the cost of following her call regardless of the outcome. That's because a genuine call from God doesn't allow you to keep your worlds apart from one another. Remembering who you really are shapes every decision.

We need to know our unique identity in order to step into our unique calling. That's what our journey through Younique so far has been all about. But the cool thing is that once we step into our calling, it actually grows our identity even more. That's what Esther's example shows us.

Esther is referred to by name 37 times in the story. But with one exception, she isn't called Queen Esther until after she surrendered her life to God's call. It's as if she doesn't assume the full dignity and power of her identity until she gives it to God to save her people. When Esther remembered her true identity as a Jew and surrendered to God's call on her life, that's when she became a true queen.

Like Esther, we are recognized for who we really are once we live into our calling. Your calling is just as critical to God's saving plan today as Esther's. Esther is a story of how God uses each one of us, regardless of our job title or position, in the ordinary moments of our lives to be extraordinary partners in his story of redemption.

You may not understand it until you are in the moment. You may not know that it is coming in advance. You may not feel prepared or adequate for the task. It may be dangerous. It probably won't even work out like you thought. And it will certainly cost you something. But whatever the details turn out to be, God has made you for such a time as this. Remember, "Your best **service** is to live out your **purpose**." So, let's all step up with the courage of Esther today to name that purpose and live it out.

## Step Up

### TOOLS AND DISCOVERY

Esther knew what she was called to do “for such a time as this.” Now you’re going to take a big step forward by putting into words what God has called you to do.

This won’t be the last time in your life that you think about your calling. God has more to reveal to you as you grow and experience new things. But it’s never too early to start. You have to crawl before you can walk and walk before you can run.

So think of this as a first start, but a very important one. When you begin to grasp your calling, it shows you more clearly than ever before “the good things he planned for you long ago.”

#### Uniqueness Funnel

1. Look at your Six-Sketch Storyboard again and review your life story. Jot short names for the six scenes in the Uniqueness Funnel.
2. Look at what you wrote on the arrow tag for your Gifting, which has the results of your personality and APEST tests. Write those words in the funnel.
3. Look at your Passion Funnel, Passion 360, Offender Opposites, and Storyboard Convictions from the last two sessions, and especially look again at how you summarized your Passion on the passion arrow tag. Write the items from the tag on the funnel.
4. Look over the whole funnel. What do you notice about your uniqueness? In the box at the bottom, write insights about how these different elements tie together to describe you.

Session 06 - My Calling

### Uniqueness Funnel

Passion Funnel, Passion 360, Offender Opposites

How these different elements tie together to describe me.

46 © Younique. All rights reserved. LifeYounique.com

Participant Guide page 46

Session 06 - My Calling

### Two Word Examples

I exist to honor God and help others by \_\_\_\_\_ing \_\_\_\_\_.

**TWO WORD EXAMPLES**

- **Will:** Applying Essence
- **Susan:** Designing Enjoyment
- **Drew:** Building Teams
- **Carl:** Motivating Leaders
- **Mary:** Restoring Value
- **DJ:** Engaging Break-thru
- **Chad:** Nurturing Strategy
- **William:** Making Connections
- **Kathryn:** Manifesting Joy
- **Kelly:** Empowering Momentum

Participant Guide page 47



### Two Words

Imagine completing this sentence: “I exist to honor God and help others by . . . .” You’re going to complete the sentence with exactly two words, like these:

- I exist to honor God and help others by softening hearts.
- . . . by speaking truth.
- . . . by ordering life.
- . . . by helping neighbors.
- . . . by supporting heroes.
- . . . by displaying beauty
- . . . by overcoming obstacles.
- . . . by sparking insight.
- . . . by representing love.
- . . . by exploding laughter.

#### Here’s how to find your Two Words:

1. Brainstorm your calling by writing pairs of words below following this pattern: “I exist to honor God and help others by \_\_\_\_\_ing \_\_\_\_\_.” Try to fill every pair of blanks. The point isn’t to write the perfect words but to write as many possibilities as you can.
2. Circle your three favorites. Remember, your Two Words should:
  - apply to every area of your life
  - tie together the tools you’ve used so far
  - excite you when you hear them
  - make you want to thank God for making you that way
3. Pick the best pair of the three finalists. Or mix and match—take the first word of one pair and the second word of another and put them together. Or if a completely new Two Words jumps to mind at the last moment that feels right, go with it!



Participant Guide page 48

### Discussion

If your group is larger than six people, break into groups of three or four. Let each person in the group share their Two Words and why they picked them. After each person shares, let the others in the group share what they like about those Two Words and how they see them fitting that person.

### CUSTOMIZE YOUR ARROW

To prepare for this exercise, you will need card stock tags of a different color than the ones you used for Your Gifting and Your Passion.

1. Write your Two Words on a tag.
2. Attach the tag to your arrow just behind the arrowhead by folding the bottom end of the tag through the string loop and pulling it tight around the arrow shaft.

## Wrap Up

### FORECAST AND CONCLUSION

Hearing God's call for your life is one of the most important things you will ever do. God doesn't always speak directly and dramatically, but he communicates with us all the same. The good news is that even before you were born, you were on God's mind. He designed you uniquely and he has prepared you to do unique things.

Today we've taken time to identify his voice in our lives. Just like Esther, we all can step into our "for such a time as this" moment. But to do so, it means valuing his voice above every other voice. We live in a world that is full of voices—everyone has an opinion about who you should be and what you should do. Too many times we give our best time and energy to serving those lesser voices and run ourselves ragged trying to please everyone. But today we've chosen a different way. We've chosen instead to tune into the one voice that really matters by identifying the one thing that God has called us to do. Our calling stands above every other thing in our life and at the same time runs through the best things in our life. It affects everything else.

I'm proud of you for having the courage to hear that and respond to it as far as you've been able to so far. You may not have fully identified your Two Words yet, but you've started the journey, which is more than most people ever do. So I want to encourage you to keep listening and keep discovering. Because knowing and naming your LifeCall is the most important call you could ever answer.



**EVERY PERSON  
BORN INTO THIS  
WORLD REPRESENTS  
SOMETHING NEW,  
SOMETHING THAT  
NEVER EXISTED  
BEFORE, SOMETHING  
ORIGINAL AND  
UNIQUE.**

**MARTIN BUBER**

SESSION 07

# MY VALUES





## Warm Up

### RECALL AND PREPARATION

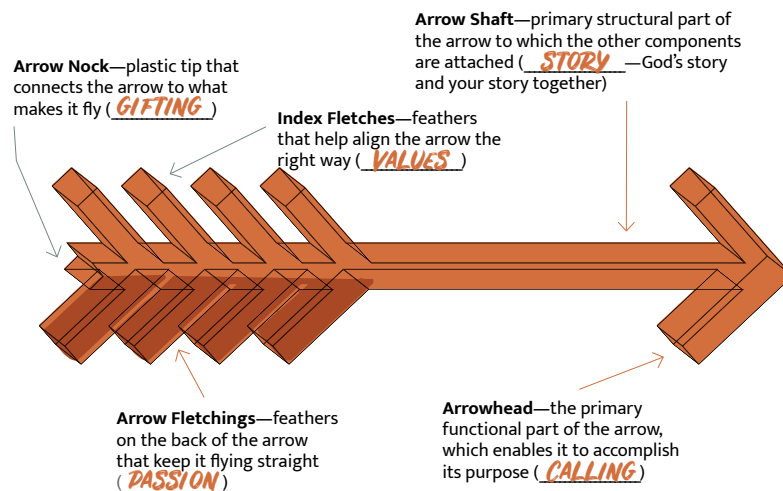
Welcome back to Younique. As you can tell from our last session together, we've started to bring together all of our learning from the past few weeks. Last week we used your story, giftings, and passions to name your LifeCall. Our LifeCall is the answer to the "what" question of life—"What am I called to do?" We did our best last week to name that LifeCall in two words. Today, we want to go further and use our story, gifting, and passions to name what we call our LifeCore, also known as our values. Our LifeCore answers the "why" question of our lives. It expresses the core convictions in our souls, the things we care about the most.

With a large group, interview two or three students in front of the group. In a small group, use two or more of these as opening discussion questions:

- What are your Two Words, and why did you choose those two words to describe your LifeCall?
- What does it mean to value something? Try not to use the word value in your answer.
- What is your most valuable possession? Why?

### RETURN TO THE ARROW

Remember that we have been using the example of an arrow to talk through the way that God uses our story, giftings, passions, and calling to make us people of impact in our world. Just like an arrow is made up of several parts, our lives are made up of different parts that God uses to enable us to do significant things in our world.



## Set Up

The following is a script you can use to teach the opening portion of this session of Younique Students 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 Students teaching videos that stream for free from [lifeyounique.com/ptv-students](https://lifeyounique.com/ptv-students) (the password is ARROW21). Your group can watch the teaching video all together or watch individually in advance of meeting together.

### SCRIPTURE AND TEACHING

For this teaching, bring in a box of Rice Krispies and a box of the generic "Krispy Rice" or whatever your local grocery store carries.

Everyone loves good food. But good food comes with a price. Bad food is cheap. But everyone once in a while someone tries to come up with a way to sell bad food as good food. It's called "imitation." Imitation is available in every grocery store. It usually sits side-by-side with the real thing. And when people are looking for ways to save money, they give the imitation a try.

We all know what this feels like because every kid in the world has suffered at the hands of

their parents who have been trying to save a few bucks. For instance, do you like Dr. Pepper? But who hasn't looked inside their refrigerator to get some Dr. Pepper only to find some other "Doctor" sitting there. (No joke: a math professor at North Carolina State University has tasted and cataloged over 50 different Dr. Pepper imitations with the name "Doctor"—and that's not counting Mr. Pibb!) Or who hasn't opened their pantry in the morning ready to pour a bowl of Rice Krispies only to find that the Rice Krispies are now Krispy Rice. Imitation is everywhere. Fruit Loops are now Fruit Spins. Corn Pops are now Golden Nuggets of Corn. Lucky Charms become Fortunate Marshmallows. Total is replaced with Almost.

But here is the lie of the imitation: the imitation promises all the taste for only half the cost.

The problem with the imitation is that when you start eating it, it does taste like the real thing at first. It's usually not until you get to the aftertaste that you realize you've been eating an imitation. Even more, if you eat the imitation enough times, you will convince yourself that it's as good as the real thing. It's only when you go over to your friend's house and taste the real thing again that you know that you've been settling for the imitation.

What is true about soda and cereal is often true in life as well. Picking up the real life of Jesus and becoming who God has always dreamed us to be comes with a cost. It's not easy but it is worth it. This is the kind of life that we have been calling you to the last six weeks. However, it's easy to settle for an imitation life that promises all of the taste at a lower cost.

Already you've identified your story, gifting, passions, and call. Today we want to go further and begin thinking about our values. If our LifeCall

answers the "what" question of life, then our LifeCore values answer the "why" question of life. Values are the core convictions of our soul that we are willing to pay any price for. And when those values get compromised, it's like buying the imitation—it leaves a really sour taste in our mouth. Today's big thought encourages us to refuse settling for the imitation in our lives by calling us to what is most important. Here is the big thought—"Live into your **potential** by holding onto what is **essential**." And it is this kind of thing that we see Jesus call his followers into in Mark 8:34-38.

#### Mark 8:34-38

Jesus talks about buying into the imitation in Mark 8. Here's the setup. Jesus' twelve disciples have been following him around, living with him and learning from him for months now, maybe even over a year. Then Jesus goes away with them and asks them a key question, "Who do you say that I am?" Simon Peter goes out on a limb to identify Jesus as the Messiah—in other words, the King who is going to liberate his people and set up the kingdom of God. Jesus says that Peter is right.

But then Jesus starts telling his disciples something that doesn't make any sense to them. He says that he's going to go to Jerusalem, be rejected by the leaders of the people, and killed. Then on the third day, he would rise again.

This just doesn't compute to Peter. The Messiah can't be killed—that doesn't make any sense! So Peter takes him aside and says something like, "Lord, really, you gotta stop using these weird figures of speech—you're bringing everybody down." But shockingly, Jesus dresses Peter down big-time in front of the rest of the disciples, and then he gives a profound teaching about living by what you value. Here's what he says.

## Big Thought

Live into your **POTENTIAL** by holding onto what is **ESSENTIAL**.

Read Mark 8:33-38.

Jesus' words here are loaded. Why? Because he is giving his disciples and us a glimpse of what it costs to experience real life, the life of living your calling. As Jesus says a couple chapters later, his calling was to serve and to give his life as a ransom for many, to save people from their sins. His calling was also to be the first person to rise from the dead. Following his calling entailed a huge cost—death on a cross. But as we saw a couple sessions ago, that was the cost Jesus was willing to pay for the life he was called to live.

As if that isn't big enough, here Jesus challenges his disciples to pay the cost of their calling too. He tells them to deny themselves, pick up their cross, and follow him. Then he poses an interesting question for the whole crowd to hear. In verse 36 he asks, "What good is it for someone to gain the whole world, yet forfeit their soul? Or what can anyone give in exchange for their soul?"

Jesus says that even if you gain the whole world—all the toys and glamor an imitation life can offer—but you lose your real life, you've lost everything. There are certain things that are tied to our soul that are more valuable than the whole world, things that are worth bearing any burden and paying any cost. These are our personal values—what we call our LifeCore. Values communicate the essence of who we are as human beings because they testify to the things that hold ultimate importance in our lives. No matter what we accomplish with our lives, if we compromise these values, we lose.

In Younique, our LifeCore Values are the four gospel declarations of our lives. They are more than good ideas that we would like to hold onto—we each have lots of those. Instead, these are our top four gospel convictions that we can't let go of, because to do so would be like selling out for an imitation. Instead, we're willing to pay the cost for the full taste.

So what are these core convictions for you? What realities lie at the center of your soul and in the middle of your walk with God? What are you not willing to sell out for in your life? What are the kinds of things that are better than gaining the whole world? That is what today's session is all about. It's about identifying four deep convictions that drive the ultimate life that God has called you to live. It's about identifying your LifeCore, the values that put into words the deepest desires of your soul. This is the way we live into our full potential. It's what the big thought for today helps call us into. So let's hear the call one more time: "Live into your **potential** by holding onto what is **essential**."



## Step Up

### TOOLS AND DISCOVERY

In the last session, you put words to your calling—what God made you to do. Today you're

Session 07 - My Values

**★ Last Values Standing**

<ul style="list-style-type: none"> <li>• Control</li> <li>• Feeling good</li> <li>• Protecting nature</li> <li>• Helpfulness</li> <li>• Faith</li> <li>• Neatness</li> <li>• Being the best</li> <li>• Risk-taking</li> <li>• Beauty</li> <li>• Honesty</li> <li>• Politeness</li> <li>• Strong country</li> <li>• Being in charge</li> <li>• Creativity</li> <li>• Freedom</li> <li>• Different perspectives</li> <li>• Mercy</li> <li>• Duty</li> <li>• Following rules</li> </ul>	<ul style="list-style-type: none"> <li>• Skill</li> <li>• Fun</li> <li>• Privacy</li> <li>• Justice for the weak</li> <li>• Loyalty</li> <li>• Respect for authority</li> <li>• Stable family</li> <li>• Having plenty</li> <li>• Variety</li> <li>• Wisdom</li> <li>• Responsibility</li> <li>• Humility</li> <li>• Returning favors</li> <li>• Winning</li> <li>• Discovery</li> <li>• Equality</li> <li>• True friendship</li> <li>• Self-discipline</li> <li>• Good health</li> </ul>	<ul style="list-style-type: none"> <li>• Reputation</li> <li>• Enjoyment</li> <li>• Making my own choices</li> <li>• Peace between people</li> <li>• Connection to God</li> <li>• A healthy balance</li> <li>• Influence</li> <li>• Excitement</li> <li>• Deep love</li> <li>• No one causing trouble</li> <li>• Recognition</li> <li>• Inner peace</li> <li>• Tradition</li> <li>• Intelligence</li> <li>• Oneness</li> <li>• Meaningful life</li> <li>• Belonging</li> <li>• Self-respect</li> <li>• Self-reliance</li> </ul>
--	---	---

List of values adapted from Jacob Morris's game The Values Deck, <https://www.kickstarter.com/projects/16060000/the-values-deck> (accessed August 18, 2019).

54 © Younique. All rights reserved. LifeYounique.com

Participant Guide page 54



going to do the same for your values—why God made you to do it. We’re going to discover what matters most to you, what drives you in everything you do.

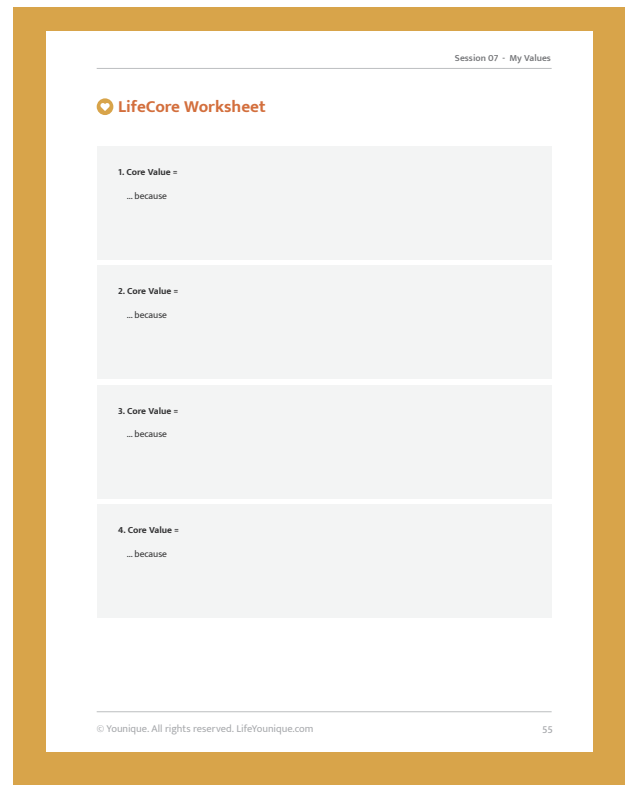
### Last Values Standing

Last Values Standing is a contest where a group of values battle with each other to win you over. You are the judge who determines who wins and who goes home!

Before you begin, as you did in the last session, look over the work you have already done with your story, gifting, passion, and calling to refresh your memory.

After you’ve done that, see the contestants below: a list of 57 values. Take a first pass and cross off every value that doesn’t mean much to you. Then go through again and cross off more. Then do it again and again . . . as many times as it takes until there are only four values standing. May the best values win!

- Control
- Feeling good
- Protecting nature
- Helpfulness
- Faith
- Neatness
- Being the best
- Risk-taking
- Beauty
- Honesty
- Politeness
- Strong country
- Being in charge
- Creativity
- Freedom
- Different perspectives
- Mercy
- Duty
- Following rules
- Skill
- Fun
- Privacy
- Justice for the weak
- Loyalty
- Respect for authority
- Stable family
- Having plenty
- Variety
- Wisdom
- Responsibility
- Humility
- Returning favors
- Winning
- Discovery
- Equality
- True friendship
- Self-discipline
- Good health
- Reputation
- Enjoyment
- Making my own choices
- Peace between people
- Connection to God
- A healthy balance
- Influence
- Excitement
- Deep love
- No one causing trouble
- Recognition
- Inner peace
- Tradition
- Intelligence
- Oneness
- Meaningful life
- Belonging
- Self-respect
- Self-reliance



Participant Guide page 55

### Values Build-Out

Now that you've picked four values, it's time to make them your own in two steps.

First, play with the names. Maybe you have a different word or phrase that you like better for a value you chose. Maybe you have an adjective to add (for example, not just "fun" but "heart-stopping fun"). Or maybe you want all your values to rhyme or to start with the same letter. Whatever you want to do, play around with them until the values fit you just right.

Second, add a "because" statement to each value. A "because" statement is a short phrase that expresses why this value is so important. For example, "Belonging . . . because every kid is a cool kid at Jesus' table."

### Discussion Questions

If your group is larger than six people, break into groups of three or four. Let each person in the group share their four values and why they picked them. After each person shares, let the others in the group share how they see those values fitting that person.

### Customize Your Arrow (3 min)

On the blank side of the tag that has your Two Words written on it, write your four values.



## Wrap Up

### FORECAST AND CONCLUSION

Now that you've identified your LifeCall and your LifeCore, you've begun to answer two of the most important questions of your life. Most people go their entire lives without answering these questions, and in the end, they sell out to a life that is less than what God has called them to. The good news is that you have done the hard work that so few people do. We hope you feel a sense of satisfaction for coming so far and working so hard in this journey. But now comes the really hard part—living out this LifeCall and LifeCore every day.

I hope you sense just how unique God has made you. No one else on the face of the planet has your story, your gifting, your passion, your LifeCall, and your LifeCore—no one. You are incredibly "Younique"! And next week we are going to celebrate that "Youniqueness." So take this week to tweak your "Two Words" (LifeCall) and your Values (LifeCore) till they're the way you want them, and come ready to share those things next week. Each of us is going to announce our Two Words and our Values with everyone. It is going to be an incredible celebration. I can't wait to hear you name who God has called you to be!

---

List of values adapted from Jacob Morris's game The Values Deck, <https://www.kickstarter.com/projects/discoveryourvalues/the-values-deck> (accessed August 18, 2019).



BE WHO GOD  
MEANT YOU TO  
BE AND YOU  
WILL SET THE  
WHOLE WORLD  
ON FIRE.

ST. CATHERINE OF SIENA

SESSION 08

# ME AND UNITY






## Warm Up

### RECALL AND PREPARATION

Welcome back to Younique. For seven sessions we have looked deeply at who God has made each one of us to be. Hasn't it been amazing? Each of us has been learning about how to be a person of impact in the world. We've used the illustration of an arrow to demonstrate what this kind of life looks like, and as each of you has named the different parts of your arrow, we have seen how each of our arrows are unique. We've interpreted our story. We've discovered our gifting and identified our passions. We've named our Two-Word LifeCall and our LifeCore Values. And today we come to share the results of our journey with one another. So we have lots of celebrating to do today, but before we celebrate, there is one more step that we need to take together, so let's get into it!

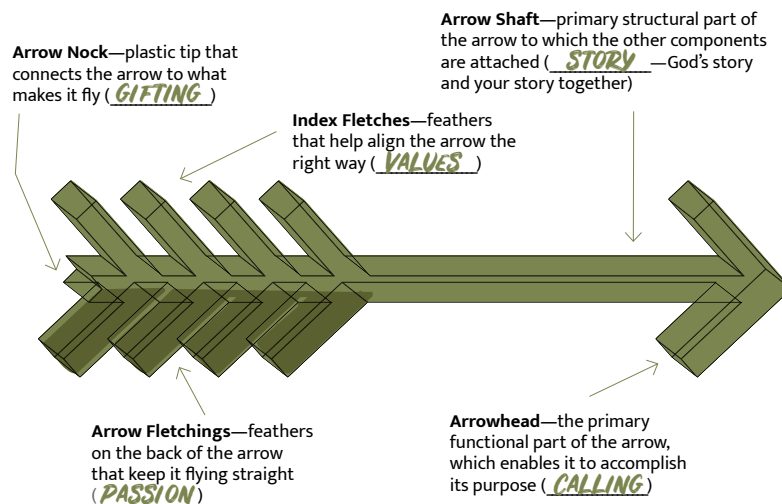
## Set Up

The following is a script you can use to teach the opening portion of this session of Younique Students 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 Students teaching videos that stream for free from  [lifeyounique.com/ptv-students](https://lifeyounique.com/ptv-students) (the password is ARROW21). Your group can watch the teaching video all together or watch individually in advance of meeting together.

### SCRIPTURE AND TEACHING

The city of Berlin, Germany is a city like none other. No other city has been at the center of more world events over the past 100 years. The epicenter of two World Wars. The focus of the Cold War. No other city has shaped our world more significantly than Berlin. However, this is easy to forget in the world we live in today, where countries in Asia tend to be the hot spots.

You may remember from some of your history lessons that after World War II, the city of Berlin was split in two—divided between East and West. The East side of the city took on the ideology and architecture of the Soviet Union. The West side of



the city took on the ideology and architecture of the United States. A wall was placed between the two sides demonstrating the conflict of ideals that would soon dominate the focus of the entire world.

For years it looked like the two sides would ultimately collide. It was the kind of conflict that looked as if it could only be resolved through bullets, bombs, and blood. At the height of the Cold War, nuclear war looked almost inevitable.

And yet, as years passed, something significant began to happen just below the surface. President Reagan picked up on this change in 1987 when he made his famous speech saying, “Mr. Gorbachev, tear down this wall.”

But no one was prepared for the historic moment on November 9, 1989 when the wall was torn down without a bullet being shot, a bomb being dropped, or any blood being shed.

Today, if you were to go to the city of Berlin, you would find that most of the wall has been torn down. But there are a few places where the wall still stands as a memorial or monument to this significant period in history. And on one of the places where the wall still stands are written these words: “Many small people, who do many small things in many small places, can alter the face of the world.”

What was true about the Cold War is also true of our lives as believers in Jesus. Lots of people today want to do big things. But like a huge wave that starts far out at sea, big things tend to crest on the swell of lots of small things. When many small things are done in the same direction, big things happen. This is how God made the church to work too. The church isn’t about one person doing one big thing or even doing lots of small things—it’s about many small people doing many small things in the same direction to make a big impact.

The big surprise is that your Yunique journey is tied to the journey of the church. See, even though we have spent the last seven weeks looking at and celebrating your uniqueness, we want to say very clearly today that while each of us is called to be Yunique, none of us are called to be independent. Rather, by celebrating each other’s uniqueness, we at the same time remember that it will take all of us living our life in the same direction in order to accomplish all that God has for us. This is why today’s big thought is so important. “The church is where ‘me’ is turned into ‘we’.”

## Big Thought

The church is where ME is turned into WE.

### 1 Corinthians 12

This is the kind of thing that I believe Paul had in mind when he wrote 1 Corinthians 12. Here he teaches believers what it means to be a church. So let’s take a moment today to listen in to what he says.

Read 1 Corinthians 12:12-26.

Here in 1 Corinthians 12, Paul unveils a vision of the church that might be the defining metaphor of the kind of movement that we are called to be part of. Paul calls the church the body of Christ. We have good reason to believe that Paul got this metaphor from his own personal encounter with Jesus.

Years before, before Paul followed Jesus, he was mostly known by his Jewish name of Saul because he spent all of his time around other Jews. At that time, Saul thought that Jesus had been a fraud, and he hated Jesus’ followers. Saul was on his way from Jerusalem to Damascus to find Jewish believers in Jesus and put them under arrest. That’s when Jesus interrupted his life.

In the middle of Saul's journey, he was suddenly blinded by a bright light, and he fell to the ground. In the midst of his blindness, he heard a voice calling out this penetrating question: "Saul, Saul, why are you persecuting me?" Notice, the voice didn't ask him why Saul was persecuting the church, but why Saul was persecuting the voice. Paul asked the voice who he was, and the reply wrecked him: "I am Jesus, whom you are persecuting." It's a moment that Paul never got over and a moment that demonstrates Jesus' unique and intimate relationship with his followers. Jesus feels their pain and identifies with their suffering.

So it's no coincidence that Paul's defining metaphor for the church is Christ's body. Paul describes Jesus as the head of the church, because Jesus is at the top, and everybody knows whose body the church is because when they look at it, they see him. (Think about it: if you want to know for sure who somebody is, you look at their face to recognize them.)

But Paul also makes the case that each of us is a part of that body, so each of us has a significant role to play. Every part of the body is important; every part is needed for the body to function at maximum capacity. Even the parts of the body that seem to be less significant have a divine design that play an important role in the body. And when one part of the body suffers, the whole body suffers. (Anyone who has broken an ankle or torn a ligament knows exactly what Paul is talking about here.)

So today, we want to embrace this metaphor together as we celebrate the lives that God is calling each of us to live out. Every single person in this room is significant. We all have a role to play. And we all need each other if any of us are going to see God do big things through our lives. Because together we are the body of Christ.

We aren't all the same and we weren't meant to be—we aren't called to uniformity but to unity. But as we each live out our calling according to our values, we all become part of God's bigger purpose in the world. In other words, when many small people begin doing many small things in many small places, big changes begin to happen.

So let's celebrate the journey today that each of us has been through. But more importantly, let's begin combining our personal calling with the callings of others to become the body of Christ. Today is a celebration of the church, so let's be the church by honoring and celebrating each other as we each name our role and submit ourselves to the head of the church—Jesus Christ himself. Remember, "The church is where 'me' is turned into 'we.'"

## Step Up

### TOOLS AND DISCOVERY

Today each one of us is going to get to name our divine design. We are going to share our Two Words, our LifeCall, and our LifeCore. I ask that you listen closely as others do so. And I ask that you speak boldly when it is your chance to do so. It's going to be a celebration of God's unique design of each one of us. So let's cheer for each other and honor one another well.

#### Celebration

Distribute a small slip of paper to every participant. Have each one write their name on it, then collect them and put them into a bowl. Shuffle them around and pick out one name at a time.



Explain that when each participant's name is called, that person will come to the front of the room with their arrow to share their Two Words and values with the rest of the group this way: "My name is [full name]. My Two Words are . . . ; my values are . . ." In addition, while the person is making their way to the front, have everyone join you in counting down "five . . . four . . . three . . . two . . . one," then cheering wildly for the person who is going to share.

## Wrap Up

### FORECAST & CONCLUSION

What an incredible day it has been. I know I won't ever forget this moment. I have loved hearing who God has made each of you to be. And in hearing that I don't think I have ever been more hopeful for our church. Our world would truly be a different place if all of us lived out what we have heard from each other today.

The good news is that you don't have to make this journey on your own. See, today is not the end of our Yunique journey. In some ways, it's really just the beginning. Because while we have celebrated each other today, the truth is that we get to cheer for each other every day. We need you to be who God has called you to be and to do the things that God has called you to do. And the great news is that we get to do this together.

So today I call you to be part of something big with your life. I call you to be the church. And I hope you always remember that this big thing is really lots of small things—so I call you today to be many small people, who do many small things in many small places because if we do these things, I believe the world will see the face of Christ all over us.

SESSION B

# BONUS SESSIONS



## Bonus Sessions

### “What do you want to be when you grow up?”

How many times have you been asked this question by extended family visiting at the holidays, teachers giving a writing assignment, or adults you’ve just met making small talk? Believe it or not, all the adults who ask you that question were asked the same thing dozens of times when they were younger too.

It’s actually kind of a fun question. Have you ever dreamed about the work you might do as an adult? Maybe you dressed up for Halloween as an astronaut, a dancer, a firefighter, or a veterinarian. It’s fun to try on an occupation for a while and imagining yourself living out that role. Playing pretend gives us a way to try on a career for size.

In our journey through Younique Students, we focused on who you are as God’s masterpiece, not so much on the “what you will do when you grow up?” question. We focused on identity, not vocation. But in these bonus sessions, we want to bring those questions together.

At this stage of life—or very soon—you’re probably feeling pressure about your vocation in two directions. One pressure is to widen the field of possible answers to the question “what will you do when you grow up?” You’re pushed to explore different career paths that you might not have known existed. On the other hand though, you may also be feeling pressure to narrow the field, to make a definite choice of where you want to end up that determines your next step.

It’s a valid concern, because contrary to what you might wish or maybe what you’ve heard, you cannot do everything or be anything. And honestly, even if you could, you probably wouldn’t like it. Being fit for anything anywhere means being fit for nothing in particular. By contrast, there’s a real joy in being made for something somewhere and finding your fit!

During this Younique experience, we spent time naming your God-given gifts and the passion developing in you. Your Two Words express where God’s grace shines the brightest in what you do. Whatever work lets you act out your Two Words is the place where you’ll make the greatest impact. So the talents, interests, and capabilities God has given you naturally elevate some career fields above others.

I want to help you to address the “what will I do when I grow up” question by identifying your sweet spot strategically. The goal is not to eliminate choices but rather to hone in on right ones where you can live out your unique calling.

In Bonus Session 1 we are going to give you a road map of how you might design your life over time to find your vocation and flourish in it. In Bonus Session 2 you’ll get equipped with a powerful tool to use the calling you’ve discerned through Younique so far to make decisions about work, education, and more.

SESSION B1

# MY VOCATION MAP



## Step Up

### MY VOCATION MAP

This is the Value-Vitality Map. As you can see, it has four zones.

#### The Job Zone (Low Value, Low Vitality)

A job is a responsibility where you give someone help that they need, and in return, they give you money that you need to support your life and to help support others too. Jobs are admirable because helping others is built in. Sometimes the noblest thing you can do is to get a job to support yourself and take care of others.

However, when work is “just a job,” it leaves us feeling hungry for more in life. Not only that, but often “just a job” doesn’t require the full development of our talents and doesn’t make our greatest contribution to the world. For this reason, “just a job” may not pay all that well, and we may not be able to support ourselves and others with it.

#### The Hobby Zone (Low Value, High Vitality)

A hobby is an activity done for pleasure or leisure. Sometimes it requires a lot of work or practice, but we do it gladly because it is fun, it brings us joy, and it refuels our energy—that’s why we say it involves high vitality.

However, hobbies don’t usually contribute much value to others, and so they don’t generate much income either. You may enjoy playing video games, but other people aren’t interested in paying to watch most of us play video games. You may enjoy making jewelry or drawing, but others may not be interested in buying your art. Hobbies are important in creating healthy rhythms of work and rest. But hobbies alone may leave us struggling to support ourselves and make a meaningful contribution to others.

#### VALUE:

The value I contribute to the world, the increase of which can bring increased monetary value to me.

#### VITALITY:

The level of energy and joy that I experience.



Participant Guide page 63

#### The Career Zone (High Value, Low Vitality)

A career is more than a job; it is a field that you engage in for a long time over multiple jobs. It’s an area that you can get better at over time, so the value that you contribute increases. That means that the financial reward you get for your work generally increases too.

However, a career may not give you all that much vitality. Just because you get good at something doesn’t mean it’s your favorite thing. And just because you found a field that pays well doesn’t mean that it’s what your heart beats for.

### **The Vocation Zone (High Value, High Vitality)**

“Vocation” comes from the Latin word for “call”—also the root of our word “voice.” Vocation is following the voice of God in the song of our own gifting and passion. It’s where we live out our calling best because we contribute maximum value and we experience an abundance of vitality. This is the zone where you are doing what you were made to do—you feel that you fit. You earn enough doing what you are called to do that you can devote your life to expanding your work for good in the world.

As students, you are likely in the Job Zone today. You want to end up in the Vocation Zone someday. As you begin to make decisions about your next steps—whether that’s more education, apprenticeships, internships, training, the military, or community service—begin to be mindful of how those decisions will move you over time toward the Vocation Zone. There are different paths to get there, and different people take all sorts of zigzag routes along the way. So when you encounter a new opportunity, ask, “Will this opportunity increase my vitality, bringing me joy and energy? If so, then how can I step from there to bring more value to others over time?” Or, “Will this opportunity increase value by developing my skills and paying me more over time? If so, then how can I step from there to gain more vitality in my life?”



## **Wrap Up**

### **CONCLUSION**

Use this map to take thoughtful steps. Be mindful of steps where value or vitality may not be ideal, but the step will help you move strategically toward vocation. And when you get to the Vocation Zone someday, celebrate and give glory to God as your calling blesses those around you!

**NO, WE NEITHER MAKE  
NOR SAVE OURSELVES.  
GOD DOES BOTH THE  
MAKING AND SAVING.  
HE CREATES EACH OF  
US BY CHRIST JESUS  
TO JOIN HIM IN THE  
WORK HE DOES, THE  
GOOD WORK HE HAS  
GOTTEN READY FOR US  
TO DO, WORK WE HAD  
BETTER BE DOING.**

**EPHESIANS 2:10 - (THE MESSAGE)**

SESSION B2

# DECISION MAKING FILTER





## Set Up

### DECISION-MAKING FILTER

One of the most frequent questions people ask after this Younique journey is “How do I use the things that I have just learned about God and myself to make decisions like where to go to college, what career to pursue, or which activities to give my best time and energy to?”

The Decision-Making Filter is a tool that you can use when thinking about these big decisions. When you’re faced with several compelling and competing opportunities, and you can’t do them all, the Decision-Making Filter helps you discern which ones are the best fit for the unique calling God has for you that fits your divine design.

#### Instructions for the Decision-Making Filter

1. Write the different opportunities you’re faced with at the top of the filter, one in each column. (These might be different activities, different careers, different colleges, and so on.)
2. Add to the bottom of the filter anything not already included in the other rows that is essential for you to have in a new opportunity for it to work for you. These essentials might have to do with how much it costs or how much it pays, how far away it is, how much time it takes, who else is involved in it, and so on.
3. Work from top to bottom, down one column at a time, coloring in the bubbles red, yellow, or green.
  - Red = The opportunity goes against this aspect of who you are.
  - Yellow = The opportunity might fit this aspect of who you are, but it isn’t clear.
  - Green = The opportunity lines up with this aspect of who you are.
4. In the last row, give each opportunity an overall rating based on the ratings above it.

	Opportunity 1	Opportunity 2	Opportunity 3	Opportunity 4
<b>My Story</b>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<b>My Gifting</b>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Name Meaning	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
APEST	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Personality Quiz	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<b>My Passion</b>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Passion Funnel	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Passion 360	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Opposite Offenders	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<b>My Two Words</b>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<b>My Values</b>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Value #1	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Value #2	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Value #3	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Value #4	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<b>OVERALL</b>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Participant Guide page 65

## Wrap Up

### Tips for Coaches

- Rule of thumb: one “red” and the opportunity is dead.
- The Decision-Making Filter exists to help the student hear God. If God speaks directly to a student about which opportunity to pursue, then encourage the student to share that word with trusted people to seek confirmation with an eye to pursuing it. On the flip side, if the student feels a check in his or her spirit over what the filter says is best, encourage the student to talk that over, wait, and pray. The Decision-Making Filter is a servant, not a master, so don’t be bound by its outcome.

# TAKE YOUR NEXT BEST STEP

Younique Students is part of something much bigger.

We started this journey by saying that knowing and naming your special calling is really **the first step of something we call Gospel-Centered Life Design**. You see, many people have a common experience of the break-thru clarity that comes from knowing the specific dream God has for their life. There can be moments of exhilaration and a sense of wonder finally unfolding before them. The next challenge, however, is not only knowing your special calling but learning to live it out each and every day.

Now that you know your special calling, **what should your life look like practically?** How will you make decisions? How will you use it to “love the Lord your God with all your heart, soul, mind, and strength” and “your neighbor as yourself”? How will you define success in a way that’s true to who God has created you to be? What does it look like for you to be a fully-alive spouse, sibling, child, leader, or friend? These are critical questions, and there are so many more like them.

As you can see, there’s a very practical component to discipleship, and sadly this is where most people working with personal calling stop. Unfortunately, few things can be more frustrating than knowing why you’ve been created but not knowing how to live it out.

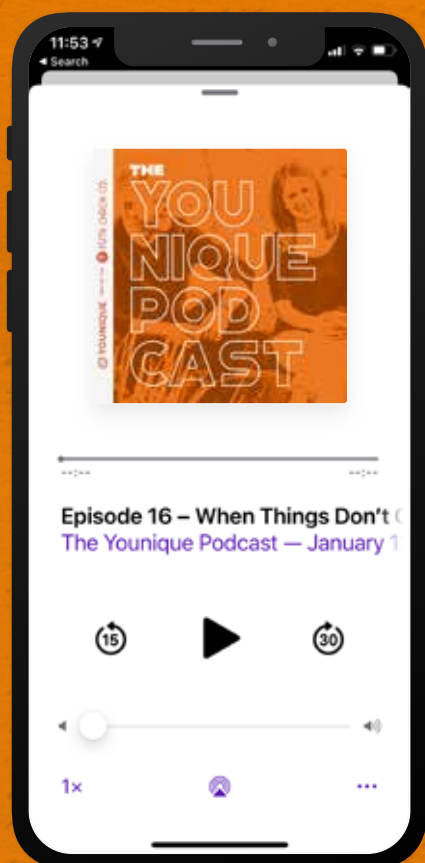
That’s why Younique is all about Gospel-Centered Life Design. We’ve developed a process that equips people to design their life in a practical way that reflects God’s original dream for them in the day-to-day, everyday. Knowing your special calling is a great step, but it is certainly not the last one.

**SO IF YOU WANT TO LEARN THE ART OF LIVING OUT YOUR CALLING, HERE ARE A FEW NEXT STEPS:**

1. Get a copy of our book, *Younique* by Will Mancini from our website [lifeyouunique.com](http://lifeyouunique.com).
2. Subscribe to the **Younique Podcast** on iTunes or our website.
3. Join us at one of our 4-Day Accelerators, information at [lifeyouunique.com/Accelerator](http://lifeyouunique.com/Accelerator).
4. Talk to your pastor about bringing Younique to your church. We would love to meet with you. Contact us at [info@lifeyouunique.com](mailto:info@lifeyouunique.com).

Whatever your next step is, we'd love to take it with you!

**THE YOUNIQUE TEAM**



# THE YOUNIQUE PODCAST

Subscribe to the **Younique Podcast** on iTunes or our website.



## SUBSCRIBE TO OUR NEWSLETTER!

When you sign up, you'll receive a free digital copy of Will Mancini's book, *Clarity Spiral*.

GO TO: [LIFYOUNIQUE.COM/NEWSLETTER](https://lifyouunique.com/newsletter)

# TRUMOTIVATE

TRUMOTIVATE's innovative assessment helps people of all ages understand alignment to work by using your own stories to discover your top motivations.

▶ LEARN MORE AT:  
[LIFEYOUNIQUE.COM/ASSESSMENTS](https://lifeunique.com/assessments)



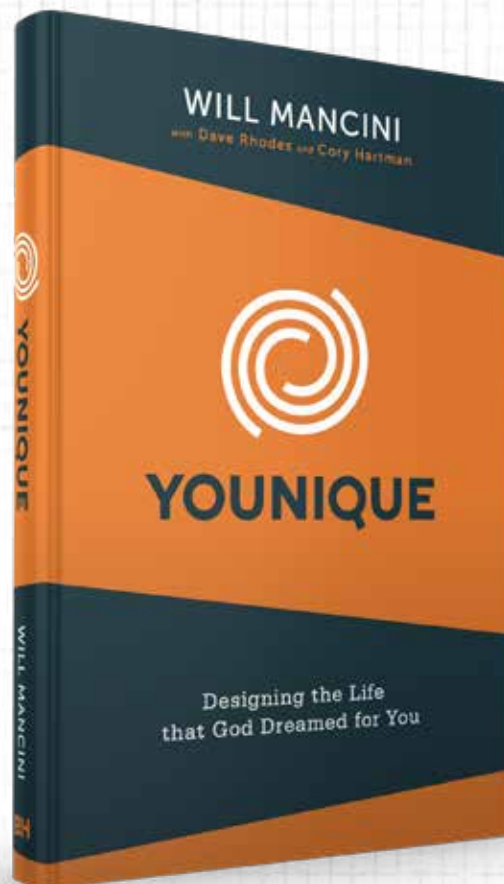
## ONLINE TOOLS!

Targeted courses with practical tools. Tailored to answer the question you are asking right now. To help you get on the right track for your specific situation.

▶ [LIFEYOUNIQUE.COM/ON-CALL](https://lifeunique.com/on-call)



*TALK TO YOUR PASTOR ABOUT BRINGING YOUNIQUE TO YOUR CHURCH, SCHOOL, OR MINISTRY.*



The Younique book, published in 2019, built on Will's previous work and went far, far beyond it. It lays out the complete gospel-centered life design process that enables every follower of Jesus to discover his or her divine design. This process has brought significant life change to thousands of believers.

 GO TO: [LIFEYOUNIQUE.COM/BOOK](https://lifeyounique.com/book)

# IT'S TIME!

Take this chance to head on over to our website to order your next planner.

Why? The secret of productivity is not about doing lots of things, it's about doing the right thing at the right time.

Order now and get 10% off!  
CODE: mynext10



 GO TO: [LIFEYOUNIQUE.COM/PLANNER](https://lifeunique.com/planner)









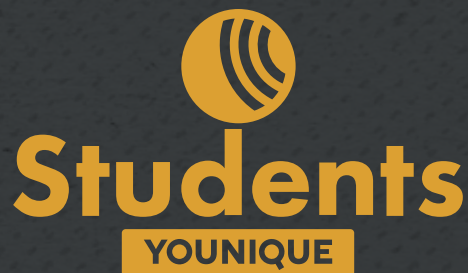


T  
DESIGN WHAT'S  
NEXT

---

T FUTR CHRCH CO.

---



LifeYounique.com