



THE YOUNIQUE PRIMER

6-SESSION GUIDE TO DISCOVER YOUR LIFE CALL



Trainer Guide - v2.0
Live Your Design! | LifeYounique.com

BEFORE YOU BEGIN

Welcome to Younique! Over six sessions, you and your group will get a powerful taste of what it's like to live inspired by your God-given purpose.

We created the *Younique 6-Session Primer* to introduce people to the greater joy and effectiveness they can have following Jesus when they know their unique calling in life, wherever they are on their faith journey. But that's not all—**Younique helps the church be the change-agent God designed.**

Younique exists to help churches equip **every follower of Jesus for his mission where they live, work, and play**—not only to come to church but to be the church. That's how salvation multiplies to more people, who make disciples, who make disciples. Helping each disciple to know what God uniquely created them to do is essential to their training.

This exploration is only the beginning of what we at Younique call **Gospel-Centered Life Design**. We hope it whets your appetite for the full Younique Experience, which goes much deeper—not only into discerning and naming your unique calling but also into living it out.

Whether or not you choose to go beyond this study, however, what you're about to discover might change how you see and do everything.

Five Tips

We know that leading people through a journey to discover their calling in life might be intimidating. But even though you can never be prepared for everything, these five tips help you lead well.

1. Trust God

A well-designed curriculum can never substitute for the dynamic interaction between you and those you lead and between them and God. We can't manufacture or manipulate a life-changing encounter with God!

Never sacrifice what God is doing in your group in order to get through the session. It's better to move with what God is doing than feel handcuffed to what the material tells you to do. Getting through to your group is always more important than getting through the curriculum.

2. Trust Yourself

Sometimes our design and your discernment may 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. This design is a framework, not a formula. You know the needs of your group better than anyone else.

3. Trust the Process

You don't have to be a perfect leader, but you do need to be a prepared leader. Recognize 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.

The teaching component gives the biblical context and foundation for that part of the journey.

The training component helps your group put into practice what they learned in the teaching. This is where the *Younique 6-Session Primer* differs from most groups.

The video icon indicates an optional video that can be accessed at lifeyouunique.com/ptv using the password ARROW21. The video can substitute for the teaching component, and it introduces the tools (exercises) used in the training component.

Every session is more than just teaching and discussion questions—it's loaded with tools to help your group get breakthrough clarity about their calling. So don't overteach. Trust that what you didn't cover in the teaching time will come out in the training time.

Each 75-minute session will fly by because your group will be engaging the content and each other in dynamic ways, not just sitting and listening. So watch your time to make sure you stay on task. Invite participants to continue using the tools between sessions for maximum breakthrough.

4. Believe for the Best

People in your group may get frustrated sometimes. Pressure is an ingredient of any breakthrough. Resist the temptation to rescue

people when they hit pressure points that they are not used to hitting. Sometimes breakdown (at least a little) leads to breakthrough.

Training sessions are built with this in mind. Just as a trainer at a gym pushes you beyond what you think you can do, do the same for your participants as a spiritual trainer. Be okay with a few complaints—that's how you know you're pushing your group beyond their comfort zone.

5. Prepare for More

The *Younique 6-Session Primer* is just the beginning of designing a well-lived life. Few things are more frustrating than knowing your God-given purpose but not knowing how to live it out. That's why we created the full Younique Experience, a complete journey in Gospel-Centered Life Design.

The Younique Experience helps people answer the five biggest questions for living under the lordship of Jesus: What am I called to do? Why am I driven to do it? How do I do it? When am I successful? Where is God taking me? We invite you to get certified to bring the Younique Experience to your church. Learn more at lifeyounique.com/for-coaches.

Get Ready to Launch

Please reach out to us so we can help you along the way. And please share your stories of breakthrough with us! We can't wait to hear the insight and revelation that God brings to your group. Send us an email at info@futurechurch.co or find us on Instagram at YourLifeCall.

In addition, Younique is only one part of the Future Church Company, an organization devoted to forging the next chapter of church. Learn more about how we can assist your ministry at futurechurch.co.

Meanwhile, take time to prepare each session, and have fun! Get ready to lead your group on the journey they won't forget.



Will Mancini, founder, Future Church Co.



Dave Rhodes, cofounder, Future Church Co.



Kelly Kannwischer, cofounder, Future Church Co.

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.

SESSION 01

MY
LIFE





▶ Introduction: Welcome and Opening Exercise (20 Min)

Welcome to Younique! In these six sessions, I hope you get a boost on your life-long journey of learning who you are and who God is. This process has great content and exercises, but that's only part of the benefit. The rest comes from who takes the journey with you. So let's introduce ourselves and get to know each other.

Use the following exercise to introduce yourself and any coaches who are assisting you with a larger group. Then invite the group to introduce themselves in the same way.

Exercise: Movie Character Icebreaker

We all love stories, even if we don't like to read. At least once in the last couple of weeks, you probably binge-watched a favorite show, rented a movie on demand, or just turned on the television and got caught up in a movie you never planned on watching.

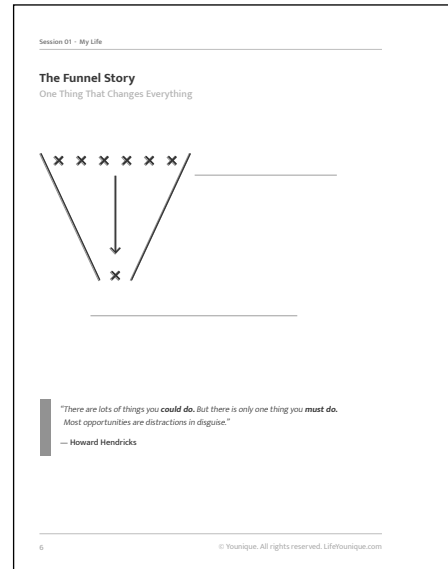
Stories are important not just because they entertain us, but because they interpret us. We can learn a lot about ourselves by the stories we love. So to start our time, introduce yourself by answering these questions:

1. What are your two favorite movies or TV shows?
2. What character in each do you identify with most?
3. Why?

If you have a large group, do this exercise around each table.

📄 Teach It: The Power of Story (25 Min)

The following is a script you can use to teach the opening portion of this session of the *Younique 6-Session Primer* 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 Primer teaching videos that stream for free from ▶ lifeyounique.com/ptv (the password is ARROW21). Your group can watch the teaching video all together or watch individually in advance of meeting together.



Participant Guide page 6

Introduction: The Funnel Story

Howard Hendricks, a seminary professor and pastor, used the picture of a funnel to help his students think about how important it was that they know God’s dream for their lives.

At the top of the funnel, Hendricks placed several X’s. These X’s represented all of the things that his students can do with their lives. At the bottom of the funnel, Hendricks placed one X. This X represented the one thing that they must do with their lives.

As Hendricks talked to his students, he told them that his biggest fear for their lives was not that they would fail. Instead, his biggest fear was that they would succeed at things that didn’t matter most. Hendricks would say, “Most opportunities are distractions in disguise.” In other words, the problem with being successful in life is that success creates many more things that we “can do.” But sadly, if we chase all of the things that we can do, we often miss the one thing that we must do.

So what is the one thing that you “must do”? This is the question that Howard Hendricks would present to his students, and it’s the question that this whole six-session experience is about.

BIG THOUGHT:

“Here’s the big thought I want you to consider as we get started: *Freedom is not the ability to do anything you want to do. Freedom is the capability of becoming who God has dreamed you to be.*”

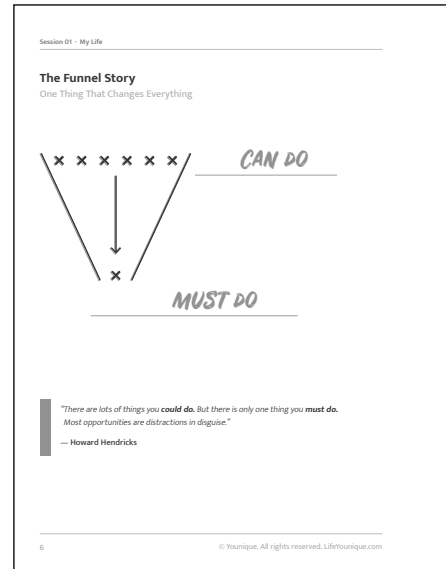
TEXT:

Ephesians 2:1–10 (read aloud)

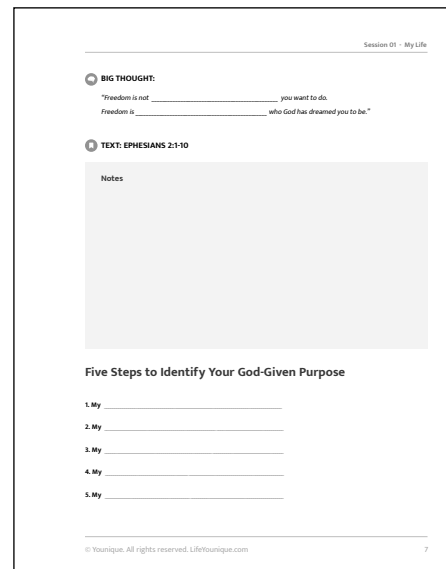
EXPLANATION:

Ephesians is one of the books that make up the New Testament called “epistles.” Epistles were letters that early Christian leaders wrote to the earliest generations of believers. The primary question behind every New Testament epistle is, “What does it mean to be Christian?”

We have to remember that this would still be a new question to the first readers of these documents. People are having Jesus-experiences, but they don’t automatically know what the Jesus experience means to their life. Should these non-Jews who are now



Participant Guide page 6



Participant Guide page 7

worshipping the Jewish God by faith in the Jewish Messiah become Jews? Or are they to keep living their lives as Gentiles? No one knows.

This is why Paul, who wrote Ephesians, and the other writers of the New Testament base all of their practical teaching about life on the gospel. In almost all of Paul's epistles he starts his teaching about how to live life by first rearticulating the story of God's relationship with the world he created.

Here in Ephesians 2, Paul relates a crucial portion of the story of God, but he doesn't leave God's story in a vacuum. God's story intersects the stories of the Jesus-followers in Ephesus, so Paul demonstrates how it transforms the meaning of their lives.

First, God's story redeems their lives. Verses 1-9 are about this. In these verses, Paul says that we were dead in our transgressions and sins. But through Christ God raised us up to new life. And all of this is 100 percent God's grace: it isn't the reward for any good behavior on our part.

Then in verse 10 Paul introduces a new reality. Not only does the work of Jesus forgive us of our sin, but it also sets us free to become who God has always dreamed us to be.

Here is the radical gospel message: God has been having a dream about your life from the beginning of time. Paul says that you are God's *poema*—that's Greek for "workmanship"—"created in Christ Jesus to do good works, which God prepared in advance for us to do." You are his masterpiece, his poem. Paul goes on to say that as part of this workmanship, God has been dreaming about who you would be and what you would do with your life.

And here is the good news of the gospel—not only does Christ's work on the cross forgive you of sin; it also restores the God-dream of your life. In other words, no matter what you have done, what you have been through, or what has happened in your life, the gospel is that through Jesus the God-dream can now be reclaimed in your life.

What if this God-dream was both knowable and nameable? In other words, what if you could actually know right now what God dreams you and only you to be? And what if you could actually put words to it—name the one thing you must do? And what if more of your life tomorrow could be more of what God dreamed about you yesterday? God is still redeeming and restoring. And part of this redeeming and restoring is not only receiving his work of forgiveness in our lives but in recovering our ultimate freedom—becoming who he has always dreamed us to be and in doing the work that he has called us to do.

Starting today and for the next five sessions we are going to explore the beginning of The Younique Experience. During these six sessions, you'll get a powerful taste of what it feels like to live a life inspired by a sense of your God-given purpose.

We're going to take a deep dive into five different areas. When these five areas combine, the result is a dynamic collision of revelation about your life and calling that few people experience. These five areas are:

1. My Story
2. My Gifting
3. My Passion
4. My Calling
5. My Goal

Through this process you will become not only more aware of God but more aware of yourself. As you do, you will learn to live life at a continual point of surrender, where God's dream for your life becomes a tangible reality that you can choose to live into every day.

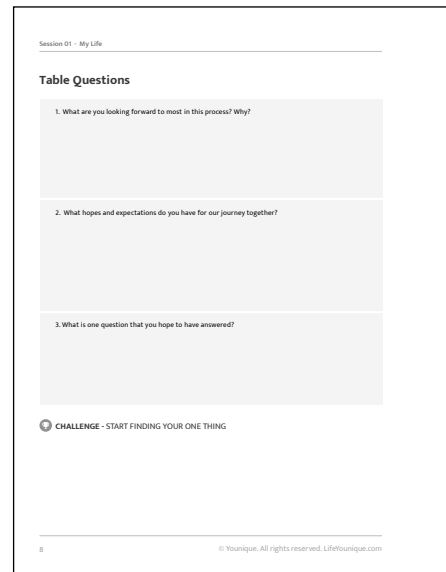
? Discussion Questions

1. What are you looking forward to most in this process? Why?
2. What hopes and expectations do you have for our journey together?
3. What is one question that you hope to have answered?

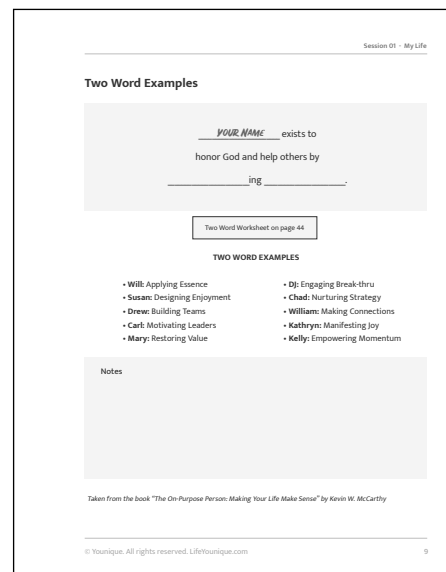
🏆 CHALLENGE: START FINDING YOUR ONE THING

🧠 Train It: Two Words Preview (5 Min)

Now that your group has heard today's teaching, explain that you are now going to transition into a training session that helps them put today's teaching into practice by starting an exercise that we will be coming back to all throughout our journey together. It's called the Two Words Exercise.



Participant Guide page 8



Participant Guide page 9

Tool: Two Words Exercise

Our journey together is to name the One Thing that you must do. Over these sessions, you'll be looking at your story, your gifting, and your passion, because they point you toward your calling. But in this first session, before we do any work together, we want your first thoughts about calling. Don't worry about getting it right; we're just getting our feet wet.

Turn to the Two Word Worksheet on page 44 in your participant guide. You're going to complete the following sentence:

I exist to honor God and help others by:

_____ing _____.

The first part of this sentence represents what we call "general calling." This is what all Christians are called to do in life: bring glory to God, love God, love people, make disciples, and more. We sum this up in the words "honor God and help others." The blanks are about the unique way you're called to do this. How do you honor God the most? How do you help others the most?

There's more on general calling and special calling in session 5 in the Singularity Sandwich section. Jump ahead and read it now to prepare for this session. You won't teach the Singularity Sandwich now, but it will give you background and a view to where this is going.

Complete the sentence at least five times—five different pairs of words. (It's okay for you to reuse a word; we just want five different combinations.)

Tie It (5 Min)

Take a few minutes to debrief today's training exercise and tie it together with today's challenge.



Participant Guide page 44

? Final Thought and Reflection Questions

You are more **unique** than you **think**.

You are a masterpiece. Your divine design is one of kind. No one on the planet is exactly like you or is called to do what only you can do. Just as your fingerprint is unique to you, so is the imprint that you are called to leave on this world. Today isn't the beginning of the work that God has been doing in your life. He's been dreaming about you since before you came into existence.

Invite your group to reflect on the following questions before next session:

- What part of today's teaching and training inspired you most?
- What part of today's teaching and training challenged you most?
- What did you learn about God in this session?
- What did you learn about yourself in this session?
- Who are you most excited about walking through this journey with?
- What did you learn about others in your group that you might want to explore more in the next several weeks together?

Session 01 - My Life

Final Thought

You are more _____ than you _____.

REFLECTION QUESTIONS:

1. What part of today's teaching and training inspired you most?
2. What part of today's teaching and training challenged you most?
3. What did you learn about God in this session?
4. What did you learn about yourself in this session?
5. Who are you most excited about walking through this journey with?
6. What did you learn about others in your group that you might want to explore more in the next several weeks together?

10 © Younique. All rights reserved. LifeYounique.com

Participant Guide page 10

SESSION 02

MY STORY





Introduction: Welcome and Opening Exercise (10 Min)

Welcome back to Yunique. I hope that since last time you continued to think about the One Thing you must do. You may have even generated a couple more options for your Two Words. In this session we want to take a few minutes to continue to get to know each other through another introduction exercise.

Exercise: Expert Advice


There is nothing like an expert to help us see what we can't see or tell us what we don't know. Today, I invite you to give some expert advice to yourself. Think about these two questions and share your answers with the group.

1. If you could travel back in time to visit your 18-year-old self, what one piece of advice would you give yourself?
2. If your 100-year-old self were to travel back in time to give you a piece of advice today, what do think he or she would say?

If you have a large group, invite your group to do this exercise around their table.

What you just did is an example of interpreting your life story. Everyone experiences their story, but not everyone interprets it.

Teach It: Your Story and God's Story (25 Min)

The following is a script you can use to teach the opening portion of this session of the *Yunique 6-Session Primer* 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 Yunique Primer teaching videos that stream for free from  lifeyunique.com/ptv (the password is ARROW21). Your group can watch the teaching video all together or watch individually in advance of meeting together.

In the last session, we discovered together from Ephesians 2 that each of us is God's workmanship, created to do good works which God prepared in advance for us to do. I said that God has been dreaming about you. And no matter what you have done

or what has happened to you, the good news of the Bible is that God hasn't given up on his dream for your life. This God-dream includes both your general calling, which you share with everyone, and your special calling, which is yours alone. That means that there are things unique to you—only you—that God has been dreaming about from the beginning of time. Knowing and naming your special calling changes your life.

I also said in the last session that our process to identify special calling combines five important discoveries:

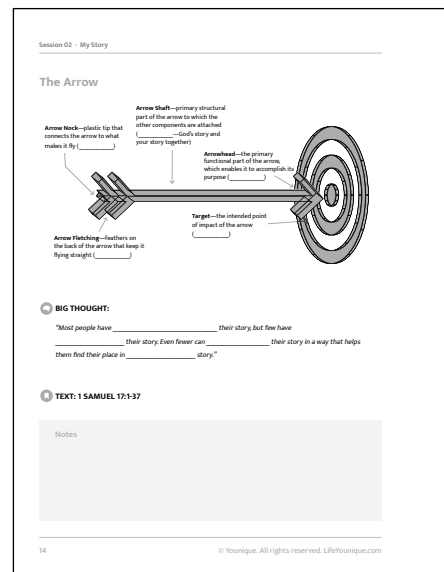
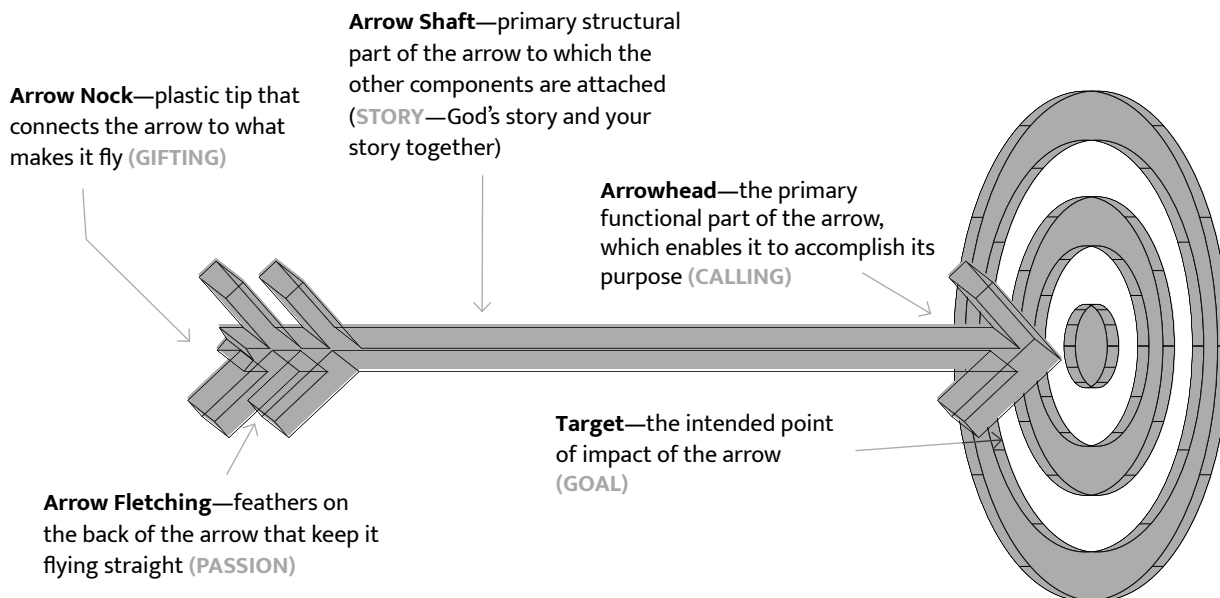
1. My Story
2. My Gifting
3. My Passion
4. My Calling
5. My Goal

Here's a picture to illustrate how these five discoveries work together in your life.

 **Tool: The Arrow**

An arrow that is designed properly, placed in expert hands, connected to a bow, and aimed carefully can strike a target with great impact. We can also live our lives with the impact and precision of an arrow shot from God's bow and strike the targets in our world with maximum faith, hope, and love.

The different parts of an arrow correlate to the different aspects of Story, Gifting, Passion, Calling, and Goal:



Participant Guide page 14

 **BIG THOUGHT:**

Here's the big thought I want you to consider today. ***Most people have experienced their story, but few have interpreted their story. Even fewer can articulate their story in a way that helps them find their place in God's story.***

Last time we looked at Ephesians 2. For the next several sessions we'll be looking at one young man whose life demonstrates story, gifting, passion, calling, and goal. His name is David, and in chapter 17 of 1 Samuel **we see how the components of the arrow came together to redirect David's life dramatically.** Seeing how David discovered his special calling can inspire us to discover our own.

 **TEXT:**

1 Samuel 17:1–37 (read aloud)

 **EXPLANATION:**

We begin at the setup to the defining moment of David's life. It's familiar even to many people who don't know the Bible well—**the story of David and Goliath.** The first 37 verses show that this turning point wasn't coincidence or happenstance. Instead, **David recognized it as his defining moment because he knew God's story and because he knew his own.** He recognized that his whole life had been preparing him for it.

Today we're focusing on a few details that are easy to overlook. This defining moment for David could have been someone else's defining moment. His brothers came from the same family and went to the same battle. Their stories and David's story surely had many of the same features. But David was armed with something they weren't. David had interpreted his story. It was his understanding of the past that gave him eyes not only to see his future but also to shape it. This is the power of an interpreted story.

Verse 12 says that David was the son of an Ephrathite named Jesse. Matthew 1:5–6 tells us more about their lineage: “Salmon [was] the father of Boaz, whose mother was Rahab, Boaz [was] the father of Obed, whose mother was Ruth, Obed [was] the father of Jesse, and Jesse [was] the father of King David.” **David's story was linked to two other great stories of faithfulness in Scripture.**

One was **Rahab**. In Joshua's day, when the people of Israel were fighting the Canaanites for the land God promised them, Rahab was a Canaanite prostitute living in Jericho who sheltered Israelite spies. In return, when the city was completely destroyed, she and her family were the only ones **delivered from Jericho's destruction**.

The other is Ruth. Ruth was a Moabite who married an Israelite who had fled Israel with his family because of a terrible famine. Then Ruth's husband, her brother-in-law, and her father-in-law all died, which left her mother-in-law, Naomi, devastated and destitute. When Naomi went back to Israel, Ruth went with her, despite the risk of poverty and violence. But then her late father-in-law's relative Boaz married Ruth, bought Naomi's husband's land, and enfolded them into his family. So **Ruth was delivered from the tragedy of a destroyed marriage, harrowing poverty, and status as a foreigner and an outsider**.

This theme of deliverance ran strong in David's story. So is it any coincidence that when David is talking to King Saul about why he is qualified to fight Goliath, this theme of deliverance shows up in his argument?

Listen to David's words in 1 Samuel 17:37. He says, "The LORD who delivered me from the paw of the lion and the paw of the bear will deliver me from the hand of this Philistine." David sees the future based on his interpretation of the past. His brothers had the same ancestors, but **only David connected the theme of deliverance in their stories to deliverance in his story**. Surviving a lion attack and a bear attack prepared him to understand his destiny.

There's more. Did you notice that both Rahab and Ruth belonged to other nations? **Rahab and Ruth both joined Israel by rejecting the gods of their peoples in favor of the God of Israel in a moment of crisis**. Rahab said to the Israelite spies, "The LORD your God is God in heaven above and on the earth below" (in Joshua 1:11). Ruth said to Naomi, "Your people will be my people and your God my God" (in Ruth 1:16). In the same way, David views the contest with Goliath as a contest over whose god is real.

David's brothers and the rest of the militia discussed the problem of Goliath entirely on an earthly plane. They focused on the social status and economic reward that King Saul would give whoever would take the giant down. Yet they also believed that Goliath was too strong to be defeated.

But **David talked about the situation totally differently—on a heavenly plane.** In verse 26 he says, “What will be done for the man who kills this Philistine and removes this disgrace from Israel? Who is this uncircumcised Philistine that he should defy the armies of the living God?” David knew that his ancestors Rahab and Ruth, who had belonged to Israel’s enemies, wisely abandoned their gods for the God of Israel. So **David’s attitude toward Goliath was, “Who does he think he is to defy the Lord?”**

Here God’s story and David’s story make a dynamic collision. Everyone else in Israel saw a disaster, but David saw a deliverance. Everyone else saw an earthly conflict, but David saw a heavenly conflict. **Because David saw how God’s story interwove with his story and his whole family’s story, he was able to join God in the future God had been dreaming about and preparing David for his entire life.**

So **what about us?** Will you join God in the future he’s dreaming, like David? Or will you be like David’s brothers, timid and even resenting those who audaciously believe that God is changing their reality?

To join David, the first step lies in interpreting your past, understanding your story—both the good parts and the not-so-good stuff. **It is by recognizing what God has done in the past that we gain the courage to join him in the future.**

Discussion Questions

1. What from today’s teaching made you look at David’s life differently?
2. Do you think most Christians live like David or like his brothers? Why do you think that is?
3. What hidden things might lie dormant in your past that, if left uninterpreted, might keep you from seeing what God has in store for you?

CHALLENGE: SHARE YOUR STORY IN SIX PICTURES

Train It: Discovering Your Story (40 Min)

Now that your group has heard today’s teaching, explain that you are now going to transition into a training session that helps them put today’s teaching into practice. This training session includes working through the two tools that will help

them begin interpreting their stories. These two tools are Hinge Moments and Six Sketch Storyboard.

Tell your group that today's training session will use a series of timed exercises to help them make their way through the two tools listed above in order to help each of them interpret and articulate their own stories.

Tool 1: Hinge Moments

A hinge moment is an event or short period of time that changes the trajectory of the story. Hinge moments usually come as high points or hard times.

Exercise: Use the Hinge Moments tool to help participants identify the six most important hinge moments of their lives.

Task 1: Brainstorm the Hinge Moments of Your Life

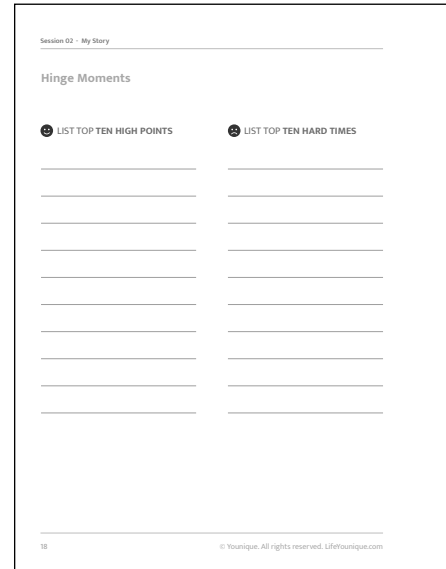
Timer: 7 minutes

- Use the Hinge Moments tool in your workbook.
- List six of the biggest hinge moments of your life that were high points—moments of great success or rejoicing.
- List six of the biggest hinge moments of your life that were hard times—moments of great failure or grief.
- Some hinge moments might be bittersweet—good-but-turn-bad or bad-but-turn-good. Just sort them into one list or the other as well as you can.
- We're going to prune these lists later, so they don't have to be perfect.

Task 2: Identify the Top Six Hinge Moments of Your Life

Timer—1 Minute

- Circle the six most important hinge moments between your two lists. High points and hard times don't have to be equal. (For example, you could choose four high points and two hard times.)
- Put your top six hinge moments in order from earliest to latest.



Participant Guide page 18

Tool: Six Sketch Storyboard

In this session you are 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.

Timer—20 Minutes

- In the six boxes of the Six Sketch Storyboard page in your booklet, draw a simple picture of each of your top six hinge moments in the order they happened.

Timer—5 Minutes

- Think of a six-word title for the six-sketch story you made and write it at the bottom.

Tool 3: Two Words Exercise

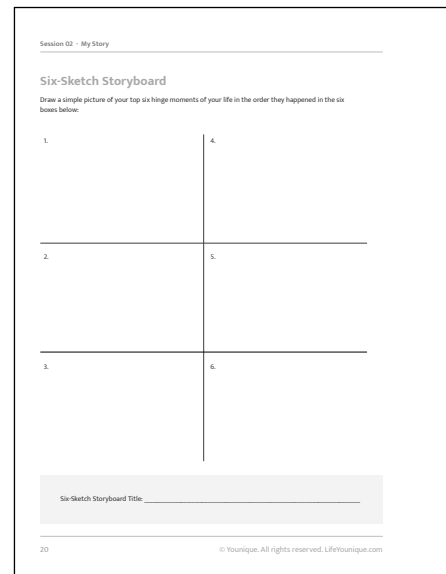
In our last session, we took a first pass at naming our calling by writing five to ten pairs of Two Words on your Two Words Worksheet, which is on page 44 in your participant guide. From what we've seen about ourselves this week, we're going to write five to ten more.

Once again, complete the following sentence at least five times:

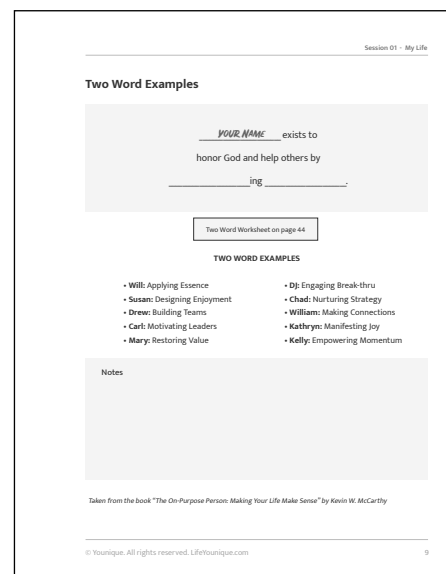
I exist to honor God and help others by:

_____ing _____.

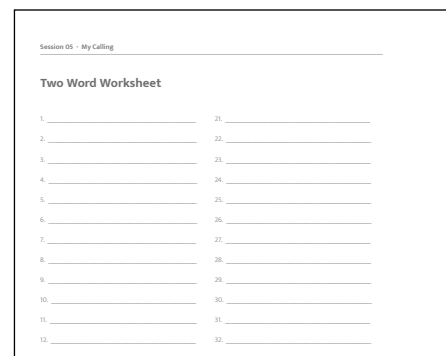
Remember, you can reuse a word you've used before, but we want new pairs you haven't used before.



Participant Guide page 20



Participant Guide page 9



Participant Guide page 44

Tie It: Naming Your Story (5 Min)

Take a few minutes to debrief today's training exercise and tie it together with today's challenge. Tell participants that you are going to give them until this time next session to finalize the six sketches of their life and title their story. Invite each person to come ready to share their story with someone else next session. Encourage them to use the time between now and then to tweak anything they want to before arriving at the next session.

Final Thought and Reflection Questions

An uninterpreted past **determines** your future. An interpreted past **fuels** your future.

Encourage your participants to use the following questions before next session to think through their personal stories:

1. What are my truly formative experiences in life—that is, what has made lasting impact?
2. Is there any common thread to my experiences?
3. Why do I do what I do vocationally? Did one person or event significantly determine this?
4. Who are my most meaningful friends?
5. Who taught me how to live? How am I learning to live like Christ?
6. How has God's grace been revealed in my life?
7. How does my unique story bring God glory?
8. What would my life be like without God?
9. What may God be preparing me to do in my life?
10. What does my six-word title say about my story?

Session 02 - My Story

Final Thought

An uninterpreted past _____ your future. An interpreted past _____ your future.

REFLECTION QUESTIONS:

1. What are my truly formative experiences in life—that is, what has made a lasting impact?
2. Is there any common thread to my Hand of God experiences?
3. Is there any common thread to my Hard Times?
4. What are the patterns of sin that emerge in my life? How have I dealt with those sin patterns?
5. What are the consistent gifts and abilities in my life?
6. Why do I do what I do vocationally? Did one person or event significantly determine this?
7. Who are my most meaningful friends?
8. Who taught me how to live? How am I learning to live like Christ?
9. How has God's grace been revealed in my life?
10. How does my unique story bring God glory?
11. What would my life be like without God's hand?
12. What may God be preparing me to do in future chapters of my life?
13. What one-word title would I give my Six Sketch Storyboard?

22 © Younique. All rights reserved. LifeYounique.com

Participant Guide page 22

SESSION 03

MY GIFTING





Introduction: Welcome and Opening Exercise (30 Min)

Welcome back to Younique. In our last session, we were thinking about our life stories. We're going to begin this session by telling our stories to each other and listening to their stories.

Exercise: Sharing Your Story

Place 15 minutes on a timer for two 15-minute rounds of conversation. Reset the timer after each round is finished.

If you're leading a large group that you've divided into smaller subgroups, start each round of conversation for the groups and give the room a two-minute warning before each round of conversation ends. Encourage the groups to progress to the next round of conversation when the time expires.

If you have a facilitator chosen in advance for each subgroup, provide them with the Facilitator Tips in advance.

To prepare for the session, set out a bowl for your small group or for each subgroup of a large class. Write the questions for round 2 on small slips of paper for each bowl.

Round 1: Introduce Yourself and Share Your Six Sketch Storyboard and the Six-Word Title of Your Story

Give each person two or three minutes (depending on the size of your group) to introduce themselves and talk through their six sketch storyboard and six-word title.

Facilitator Tips: Celebrate each person for sharing their six sketch storyboard Ask each one a question about the sketch that intrigues you most.

Round 2: Interpreting Your Story

Place the following questions in a bowl. Pass the bowl around the circle and invite each person to pick a question to answer. Go through as many questions as you can in the time provided.

1. Which sketch on your storyboard impacted your life most? Why?
2. Why did you give your story that title?
3. What heroes of yours impacted your story most? How?
4. Where do you see God's hand the most clearly on your storyboard? How did you experience his grace there?
4. As you look at your story, how does understanding your past prepare you for present challenges or future opportunities?

Teach It: Identify Your Gifting (20 Min)

The following is a script you can use to teach the opening portion of this session of the *Younique 6-Session Primer* 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 Primer* teaching videos that stream for free from lifeyounique.com/ptv (the password is ARROW21). Your group can watch the teaching video all together or watch individually in advance of meeting together.

Over the last few sessions we've begun exploring our God-given purpose. Last time I called that your "special calling." We looked at the image of an arrow to help us see how different elements of our lives can combine for maximum impact and precision.

Also last time (and the beginning of this session) we took a deep dive into understanding our life stories. Remember, the Arrow Shaft represents **the combination of God's story and our story.** Just like the Arrow Shaft is the primary structural part of the arrow, so the combination of God's story and our story forms the primary structural part of our lives. Everything we do connects to God's story and our story.

However, if we are going to be really effective with our lives, we need to be aware of more than these central stories. Trying to live our story by itself is more like throwing sticks than shooting an arrow. This is why **in this session and the next we want to go further and take a look at the back of the arrow (specifically the Arrow Nock and Arrow Fletching)** to talk about how these parts help the arrow connect to the bow and fly with remarkable precision.

Tool: The Arrow

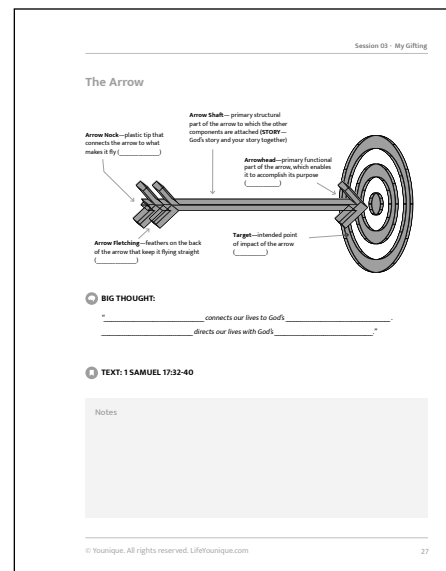
Arrow Nock—plastic tip that connects the arrow to what makes it fly (**GIFTING**)

Arrow Shaft— primary structural part of the arrow to which the other components are attached (**STORY**— God's story and your story together)

Arrowhead—primary functional part of the arrow, which enables it to accomplish its purpose

Arrow Fletching—feathers on the back of the arrow that keep it flying straight

Target—intended point of impact of the arrow



Participant Guide page 27

Today we want to take a look at our gifting. Gifting is the Arrow Nock of our lives. Our gifting connects our lives to God's power and propels us with his force. In the next session we will look at our passion. Passion is the Arrow Fletching of our lives. It stabilizes our lives so that we live with focus and precision.

BIG THOUGHT:

Here is the big thought that we will be focusing on for the next two sessions.

Gifting connects our lives to God's power. **Passion** directs our lives with God's precision.

Last time we began our journey into the life of David. We saw the way that David's understanding of his story impacted the future he saw in front of him. Where everyone else saw a threat, David saw an opportunity. But seeing the opportunity is only the first part of winning the battle. How we fight is just as important.

TEXT:

1 Samuel 17:32-40 (read aloud)

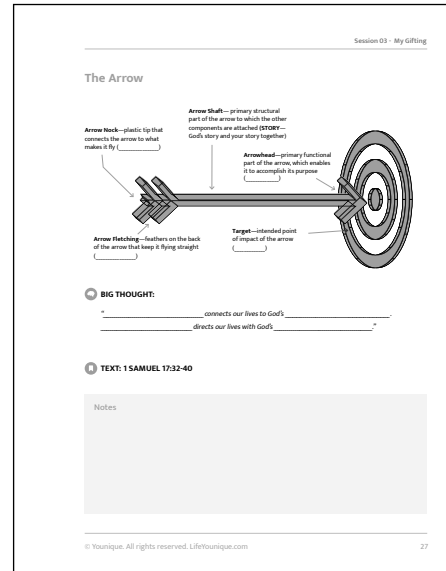
EXPLANATION:

When David told his story in light of God's story, he persuaded King Saul to let him to fight Goliath. **But to win the fight, he has to choose the right weapons.**

Saul tries to suit up David in his own armor, helmet, and sword, but they don't fit him. They're great for Saul but not for David. If David had fought the biggest battle of his life in Saul's armor with Saul's sword, the outcome might have been very different. Instead, David went with no armor and his own sling. God delivered David in the past through his sling, so he chooses it to tap into God's power again.

This is an important truth for our lives as well. God equips each of us with our own weapons for the battle of our lives. Someone else's armor won't do. We must discover for ourselves the weapon that God has placed in our hands. **There's no sense trying to live with someone else's gifting. God's supernatural power flows through our own.**

To start identifying our unique gifting, let's look at Ephesians 4.



Participant Guide page 27

 **TEXT:**

Ephesians 4:1–16 (read aloud)

 **EXPLANATION:**

In Ephesians 4, Paul paints a magnificent picture of how the church displays Jesus. Two sessions ago in Ephesians 2, we saw that God has been dreaming about our lives from the beginning of time. Ephesians 4 shows us that God’s dream is not for our good alone. **Each of us is unique, but none of us is independent.** Instead, all of us work together to show Jesus to the world.

However, just because we’re working together doesn’t mean we’re all gifted or wired the same way. God gives people with five gifting types to the church. We call these **“APEST,” which stands for Apostles, Prophets, Evangelists, Shepherds (or Pastors), and Teachers.** These types aren’t just for official people but for all of us. It takes all of us leaning into our gifts to display Jesus fully in our communities. So let me briefly describe each gifting type to you, and start thinking about which ones God may have given you.

Apostle

Key Question: *Are the people of God being **led** into their **destiny**?*

Description: The word “apostle” means “sent one.” This role pioneers new things in the church (like new churches) and protects their gospel-DNA on the way. Outside the church, we see apostolic ability in entrepreneurs, innovators, and people who move organizations and causes into new territory.

Prophet

Key Question: *Are the people of God **hearing** from God and **responding** to Him?*

Description: The prophet guards the relationship between God and his people, urging them to stay faithful to him above any other allegiance. They describe God’s ideal, point out what’s really going on among people, and highlight when there’s a gap between the two. Outside the church, we see prophetic ability in activists and artists.

Evangelist

Key Question: *Are the people of God seeing **new people** step into the kingdom?*

Description: The evangelist proclaims the good news of Jesus Christ by promoting the faith and inviting others into the family of God. They have a magnetic way of bringing people along with them. Outside the church, we see evangelistic ability in salespeople, storytellers, and recruiters.

Shepherd

Key Question: *Are the people of God **caring** for each other well?*

Description: The shepherd nurtures healthy relationships in the church. They come alongside people who are struggling and help them up when they're down. Outside the church, we see shepherding ability in counselors, caregivers, and some kinds of coaches.

Teacher

Key Question: *Are the people of God **learning** truth in a way that **changes life**?*

Description: The teacher passes on knowledge, understanding, and wisdom rooted in God's word. Teachers help people discern truth from falsehood and see how everything fits together. Outside the church, teaching ability includes disciplines of specialized knowledge such as science, finance, engineering, and law.

While each of us is gifted for the life that God has called us to live, none of us but Jesus himself carry every gift. Some come more naturally to us than others. The key to maximizing our lives is to identify and name the special gifting that each of us carries.

Identifying our gifting is never a reason not to grow in the other gifting types, because we all have to use all the types in some way every now and then. But the gifting types we are endowed with the most are the ways that God's power flows through us most effectively. Just like David, we perform at our best when we're in a position to use those abilities and not someone else's. So today we want to begin identifying our unique gifting.

 **CHALLENGE: NAME YOUR GIFTING**

Session 03 - My Gifting

APEST Assessment
www.lifeyouunique.com/APEST

TOP 3 GIFTINGS:

1. _____

2. _____

3. _____

REFLECTION QUESTIONS:
Use the questions below as a starting point for a conversation with someone you trust who knows you well.

1. What gifts do you see in me as a person?
2. In your opinion, what ability do I have that I am not fully aware of or that I have not fully maximized yet?
3. In your opinion, what do I think I am better at than I really am?
4. What's the most important thing I need to hear about myself, to gain clarity about my ability even though it may be hard for me to hear?
5. What do I do that best exhibits the power of God working through my life?

© Younique. All rights reserved. LifeYouunique.com 29

Participant Guide page 29

▶ Train It: Name Your Gifting (10 Min)

Now that your group has heard today's teaching, explain that you are going to transition into a training session that helps them put today's teaching into practice. Today's training is a tool to help participants discover which APEST giftings they are strongest in. It's based on the work of Alan Hirsch in his book *5Q: Reactivating the Original Intelligence and Capacity of the Body of Christ*. Participants can find a more thorough APEST assessment at 5qcentral.com.

⚙️ Tool 1: APEST Assessment

Invite your group to take the APEST assessment in the participant's guide at lifeyouunique.com/APEST. While this assessment is not meant to give a person the comprehensive and final word on their gifting, it will help them identify how APEST is playing itself out in their personal life right now.

⚙️ Tool 2: Two Words Exercise

From what we've seen about ourselves this week, let's write five to ten more pairs of Two Words on your Two Words Worksheet on page 44 in your participant guide. Your gifting might especially give you new ideas for the first word of each pair. Once again, complete the following sentence at least five times:

I exist to honor God and help others by:
 _____ing _____.

Session 03 - My Gifting

APEST

APOSTLE:
Key Question: Are the people of God being _____ into their _____?
Description: The apostle in Scripture is literally the "sent one." This role refers to the pioneering functions of the church: designing and deploying new manifestations of mission (primarily church) and protecting their gospel DNA along the way. Generally, apostolic ability includes: entrepreneurial, innovative, business-extension, and leadership abilities.

PROPHET:
Key Question: Are the people of God _____ from God and _____ to him?
Description: The prophet is the "guardian of the covenant" relationship with God. Helping a community to stay faithful to God above any other allegiance. In the performing of this role, truth must be spoken forth at times with urgency and boldness. Prophets call for justice and reform. Broadly applied, prophetic ability spans abilities from activist to artist.

EVANGELIST:
Key Question: Are the people of God seeing _____ step into the kingdom?
Description: The evangelist proclaims the good news of Jesus Christ by promoting the faith and inviting others into the family of God. Evangelistic ability broadly applied includes the functions of sales, storytelling, and recruiting.

SHEPHERD:
Key Question: Are the people of God _____ for each other well?
Description: The shepherd represents the dominant role of church leadership as we're traditionally familiar with it—we call our leaders "pastors." Shepherding roles ensure healthy relationships for faith formation in a local community. Broadly applied, the role can be expanded to various forms of counseling, caregiving, and coaching.

TEACHER:
Key Question: Are the people of God _____ and _____ the truth of God in ways that are leading to _____?
Description: The teacher is the one who transfers knowledge, wisdom, understanding, and skill. Teachers keep the saints learning and growing in all areas of faith by keeping people rooted in God's word. Broadly applied, the teacher's role includes disciplines of specialized knowledge such as scientific, legal, and engineering roles as well as others.

🎯 CHALLENGE—NAME YOUR GIFTING

28 © Younique. All rights reserved. LifeYounique.com

Participant Guide page 28

Session 03 - My Gifting

Two Word Worksheet

1. _____ 21. _____
 2. _____ 22. _____
 3. _____ 23. _____
 4. _____ 24. _____
 5. _____ 25. _____
 6. _____ 26. _____
 7. _____ 27. _____
 8. _____ 28. _____
 9. _____ 29. _____
 10. _____ 30. _____
 11. _____ 31. _____
 12. _____ 32. _____
 13. _____ 33. _____
 14. _____ 34. _____
 15. _____ 35. _____
 16. _____ 36. _____
 17. _____ 37. _____
 18. _____ 38. _____
 19. _____ 39. _____
 20. _____ 40. _____

44 © Younique. All rights reserved. LifeYounique.com

Participant Guide page 44

Tie It: Naming Your Gifting (5 Min)

Take a few minutes to debrief today's training exercise and tie it together with today's challenge. Share with the group that you are going to give them until the next session to finish taking the assessment and to engage a few trusted people in their circle of friends with the following questions.

Final Thought and Reflection Questions

Use the questions below as a starting point for a conversation with someone you trust who knows you well.

1. What gifts do you see in me as a person?
2. In your opinion, what ability do I have that I am not fully aware of or that I have not fully maximized yet?
3. In your opinion, what do I think I am better at than I really am?
4. What's the most important thing I need to hear about myself to gain clarity about my ability, even though it may be hard for me to hear?
5. What do I do that best exhibits the power of God working through my life?

Session 03 - My Gifting

APEST Assessment
www.lifeyouunique.com/APEST

TOP 3 GIFTINGS:

1. _____
2. _____
3. _____

REFLECTION QUESTIONS:
Use the questions below as a starting point for a conversation with someone you trust who knows you well.

1. What gifts do you see in me as a person?
2. In your opinion, what ability do I have that I am not fully aware of or that I have not fully maximized yet?
3. In your opinion, what do I think I am better at than I really am?
4. What's the most important thing I need to hear about myself, to gain clarity about my ability, even though it may be hard for me to hear?
5. What do I do that best exhibits the power of God working through my life?

© Younique. All rights reserved. LifeYounique.com 29

Participant Guide page 29

Notes

SESSION 04

MY PASSION





Introduction: Welcome and Opening Exercise (20 Min)

Welcome back to Younique. We are now in session 4 of this journey to discover your God-given calling, which means that you have made it more than half way. So far we have looked at your story and your gifting. In this session we are going to look at your passion. But first let's talk about what we found from looking at our gifting last time.

Exercise: Sharing Your Gifting

Place eight minutes on a timer for two eight-minute rounds of conversation.

If you're leading a large group that you've divided into smaller subgroups, start each round of conversation for the groups and give the room a two-minute warning before each round of conversation ends. Encourage the groups to progress to the next round of conversation when the time expires. Reset the timer after each round is finished.

If you have a facilitator chosen in advance for each subgroup, provide them with the Facilitator Tips in advance.

To prepare for the session, set out a bowl for your small group or for each subgroup of a large class. Prepare on small slips of paper the questions for round 2 in a batch for each.

Round 1: Identify Your Gifting

Give each person two minutes to share which gifting types they scored the highest in on their APEST assessment, which type they believe is their primary one, and why. Remind the group that the assessment is not meant to tell them everything about their gifting—instead, it identifies the gifting types showing up the most in their life right now.

Facilitator Tips: Ask follow-up questions like “How have you lived this gifting out in the past?” and “Which gifting type do you think you're weakest in?”

Round 2: Interpreting Your Story

Place the following questions in a bowl. Pass the bowl around the circle and have each person pick out a question to answer in two minutes or less:

1. What does it look like when you make the biggest impact with your gifting?
2. How have you experienced the power of God working through your gifting?

3. When have you seen someone else live out their gifting? What did it look like?
4. What would it look like for you to step more fully into your gifting from God? What keeps you from doing this more often?

Facilitator Tips: Remind the group that our gifting connects us to God’s power like an arrow’s nock connects it to a bow. It’s the place where God’s grace does more through us than we could do through effort or talent alone, where we don’t need to strive as if everything depends on our effort.

Teach It: Identify Your Passion (20 Min)

The following is a script you can use to teach the opening portion of this session of the *Younique 6-Session Primer* 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 Primer* teaching videos that stream for free from lifeyounique.com/ptv (the password is ARROW21). Your group can watch the teaching video all together or watch individually in advance of meeting together.

As you might remember, over the last few sessions **we’ve been exploring our God-given purpose—our special calling**. We introduced the image of an arrow to help us think about how different elements of our lives combine to help us live with maximum kingdom impact. Here is a quick review of where we have been so far.

Tool: The Arrow

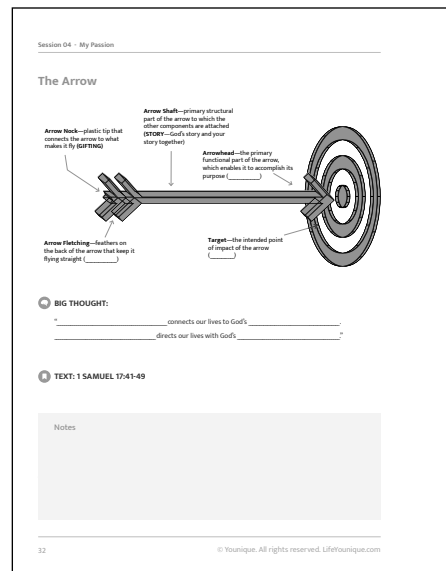
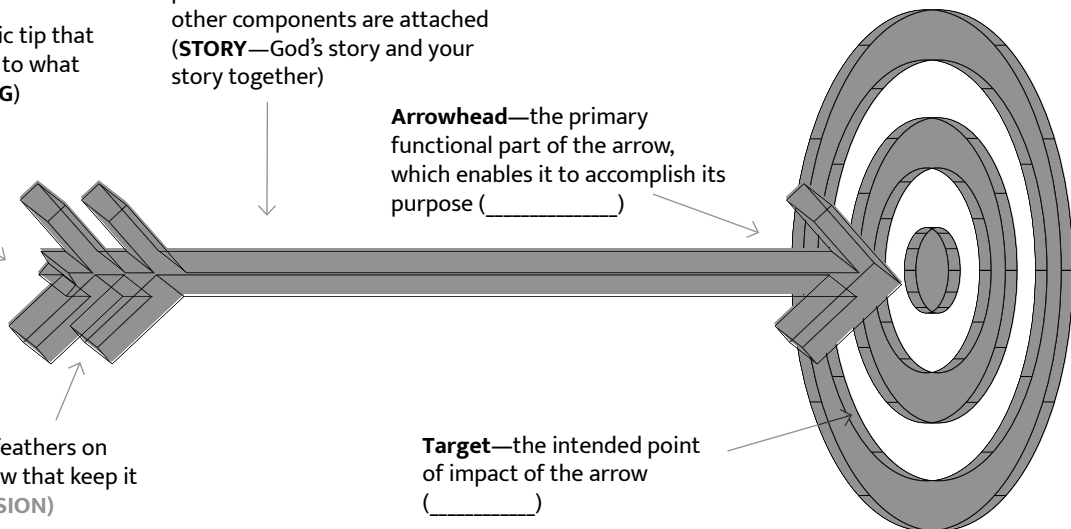
Arrow Nock—plastic tip that connects the arrow to what makes it fly (**GIFTING**)

Arrow Shaft—primary structural part of the arrow to which the other components are attached (**STORY**—God’s story and your story together)

Arrowhead—the primary functional part of the arrow, which enables it to accomplish its purpose (_____)

Arrow Fletching—feathers on the back of the arrow that keep it flying straight (**PASSION**)

Target—the intended point of impact of the arrow (_____)



Participant Guide page 32

Today, specifically, we want to take a look at our passion. **Passion is the Arrow Fletching of our lives. It focuses and stabilizes our life to make sure we live with focus and precision.**



BIG THOUGHT:

Here is the big thought that we started with last session and are continuing to look at in this one:

Gifting connects our lives to God's power. **Passion** directs our lives with God's precision.

We have been **journeying through the life of David** and focusing on one of the monumental moments of his life—**his showdown with Goliath**. We have zeroed in on how David's interpretation of his own story in light of God's story and his understanding of his gifting prepared him for one of the most epic moments of his life.

In this session, we're going to look at David's passion and think about how our own passion brings precision to our lives.



TEXT:

1 Samuel 17:41–49 (read aloud)



EXPLANATION:

When we last saw David, he was in the riverbed gathering stones for his sling. Having shed Saul's armor that didn't fit him, he had embraced his own trusty weapon as God's gift to help him win this duel. In today's passage, we find David moving toward Goliath with his sling in hand, ready to fight the defining battle of his life.

This passage brings us into the heat of combat. To Goliath, David looks like a boy carrying sticks. Goliath, confident in his abilities, begins the showdown by talking trash, telling David what he plans to do to him.

David counters with some trash-talking of his own, but **his confidence is not in himself but in what he sees God doing**. David has seen God deliver him from other imposing foes. Goliath will simply be like the lion and the bear. And so David runs toward Goliath, confident in what he will see God do even in the face of the imminent possibility of an agonizing death.

This is passion. **Passion is more than excitement. Passion is conviction that becomes contagious because it withstands the test of pain.** In fact, the Latin root of the English word “passion” has to do with pain and suffering. Christians traditionally call the last week of Jesus’ life his Passion. Passion is an enduring motivation that presses us through pain to a greater prize. It is fueled from our past but keeps us running toward our future.

Furthermore, **passion itself is a kind of pain.** A true passion is a burden. It’s an aching unwillingness to tolerate things just as they are or a pang of yearning that must be satisfied.

Sadly, today many people have confused passion with excitement or interest. People talk as if just because we like something, we are automatically passionate about it. But as soon as pain or the potential for pain materializes, they get interested or excited about something else. **If we are not willing to face pain for something and if longing for it doesn’t sear us within, we are not passionate about it.** It’s just a passing fad.

Here David starts running toward Goliath, facing the potential of a pain so great it could end his life, because **he is motivated by his passion for deliverance**—in this case, for the deliverance of Israel from the Philistines. **He’s also motivated by passion for God’s glory.** For an uncircumcised Philistine to despise the living God was a far greater pain to David than anything Goliath could do to him.

The passion in David’s life becomes contagious. By the end of the story, all of Israel is running at the Philistines as David did. His courageous conviction spurred fearful men to join the battle and find deliverance. It eventually led years later to David becoming a king who would dance before the Lord with all his might.

So **what gets you running?** What are you running toward? What are you believing God for? What things in your life are worth the test of pain?

ILLUSTRATION: COLOR CONFUSION

The **Stroop effect** is a phenomenon in which a person’s reaction time slows down because something they see communicates conflicting messages that are hard for their mind to sort out. For example, when the word “red” is printed in blue ink, it’s hard to name the color you’re seeing.

Let’s see how we do at it!

Create three slides or cue cards that demonstrate the Stroop effect to your group (for example, “BLUE” written in green, “RED” written in black, “YELLOW” written in red). Before presenting the slides to the group, ask your group to name the color of the slide they see on the screen and speak it out as soon as they can.

In the same way that we get confused about colors, we can confuse our passion and our interests. Our interests are easy to identify; these are things that we enjoy doing. Passion is a bit more difficult to identify because it tends to lie below the surface. But **when we confuse passion and interests, we become passionate about the things we are merely interested in and merely interested in the things that we should be passionate about.** So we become passionate about golf and gardening and merely interested in God.

 **CHALLENGE: NAME YOUR PASSION**

 **Train It: Name Your Passion (30 Min)**

Now that your group has heard today’s teaching, explain that you are now going to transition into a training session that helps them put today’s teaching into practice. During today’s training exercise, participants will use two tools to help them identify their passion. The first tool is called Offender Opposites; it helps participants see how pain points reveal passions. The second tool is called the Passion 360. It helps people identify their passion based on what others see in them.

 **Tool 1: Offender Opposites**

The Offender Opposites tool helps you see how the things that bother you in life are clues to your true passions.

Exercise: Use Offender Opposites to help your group identify the passions underneath the things that offend them.

This tool helps people see how things that bring them pain (felt as disgust or anger or even just annoyance) reveal the passions God has put inside them. Instruct participants to list things that offend them, whether as large as human trafficking or as small as someone not saying “please.” Then, following the examples given, sum up the offender in a word or two. Why does it offend them so much? Then write down the opposite (antonym) of that word. (A thesaurus like synonym.com can be helpful for this.) The offender opposite is a clue to what they’re passionate about.

Session 04 - My Passion

Offender Opposites

offender	One-Word Summary	Opposite (Antonym)
People driving too slow	Obstruction	Progress

© Younique. All rights reserved. LifeYounique.com 33

Participant Guide page 33

Tool 2: Passion 360

The Passion 360 tool uses the wisdom of the people who know you to help you identify the things that are contagious about your life.

Exercise: Use the Passion 360 exercise to identify the things that others see in your life to help you identify your passion.

Instruct participants to snap a picture of the text box in their booklet or type the words into a text message. The message asks for three words that describe what they're passionate about. Send it to 12 people, one at a time—not in a group text so that they aren't influenced by each other's answers. Some answers may trickle in immediately, but it will probably take the next day or two to hear from everyone they reach out to. Participants should use their answers to refine their understanding of their passion.

Task 1: Text Four Family Members

Timer—4 Minutes

- Identify four family members that you would like to get insight from.
- Send the following text to these family members:

I'm learning about my calling through a program called Younique, and I'd like your help. What three words describe what I'm PASSIONATE about? Please reply with three words only. Thanks!

Task 2: Text Four Coworkers

Timer—2 Minutes

- Identify four coworkers that you would like to get insight from.
- Send the same text to them that you sent to your family members.

Task 3: Text Four Others

Timer—2 Minutes

- Identify four other people that you would like to get insight from.
- Send the same text to them that you sent to your family members and coworkers.

Session 04 - My Passion

Passion 360

For your Passion 360 interview, text something like the following statement below to 12 people. (four family members, four coworkers and four others. Record their answers in the boxes below.)

"I am currently participating in a Life Design process called Younique, and am seeking input from others. I am curious what three words you would use to describe what I am passionate about in general. Please reply with three words only. Thanks for your help."

FAMILY

NAME	NAME	NAME	NAME

CO-WORKERS

NAME	NAME	NAME	NAME

OTHERS

NAME	NAME	NAME	NAME

34 © Younique. All rights reserved. LifeYounique.com

Participant Guide page 34

Tool 3: Two Words Exercise

From what we've seen about ourselves this week, let's write five to ten more pairs of Two Words. Your passion might especially give you new ideas for the second word of each pair. Once again, complete the following sentence at least five times:

I exist to honor God and help others by:
_____ing _____.

Tie It: Naming Your Passion (5 Min)

Take a few minutes to debrief today's training exercise and tie it to today's challenge. Relate to your group that our passion often emerges out of the greatest pain points in our stories. Passion also leads us to make sacrifices. Direct them to think through the following reflection questions to continue to identify their passion before next session.

Final Thought and Reflection Questions

*Passion is part **pain** and part **conviction**.*

Encourage your participants to use the following questions before next session to think through their personal stories:

1. Take a fresh look at your six sketch storyboard from session 2. Where in your story did your passion come from—what events or circumstances or relationships?
2. What pain points in your story do you think are related to your passion? Why?
3. How have you lived out your passion in the past?
4. What has pursuing your passion cost you? Was it worth it? Why or why not?



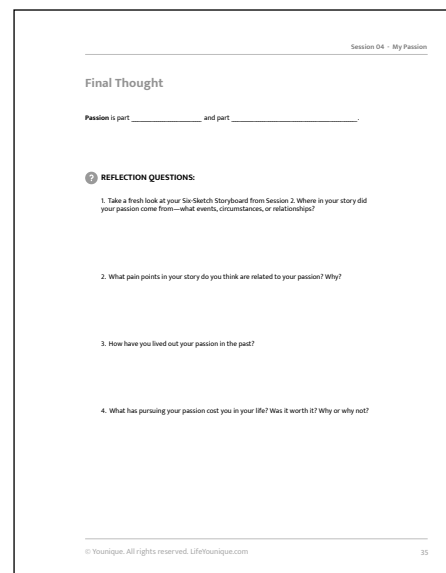
Session 05 - My Calling

Two Word Worksheet

1. _____ 21. _____
2. _____ 22. _____
3. _____ 23. _____
4. _____ 24. _____
5. _____ 25. _____
6. _____ 26. _____
7. _____ 27. _____
8. _____ 28. _____
9. _____ 29. _____
10. _____ 30. _____
11. _____ 31. _____
12. _____ 32. _____
13. _____ 33. _____
14. _____ 34. _____
15. _____ 35. _____
16. _____ 36. _____
17. _____ 37. _____
18. _____ 38. _____
19. _____ 39. _____
20. _____ 40. _____

44 © Younique. All rights reserved. LifeYounique.com

Participant Guide page 44



Session 04 - My Passion

Final Thought

Passion is part _____ and part _____.

REFLECTION QUESTIONS:

1. Take a fresh look at your Six-Sketch Storyboard from Session 2. Where in your story did your passion come from—what events, circumstances, or relationships?
2. What pain points in your story do you think are related to your passion? Why?
3. How have you lived out your passion in the past?
4. What has pursuing your passion cost you in your life? Was it worth it? Why or why not?

© Younique. All rights reserved. LifeYounique.com 35

Participant Guide page 35

Notes

SESSION 05

MY CALLING





Introduction: Welcome and Opening Exercise (20 Min)

Welcome back to Younique. We are now in session 5 of this six-session journey. We're going to bring together many of the things that we have been working on the last few sessions to name our special calling. But first, let's talk about what we discovered together last time.

Exercise: Sharing Your Passion

Place eight minutes on a timer for two eight-minute rounds of conversation.

If you're leading a large group that you've divided into smaller subgroups, start each round of conversation for the groups and give the room a two-minute warning before each round of conversation ends. Encourage the groups to progress to the next round of conversation when the time expires. Reset the timer after each round is finished.

If you have a facilitator chosen in advance for each subgroup, provide them with the Facilitator Tips in advance.

To prepare for the session, set out a bowl for your small group or for each subgroup of a large class. Prepare on small slips of paper the questions for round 2 in a batch for each.

Round 1: Uncover Your Passion

Read the following questions to your group. Have each person in the group answer whichever one they choose. If you have more time, each participant may answer a second question.

1. What stood out to you from Offender Opposites?
2. As you looked back at your life story through your Six Sketch Storyboard, where did you locate the roots of your passion?
3. In your Passion 360, what passion in your life came back in people's answers again and again?

Facilitator Tips: Note any places where you might be able to link a person's passion to their story. Our passion can be linked most often to a hard time, but sometimes to a high point or to a hero we had.

Round 2: Use Your Passion to Live with Precision


Place the following questions in a bowl. Pass the bowl around the circle and have each person pick out a question for one

other person in the group to answer in two minutes or less. The person who picks the question will read the question aloud and then the first person who wants to answer the question should jump in:

1. How do your passions fuel your life? How do they motivate you or get you up in the morning?
2. What is the relationship between your passion and pain?
3. Where in your life are you living out your passion the most? What does that look like?
4. How much of your life is being lived outside of your passion? How are you dealing with that?

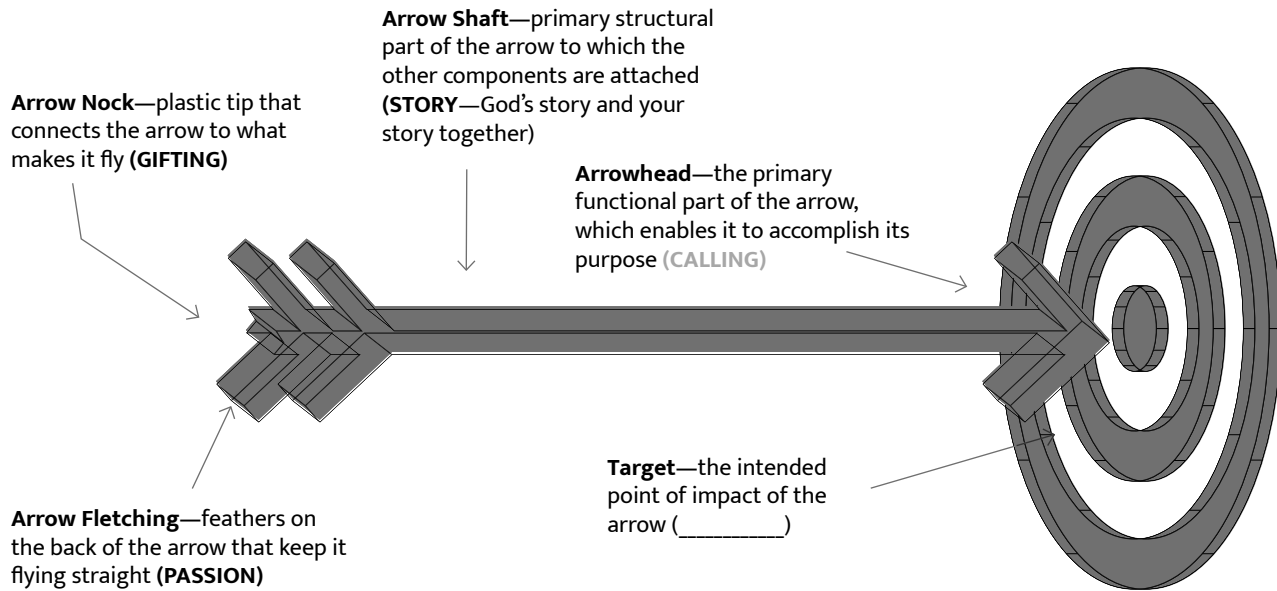
Facilitator Tips: Remind your group that painful places are where passion is forged and also where we receive the most grace from God. Passion focuses us like an arrow's fletching steadies its flight. We also learned that our gifting is how God's grace operates through us to touch others. Our gifting connects us to God's power like an arrow's nock connects it to a bow. Put together, when we function according to our giftings and our passion, we act with great force and focus, and all of it is God's grace. His grace takes our pain and uses it to help others most.

Teach It: Identify Your Calling (20 Min)

The following is a script you can use to teach the opening portion of this session of the *Younique 6-Session Primer* 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 Primer* teaching videos that stream for free from  lifeyounique.com/ptv (the password is ARROW21). Your group can watch the teaching video all together or watch individually in advance of meeting together.

For the last few sessions **we have been progressing step by step on the journey of identifying our God-given purpose—our special calling.** We introduced the image of an arrow to illustrate how different elements of our lives combine to help us live with maximum kingdom impact. Here is a quick review of where we have been so far.

 **Tool: The Arrow**



In this session, we want to combine what we’ve learned about ourselves to name our calling. Calling is like an arrowhead, which is the part of the arrow that performs the arrow’s purpose—piercing. We’ll draw together our story, our passion, and our gifting to begin naming God’s dream for our lives.

 **BIG THOUGHT:**

Here is the big thought that we are going to focus on this time:

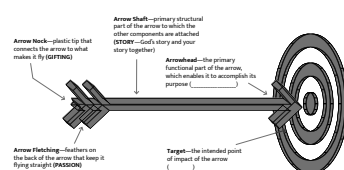
Calling gives our story, passion, and gifting purpose.

 **SINGULARITY SANDWICH**

GENERAL CALLING
SPECIAL CALLING

Session 05 - My Calling

The Arrow



Arrow Shaft—primary structural part of the arrow to which the other components are attached (**STORY**—God’s story and your story together)

Arrow Nock—plastic tip that connects the arrow to what makes it fly (**GIFTING**)

Arrowhead—the primary functional part of the arrow, which enables it to accomplish its purpose (_____)

Arrow Fletching—feathers on the back of the arrow that keep it flying straight (**PASSION**)

Target—the intended point of impact of the arrow (_____)

BIG THOUGHT:

_____ is what gives our story, passion, and gifting _____.

Notes

© Younique. All rights reserved. LifeYounique.com 39

Participant Guide page 39

The most common problems people have naming their calling are being too general or too specific.

A general calling applies to everyone. For example, the Bible says that God calls all of us to make disciples, glorify him, love others, and so forth. These are essential, but if we stop there, **we miss the special calling that God has placed on each our lives.** We fail to take the unique work of God in our lives seriously.

In an equal but opposite way **we can also get too specific.** This happens when we think about our calling as simply our passion or our gifting. So for instance, we might think our calling is just to act as a prophet or evangelist or teacher. Or we might think our calling is just our biggest passion. But this approach is too short-sighted, because **no one gifting or passion is broad enough to cover all God dreams for us.**

So instead of being too general or too specific, we might think about our calling this way: **our general calling plus our specific story, gifting, and passion informs our special calling from God.** Discovering your special calling means naming the “One Thing” that brings the general and the specific together.

Picture it like a sandwich. Everybody’s general calling is the top. Your specific story, gifting, and passion is the bottom. Your special calling is the meat in the middle. Special calling pulls the general toward the specific and the specific toward the general.

We’ll illustrate this from David’s life, which we’ve been looking at for the last several sessions. **In this session we want to see how David’s story, gifting, and passion came together in his special calling.**



TEXT:

1 Samuel 17:48–18:5 (read aloud)



EXPLANATION:

This passage describes the aftermath of David’s victory. The Israelites win, David enters King Saul’s service, and he’s successful in every mission. Everybody loves him, even Jonathan, the heir to the throne. It seems like a happy ending, but it’s actually just one episode in a much longer story. The real interest lies in how the story begins and ends.

Two chapters earlier, in 1 Samuel 16, a prophet named Samuel anoints David. That marks him as God's chosen king to replace Saul. But David doesn't become king over all Israel until 2 Samuel 2. In between 1 Samuel 16 and 2 Samuel 2 are 15 chapters of Scripture.

You would think that in this gap between anointing and coronation David would be filled with doubts and fears about whether God had really called him, whether his promise would come true. And yes, there are moments when David feels these things pressing against him, especially because Saul spends a lot of that time trying to hunt David down and kill him. But in the long view, we can see that in these 15 chapters God is preparing David to be the kind of king he desires.

If David was just supposed to wait on the position to open up, he might spend these chapters playing it safe, trying not to mess it up. Instead he does just the opposite: he acts like Israel's king long before he gets the position of king. The moment he runs to fight Goliath, he starts leading Israel to defeat the Philistines. His courage captures the nation's heart. In other words, David leads before he's given a leadership position. He acts kingly before he becomes king.

This is what calling does: it leads us from our past to our future. It focuses us on God's purpose for us before we get any position and after we've gotten it. Living our calling today helps us become the kind of person who can handle a position of influence. David's reign was far from perfect, but it did usher in a new era of Israel's history and set the template for another king to come—Jesus, who was called the son of David.

So what is your calling? What helps you live in the gap between your anointing and your coronation? How do your story, gifting, and passion combine in your purpose? Living our calling is far better than living from position to position.



CHALLENGE: NAME YOUR UNIQUE CALLING

▶ Train It: Name Your Yunique Calling (30 Min)

Now that your group has heard today’s teaching, explain that you are going to transition into a training session that will help them put today’s teaching into practice. Today’s training involves two tools to help participants identify their special calling

⚙️ Tool 1: Singularity Sandwich

The Calling Sandwich tool helps people recognize how their general call and their specific story, gifting, and passion inform their special calling.

Exercise: Use the Calling Sandwich to help the members of your group identify their special call.

Explain to your group that you are going to help them begin to identify their special calling by taking inventory of both their general calling and the specific things that they have learned about themselves so far in your journey together. You will start this exercise by working together to complete this exercise for David, then participants will work individually to do the same for their own lives.

Task 1: Identify David’s General Calling

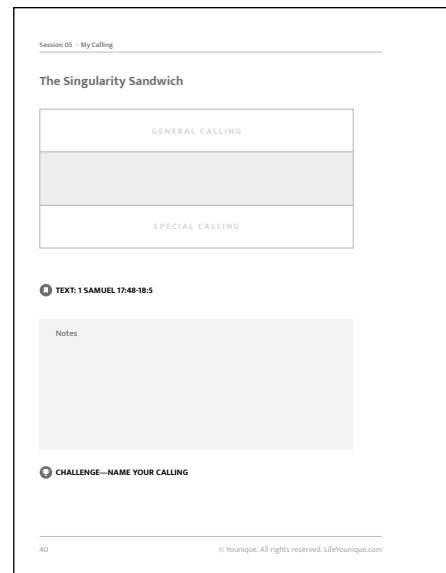
Timer—2 Minutes

- Work together as a group to identify David’s general calling—as many statements as the group can think of.
- It may include phrases like “bringing glory to God,” “honoring God,” and “helping others.”

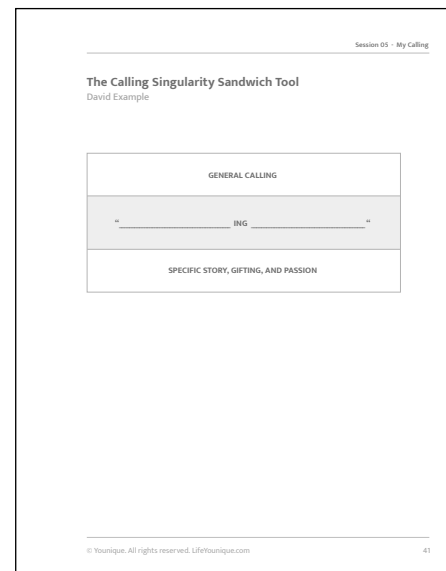
Task 2: Identify David’s Specific Story, Gifting, and Passion

Timer—4 Minutes

- Work together as a group to identify as many statements you can think of to describe David’s specific story, gifting, and passion.
- This list may include statements like “worshiper,” “musician,” “sling,” “shepherd,” “deliverance,” “Ruth,” etc.



Participant Guide page 40



Participant Guide page 41

Task 3: Identify Your Specific Story, Gifting, and Passion

Timer—5 Minutes

- Identify eight important details from your story, gifting, and passion.
- Include two details of your story, two words or phrases that describe your gifting, two offender opposites, and two words from your Passion 360.

Tool 2: Two Words

Exercise: Use the Two Words exercise to name your special calling in two words.

Explain to your group that you are going to use the Two Words exercise to identify David's special calling, and then participants will do the same for their own.

Task 1: Identify David's Special Calling

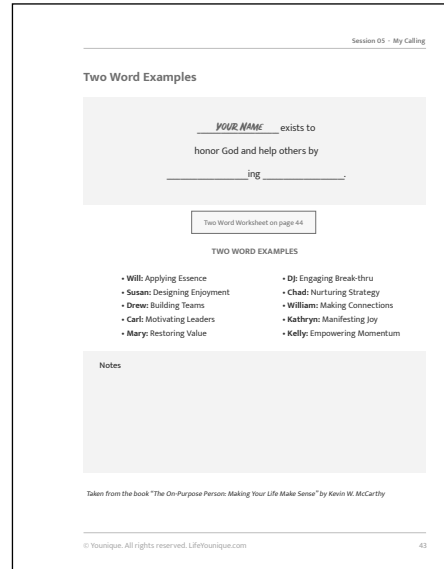
Timer—5 Minutes

- Complete the following sentence for David: “David existed to honor God and help others by _____ing _____.”
- Base your ideas for David's Two Words on his general calling and his specific story, gifting, and passion.
- As a group, brainstorm as many options as you can think of; this may include options like “shepherding Israel,” “championing deliverance,” “elevating Yahweh,” etc.
- Choose your group's best Two Words.

Task 2: Identify Your Special Calling

Timer—9 Minutes

- Complete the following sentence for yourself: “[Your name] exists to honor God and help others by _____ing _____.”
- Base your ideas for your Two Words on your general calling and your specific story, gifting, and passion.
- Brainstorm as many options as you can think of and add to your Two Word Worksheet on page 44.
- Looking at your Two Word Worksheet and the Singularity Sandwich, choose your best Two Words.



Participant Guide page 43



Participant Guide page 44

Tie It: Naming Your Calling (5 Min)

Take a few minutes to debrief today's training exercise and tie it together with today's challenge. Introduce the following reflection questions for your group to think through before next session.

Also prepare your group for the celebration in the next session. Have them fill out the Celebration section of the participant's guide on page 45 with their **name**, the **title of their six sketch storyboard**, and their **Two Words**. They'll present these for celebration in the next session.

Final Thought and Reflection Questions

1. How confident are you in your Two Words? Why?
2. How do your Two Words bring together your general calling and your specific story, gifting, and passion?
3. How have you seen these Two Words play out in your life?
4. How do these Two Words give you purpose in whatever position you find yourself in at present?



Session 05 - My Calling

Celebration

MY NAME:

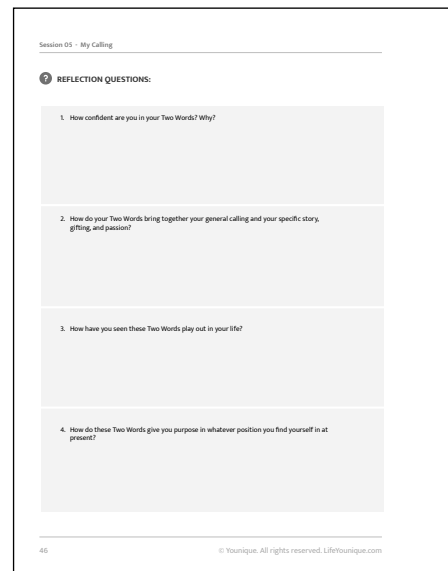
MY SIX SKETCH STORYBOARD:

MY TWO WORDS:


ing

© Younique. All rights reserved. LifeYounique.com 45

Participant Guide page 45



Session 05 - My Calling

 REFLECTION QUESTIONS:

1. How confident are you in your Two Words? Why?
2. How do your Two Words bring together your general calling and your specific story, gifting, and passion?
3. How have you seen these Two Words play out in your life?
4. How do these Two Words give you purpose in whatever position you find yourself in at present?

46 © Younique. All rights reserved. LifeYounique.com

Participant Guide page 46

SESSION 06

MY
GOAL





Introduction: Welcome and Opening Exercise (20 Min)

Welcome back to Younique. Congratulations! You made it! We are now in our final session of this six-session journey. Let's take a moment to celebrate where we've been.

Exercise: Celebrate Your Calling

Take some time today to celebrate the journey that your group has made over the past six sessions by creating time and space for each person to share their special calling. During this exercise each person will share his or her Two Words.

Create an atmosphere of fun and celebration as you introduce today's opening exercise. Set up the room as necessary, including microphones (if working with a large group) and video to capture this moment for your group. You may want to consider giving each person a gift to mark the occasion.

Invite each person to come to the front of the room and share their name, six-word story title, and Two Words. After each person has shared, celebrate their uniqueness and calling appropriately. Once everyone has had an opportunity to share, thank the group for all of their hard work throughout this process.

Depending on the size of your group, the amount of time it takes to celebrate may vary widely. You may use as many of the following discussion questions as you have time for to seal this celebration by learning and listening together as a group (or as subgroups of a larger group).

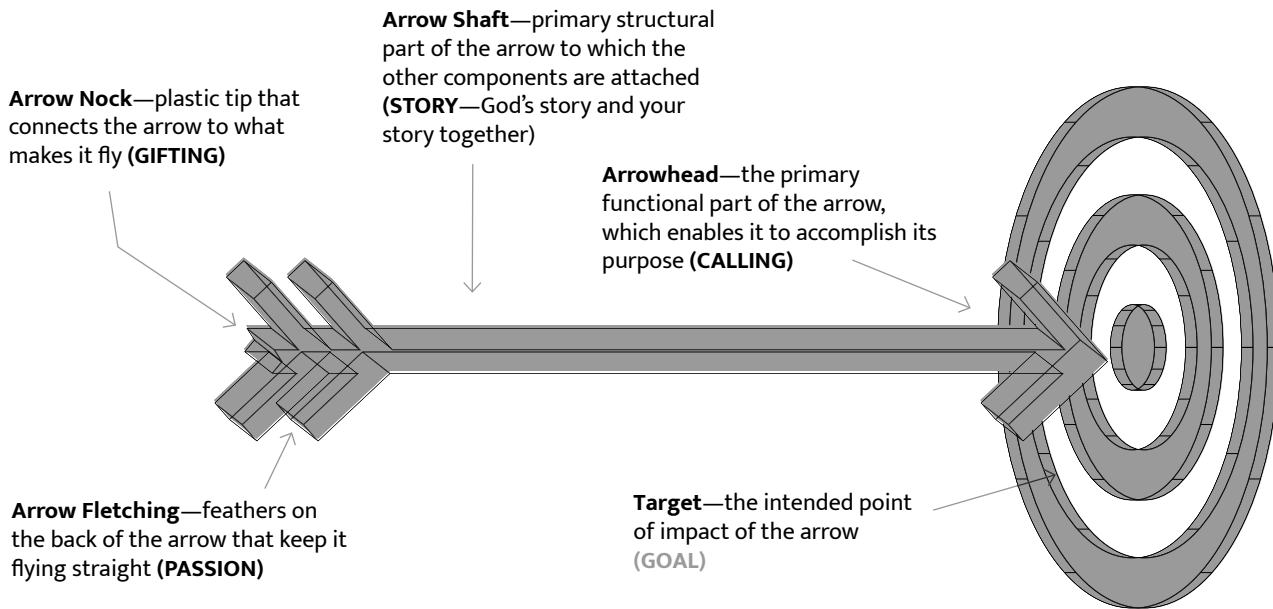
1. What do you like best about your Two Words?
2. How do your Two Words bring together your general calling and your specific story, gifting, and passion?
3. How have you seen these Two Words play out in your life?
4. How do these Two Words give you purpose wherever you find yourself today?

Teach It: Identify Your Goal (20 Min)

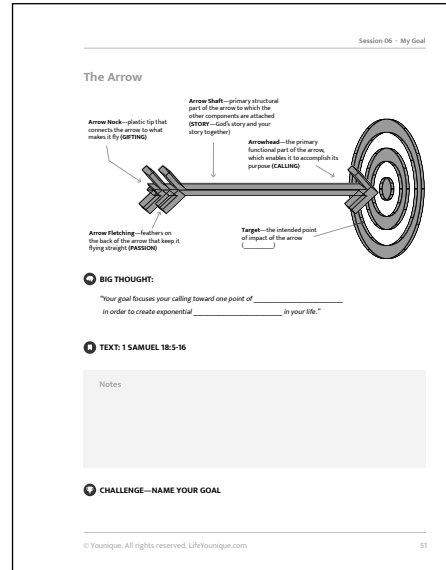
The following is a script you can use to teach the opening portion of this session of the *Younique 6-Session Primer* to your group. You can read it out word for word, or you can use it as a basis for making your own remarks in your own style. If you make it your own that way, note the sentences and phrases in **boldface** as points you especially want to emphasize OR you may use the *Younique Primer* teaching videos that stream for free from lifeyounique.com/ptv (the password is ARROW21). Your group can watch the teaching video all together or watch individually in advance of meeting together.

For the last five sessions we have been progressing through a journey of identifying our God-given purpose—our special calling. We introduced the image of an arrow to help us think about how different elements of our lives combine to help us live with maximum kingdom impact. This culminated in our Two Words, which we celebrated today. Here is a quick review of the journey that we have been on.

Tool: The Arrow



Today, we want to take all that we have learned so far and aim it at the greatest point of impact in our lives. We call this point of impact your goal. It is the Target at which the arrow is being shot. During this session, we will discover together the power we get from having a 90-day goal.



Participant Guide page 51

 **BIG THOUGHT:**

Here's the big thought I want you to consider today:

Your goal focuses your calling toward one point of **impact** in order to create exponential **breakthrough** in your life.

Over our last several sessions together, we have taken a significant journey through Scripture. By looking at one of David's most significant moments, we have seen how his triumph over Goliath was no accident. David's story, gifting, and passion came together to make this turning point and advance his calling.

In doing so, we have laid a framework for our own lives. By understanding how our story, gifting, and passion combine into our calling, we're positioned to take hold of God's best future for our own lives and for our world. I hope you've begun to sense how powerful living with a God-given purpose can be.

Still, even if we can name our God-given purpose, it's no guarantee that we'll live it out. We're going to finish our Younique 6-Session Primer experience by focusing our calling on one point of impact. Once again, we return to David's story to find inspiration for our own.

 **TEXT:**

1 Samuel 18:5–16 (read aloud)

 **EXPLANATION:**

David's fight with Goliath was not the end of his journey or his successes but only the beginning. In fact, David succeeded so much that his success threatened King Saul.

King Saul, who lived a drastically different life than David, was trapped in his own insecurity, threatened by anyone who succeeded around him. Unfortunately, too many times we as Christians fall into this same trap. Because we lose sight of our own God-given purpose, we live insecure in the presence of others who live purposefully. When we need purpose but don't know how to find it, we are prone to crave someone else's purpose to fill up the lack of our own.

By contrast, even while David's life was endangered by the envy of King Saul, he focused on the battle right in front of him. Time and time again, David won the presenting battle of his life. And in doing so he ultimately won the war.

The threats in David's life were immense. He was threatened by the Philistines, Israel's enemies, on the one side, and he was threatened by Saul, Israel's king, on the other. But somehow, David seemed to live almost immune to those threats. They actually catalyzed his ultimate success, one battle at a time.

It would be nice if living out our calling happened in a bubble of safety and peace. Someday, when Jesus comes back, it will! But for now, unfortunately, it doesn't. It happens in the middle of a war.

But we don't have to be intimidated, because as David found, great wars are won battle by battle.

War: a large-scale conflict comprising a number of battles
Battle: a small-scale combat, which is usually localized

Wars are won one battle at a time, and life is the same. Everyone wants to win the struggle of life, but few focus on the battle right in front of them.

Let's finish the illustration of the arrow with the question "What target are you shooting at?" Everyone wants to live out a God-given purpose with God-sized success, but those who do big things are really those who have learned to do lots of small things consistently and well. Big impact happens one small engagement at a time. A goal is the small, short-term focus of a big life. Goals are the battles that, one by one, help us win the war.

Victory in the battle of your life right now comes in the form of a 90-day goal. Sharp thinkers recognize the power of 90 days. It's short enough to keep the pressing battle of our lives right in front of us and long enough to do something significant. Instead of being distracted by all the urgent but unimportant aspects of life, a 90-day goal keeps us focused on what is important but maybe not urgent. It's the next target our calling is aimed at.



CHALLENGE: NAME YOUR 90-DAY GOAL

Train It: Name Your 90-Day Goal (25 Min)

Explain that you are going to transition into a training session that will help them put today’s teaching into practice. During today’s training exercise, you will introduce two tools to help participants identify their first 90-day goal.

Tool 1: Urgent and Important Matrix

The Urgent and Important Matrix helps people identify how urgent needs threaten to steal attention from important ones.

Exercise: Use this tool to help your group identify places where the urgent is stealing attention from the important in their lives.

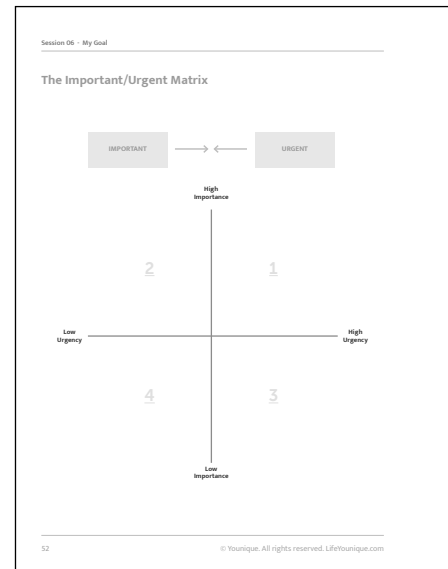
Explain that everyone knows to do whatever is both important and urgent first. And everyone naturally does whatever is neither important nor urgent last, if they do it at all. But the battle of our lives is over what we do second: is it the urgent stuff that isn’t important, or is it the important stuff that isn’t urgent? To illustrate, give examples from your own life of things that are important to you but not urgent and urgent for you but not important.

Task 1: List Urgent-but-Not-Important Tasks

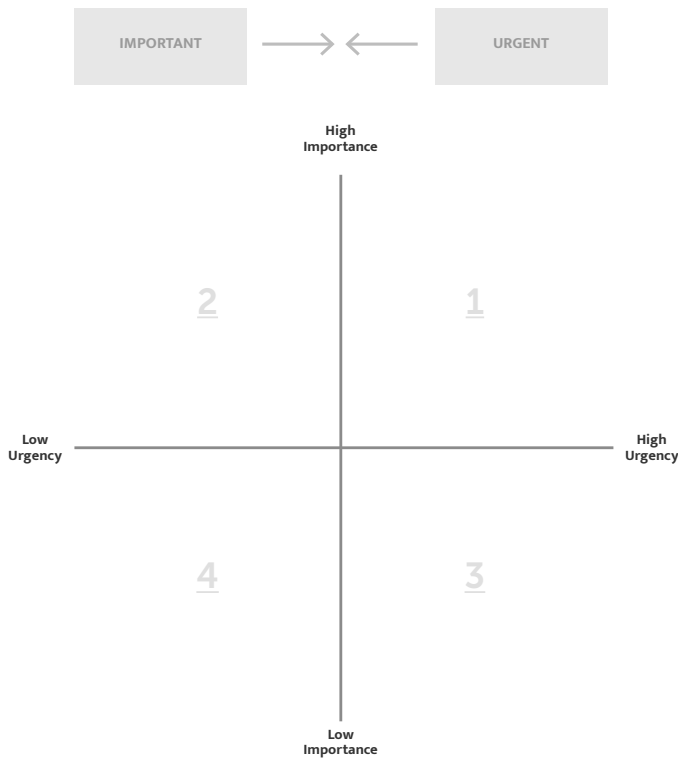
Timer—2 Minutes

- In the lower right quadrant of the Urgent and Important Matrix, list as many urgent-but-not-important tasks as you can that you need to get done in the next few days.

Task 2: List Important-but-Not-Urgent Taskss



Participant Guide page 52



Timer—2 Minutes

- In the upper left quadrant, list as many important-but-not-urgent tasks as you can that you'd like to get done soon.

Task 3: Weigh the Opposing Forces

Timer—2 Minutes

- Pretend that the two lists you wrote are weights on two sides of a balance. Which list has more weight or pull in your life?
- Write a number beside each list to represent how heavy it is in your life, then circle the numbers.
- See that the two numbers add up to 100. So for example, if one list has much more weight than the other, you might write 80 beside one and 20 beside the other. If one list only has a little more weight than the other, you might write 55 beside one and 45 beside the other.
- Now write a new number beside each list to represent how “heavy” you want it to be in your life, then draw a square around it. Once again, make sure these two new numbers add up to 100.

Task 4: Discuss the Important-Urgent Battle

Timer—5 Minutes

Debrief the Urgent and Important Matrix by talking through the following questions with your group.

- How does the urgent keep you from concentrating on the important?
- What might it look like practically if you concentrated your time and effort on the Important-but-not-Urgent over the Urgent-but-not-Important?

Tool 2: 90-Day Goal Funnel

The 90-Day Goal Funnel helps people identify their most important battle to pursue for the next 90 days.

Exercise: Use the 90-Day Goal Funnel to help members of your group set a goal for the next 90 days that is specific, measurable, attainable, relevant, and time-bound.

Explain to your group that they will work as individuals on the 90-Day Goal Funnel to name their most important current battle and set a goal for the next 90 days.

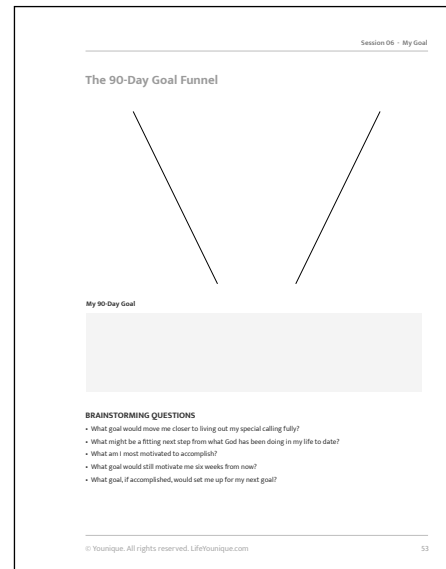
Task 1: Identify Potential 90-Day Goals

Timer—7 Minutes

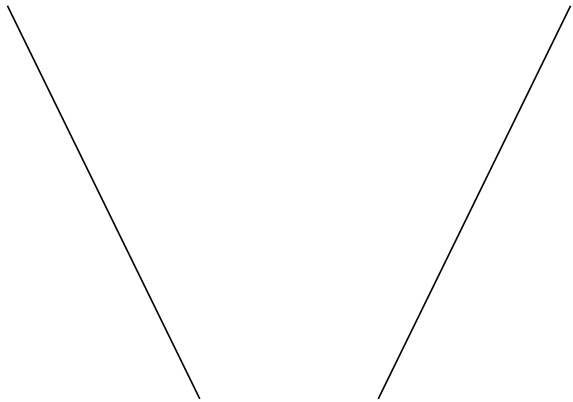
- Write at least six potential 90-day goals in the funnel diagram.
- At this point in the exercise, the potential goals don't need to be specific. At minimum, they just need to make reference to something in your life that would benefit from your attention.

Consider the following questions to help you brainstorm.

- What goal would move me closer to living out my special calling fully?
- What might be a fitting next step from what God has been doing in my life to date?
- If I woke up tomorrow morning and my life was much better, what one thing would have changed?
- What am I most motivated to accomplish?
- What goal would still motivate me six weeks from now?
- What goal, if accomplished, would set me up for my next goal?



Participant Guide page 53



My 90-Day Goal

Task 2: Define Your 90-Day Goal

Timer—5 Minutes

- Pray—ask the Spirit of God to indicate where you need to focus your effort for the next 90 days.
- Determine which potential 90-day goal will bring you the biggest breakthrough.
- The brainstorming questions from the previous step may help you to evaluate your potential goals. A goal that appears to fit multiple questions may be the right one God has for you for this season.
- Rewrite your new 90-day goal to make it “SMART.”
 - S—Specific: a defined target
 - M—Measurable: attach numbers to the goal
 - A—Attainable: make it achievable, God helping you (not easy enough to do it without him, but not ridiculous either)
 - R—Relevant: coherent with your special calling
 - T—Time-bound: a defined due date
- Write your goal at the bottom of the funnel.

Session 06 - My Goal

The 90-Day Goal Funnel
Example 1 - Dave

My 90-Day Goal

By April 1, 2017, the Grace Adult Team of six leaders will be built, restructured, and empowered with new role descriptions.

54 © Younique. All rights reserved. LifeYounique.com

Participant Guide page 54

Session 06 - My Goal

The 90-Day Goal Funnel
Example 2 - Lori

My 90-Day Goal

By July 1, 2016 I will meet and remember the names of 12 neighbors: 3 houses in front of us, 3 houses on each side of us, and 3 houses in back of us.

© Younique. All rights reserved. LifeYounique.com 55

Participant Guide page 55

Tie It: Naming Your Goal (5 Min)

Before concluding, remind participants that The Younique 6-Session Primer is just a taste of the full Younique Experience. If the Younique Experience is offered at your church, share with participants how they can register for it. If not, direct them to lifeyounique.com for information on how they can get it themselves.

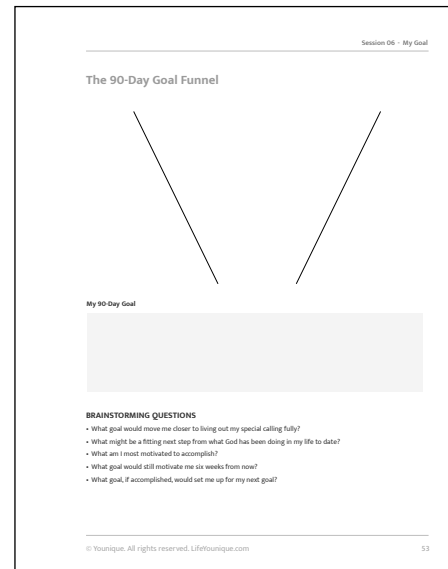
Even though this Younique 6-Session Primer provides great tools for living according to your God-given purpose, there's even more to gospel-centered life design. You can get more clarity and practical insight by doing the full Younique Experience.

There are eight tools built into the Primer to help you learn your uniqueness. The full Younique Experience has eighteen. In addition, the full experience goes beyond your Two Words to answer the five biggest questions of life:

- What are you called to do?
- Why do you do it?
- How do you do it better?
- When are you successful at it?
- Where is God taking you next?

The full process provides training in how to live out your calling in a practical way every day, week, season, and year. It includes tools that help you use your uniqueness to navigate career transitions and to make an impact for Christ in all the relationships in your life.

To conclude this session, read **Acts 13:36** to your group to inspire them. David completed his purpose on the earth before he died. Set this mark as the possibility for everyone who seeks to live out their God-given purpose one battle at a time. Then bless your group with this end in mind.



Participant Guide page 53

TAKE YOUR NEXT BEST STEP

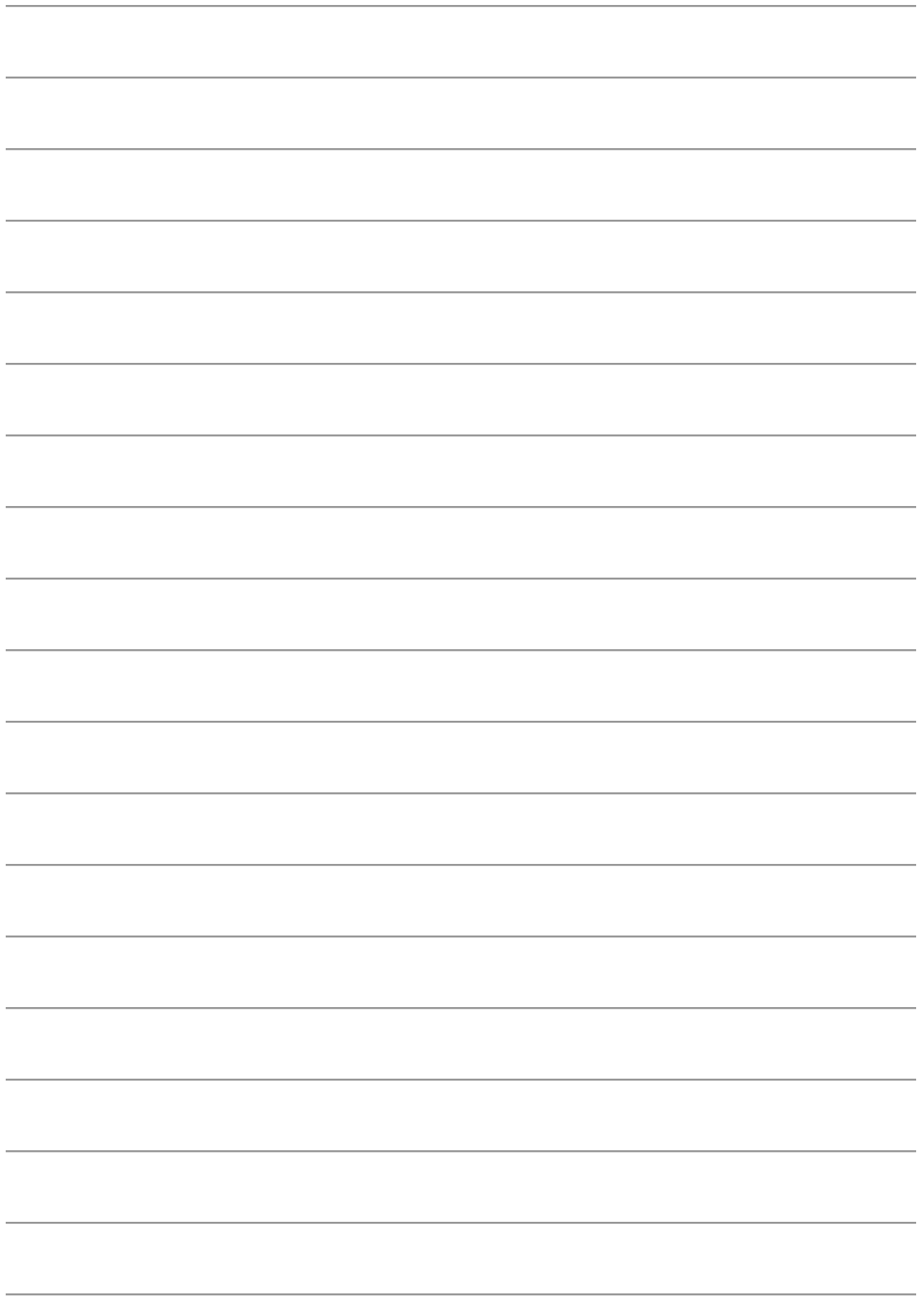
This Younique 6-Week Primer is part of something much bigger.

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.





T
DESIGN WHAT'S
NEXT

T FUTURE CHURCH CO.

 YOUNIQUE  Pivvot  denominee