



Week 11 | Working Through Your Past: Viewing Our Stories Redemptively

Discipleship Groups

As you start your discipleship group, pray for each other. Pray that God would continue to teach and transform us as we go through these Spiritual practices. Pray that your group would feel the freedom to be honest about where you have grown this week and where you have faced difficulties.

- **What were the exercises this week like for you? What observations did you make about God's work in your story?**
- **What untrue messages do you believe because of past events? How do these untrue messages still affect you today?**
- **How do you think God wants to transform and heal you personally in this area?**

As you go, commit to pray for each other this week. Ask that God's loving presence and desire to heal and restore would be obvious to each individual in your group this week.