**Chapter 6: Experiences - Discovering Where You Have Been**

**Looking At:**  Romans 8:28 - Write out the verse below:

**Looking In: There is purpose in your past!**

* Read opening quote on pg 83 from Helen Keller:
  + What does that mean to you?

* Who was Helen Keller? What disability did she have?

* Read Jana’s story on pg 84. Name 3 things that stood out to you from this story.

* In the section, Hallway of Life, what mental pictures did you start seeing as you read ?

**Positive Portraits**

* What are the five areas of achievements mentioned in the book?

* Complete pages 87 and 88 and create your picture frames using the instructions in the book.

**Painful Portraits**

* Complete pages 92 and 93 and create your picture frames using the instructions in the book.
* In the book, what metaphor does Max Lucado use when describing difficult experiences?

* Look up the definition of: pliable

* What is a blacksmith?

**Grabbing Hold:**  Complete the questions on pg 98 in the Grabbing Hold Section

**Standing Out:**  What from this chapter really stood out to you?

**Part II. Unlocking Your Life**

**Chapter 7**

Chapter 7 is broken up into two parts. This chapter will dive deeper into our lives. Take your time, read the chapter and absorb what the Holy Spirit speaks to you through these words.

Letting Go - Removing Roadblocks to a Surrendered Soul - Part 1

**Looking At:** Read Hebrews 12:1-2, Romans 12:1

**Looking In:**

* God wants you to give him everything
  + What does the author say we are to remove that distracts us and slows our pace?

* What is the first step to absolute surrender?

* What comes to your mind when you think of the word surrender?

* In the book, when does the author say we surrender?(pg 105)

* Your Surrender Moment
  + Pray: Ask God to show you if there are things in your life that you are not allowing him to have complete control over.

* What makes surrender so scary for you?

* Give God your worries
  + What does the Bible tell us about worries?

* On page 109, what did Billy Graham say about anxiety?

* What are some things you are worried about?

* Give God your wounds
  + What parts of this section really spoke to you?

* What are some wounds you are still holding on to?

**Grabbing Hold:**  Complete the questions only on pg 118 in the Grabbing Hold Section

**Standing Out:**  What from this chapter really stood out to you?

**Chapter 7 - Letting Go -  Part 2**

**Looking At:**  Read: Matthew 11:28, Romans 8:1, 1 John 1:9, Proverbs 28:13,14

**Looking In:**

* Give God your wrongs
  + According to the author, what is the meaning of “wrongs”?

* What is the difference between guilt and conviction?

* Why confession is necessary (pg 113)

* Give God your weaknesses
  + Pg 114 - Why do we need to embrace our weaknesses?

* According to the book, what happens when we operate out of our strengths only?

* Give God your wishes
  + Why should our dreams, desires and wishes be surrendered?

* What are some of your dreams, desires or wishes?

* Let it Go
  + What does it mean to live a surrendered life?

* What do you think about the Rick Warren text on page 117.

**Grabbing Hold:**  Complete the questions only on pg 119 in the Grabbing Hold Section

**Standing Out:**  What from this chapter really stood out to you?