

Redeeming Your Story, pt 1

Module 4 Session 9

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A few things to remember for this exercise:

- You may need a qualified therapist to help work through some of these questions
- You can capture your answers a variety of ways, including: a notebook or journal, recording into your phone (audio or video), in a conversation with someone you trust such as your bride, a parent, a sibling, a friend or a coach
- This will take time – be patient!
- This list is far from exhaustive because everyone's experience and story is different

Questions for Your Story's Past (in no particular order):

1. At what age were you first exposed to pornography?
2. What was your family life like? Paint a picture of sitting at the meal table about this time: Who was there? Who was missing? How did being at this table typically feel?
3. Describe the relationship with your dad. And your mother. Siblings. Other family members.
4. What are you most grateful for from your childhood?
5. What brings you the most pain?
6. Did you make friends easily or was it difficult? Explain why you answered that way.
7. If you had good mentors, how did they shape your early life?
8. How did you meet Jesus?
9. What are some small decisions looking back that had a big impact on your life?
10. What are some achievements from the first part of your life you are proud of?
11. Recall a moment when you had to overcome a challenge.
12. How did you meet your bride?
13. How would you describe the development of your sexual identity?
14. How did you go about choosing/discovering a career or calling?
15. What part of your story from the past are you most afraid of exposing?
16. What would you want to tell your 10 year old self? 13 year old self? 18 year old self?
17. Can you find a way to look back at your story up to now...without judgment?

Finally: Your story in the light of the cross: How do you bring the cross into your story to redeem it?

Pray this prayer of redemption: My loving Father, I ask you to apply your Son Jesus' blood shed upon the cross, to my past: into the painful parts and parts that left deep wounds; those places that even now, look so dark. Shine the light of your love into those dark corners of those dark rooms I have not visited for a long time. Redeem my story and redeem my life for your kingdom.

And God, I am also grateful for the good parts you brought into my story and ask you to help me carry those into my current life as well. In Jesus' name. Amen

How do you take the redemption of your story's past into the future?