

Our work this week is based on the Tool and Technique: Timeline. If you have already worked on it, use it to fill in the table below or skip to the back of this page. If you have not begun working on it, use the exercises below to prep you for today's prayer time.

- I. Think over the different time periods of your life. Use the ones listed below, breaking them down further if needed (ex. Early elementary, Elementary, etc.). Add additional ones as necessary (ex. 30's, 40's, etc. OR divide by areas of assignment (ex. Wife, mom, ministry, sister, etc.). Don't over think this. The point is to zero in on where God wants you to focus TODAY. If nothing comes to mind for a section, move on.

Message Received → Lie/Truth Believed → Decision made

<i>(Example</i>	<i>You are a burden</i>	<i>I am not of worth</i>	<i>I must prove my value</i>
Childhood			
Middle School			
High School			
College			
Early adult			

II. When you look over what you wrote in the table, what patterns do you see? If no patterns are apparent, what causes your emotions to stir most? Write your insights here:

III. Based on these insights, what legitimate need or deep desire can you identify? This can be a need/desire blocked or fulfilled. Remember that legitimate needs and deep desires are planted in you by God and can only be truly fulfilled in Him.

Examples:

- Purpose, to be part of something larger, transcendence
- Relationship: to love/be loved, to pursue/be pursued, community, family
- Impact, significance, influence
- Honor, respect, value, understood, heard, seen
- To be protected and provided for, security, safety
- To come through: duty, to hear “well done”
- Beauty and creativity
- Justice and freedom
- Peace, rest, order, wholeness, completion, home, shalom

IV. If you realize that you have sought to meet your legitimate needs/desires in illegitimate ways, repent and ask God to change your mind for the better. What does God say about it? Write what He gives you below:

Look up Scriptures to help cement God’s truth in your heart. Write them down here or in your spiritual journal.

V. Continue working on the Tool and Technique: Timeline for next week. We will have extended group time to discuss and pray about what God is revealing.