



S.H.A.P.E. Personal Resource

Session 5: Experience

Through God's grace, all people are uniquely created, formed, and called to discipleship! Through our baptism, we are called to love and to serve God and other people. Putting our faith into action is at the very heart of our calling to be a disciple of Jesus Christ. **S.H.A.P.E.** is an acronym for five characteristics that

help to determine God's unique call in you! **S**piritual Gifts, **H**eart, **A**bilities, **P**ersonality, **E**xperience

*Please complete the **S.H.A.P.E. Personal Resource for Experience** after participating in the **S.H.A.P.E. Experience worship service** on **October 2, 2022 at 10:00 am.***

Know Your Experience:

Our experiences shape how we view the world around us and how we learn to successfully navigate our experiences, both positive and negative, have a significant impact in our walk with God. Take a moment and evaluate your own experiences and consider how God might use your experiences in serving others.

Positive Experiences

In order to discover a person's pattern, examine only those actions which he or she feels are accomplishments that resulted in personal satisfaction. These accomplishments always have two basic elements: They are achievements which resulted in a feeling of satisfaction, regardless of what other people thought [and] they are achievements which the achiever felt were done well, regardless of their degree of significance in other people's eyes.

Personal Achievements:

Relational Achievements:

Vocational/Educational Achievements:

Spiritual Achievements:

Negative Experiences

As much as we sometimes wish to ignore or deny it, the hallway of our lives has its difficult side as well. If you truly want to discover your uniqueness and be used by God in the process, you must be willing to take a hard look at these portraits of your painful experiences. Divorce, abuse, death, alcoholism, cancer, depression, job loss, bankruptcy, eating disorders, miscarriages, suicide; the pain-producing possibilities are numerous.

Personal Points of Pain:

Relational Points of Pain:

Vocational/Educational Points of Pain:

Spiritual Points of Pain:

Reflect on Your Experience:

How can my positive and negative experiences become a catalyst for engaging with God and with other people?

Because of my Experiences, I can help another person through the following ways:

Pray about your Experience

Spend some time with God intentionally reflecting on your **E**xperience.

Hear and listen for the affirmations of your **E**xperience in your quiet reflection time with God.

Pray as you intentionally read the reflections you wrote about your **E**xperience.

Ask God to help you discern how your **E**xperience are a part of God's unique call in your life.

End your time of prayer by asking God to illuminate your **E**xperience throughout your day.