



REVIVE OUR HEARTS PREPARATION QUICK GUIDE

- Before we ask God to remove idols and strongholds from our hearts, we first need to identify these.
- Sometimes these can be strongholds which have emerged through things that have happened to us, lies we have believed, or generational patterns in our families.
- These tools help us to identify idols, lies and unforgiveness in our hearts, both as we create the tools and as we share with others what we have learnt.

"SEARCH ME, GOD, AND KNOW MY HEART; TEST ME AND KNOW MY ANXIOUS THOUGHTS. SEE IF THERE IS ANY OFFENSIVE WAY IN ME, AND LEAD ME IN THE WAY EVERLASTING."

PSALM 139:23-24

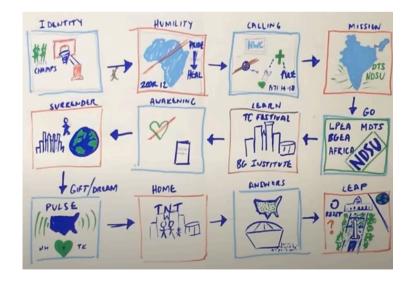






LIFE STORY

- Imagine your life as a movie or a book. Think about dividing it into scenes or chapters, like a storyboard. You could write a one-word title for each 'scene', and draw a picture.
- Select pivotal events and big decisions in your life. It might help to talk to a close friend or family member to help you reflect on these.
- Don't worry if it doesn't feel 'complete'. Our journies with God are rarely linear, and yours isn't finished yet!
- As you draw your life story, reflect on the highs and lows, blessings and challenges, and the ways God has carried you through each season (since you met Him and before; remember He has always been in your story even if you didn't know it!).









GENERATIONAL MAPPING

- Map out 3-4 generations of your family down to yourself (e.g. you and any siblings, your parents and grandparents), using the symbols in the key.
- In each generation, think about your spiritual and emotional inheritance. What blessings were received and passed on? What challenge or hardship is evident?
- Don't worry if there are parts you don't know about. If it's appropriate, you could ask a family member for more information.
- When you're finished, look for patterns through the generations by comparing them with your present blessings and struggles.

