

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 journeys 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.

