**FAMILY LIFE CHURCH OF THE VALLEY**

**LIFE GROUP- RIVERSIDE COUNTY**

**TITLE:** S. H. A. P.E- FINDING AND FULFILLING YOUR UNIQUE PURPOSE FOR LIFE   
  
**SESSION ONE:**  ONLY YOU CAN BE YOU-DISCOVERING WHAT You ARE DESIGNED TO Do   
  
**KEY VERSE:** Make a careful exploration of who you are and the work you have been given, and then sink yourself into that. Don't be impressed with yourself. Don't compare yourself with   
others. Each of you must take responsibility for doing the creative best you can with your own   
life.   
  
 **Galatians 6:4-5 (The Message)**   
  
**ONLY YOU CAN BE YOU:**  
  
For we are God's masterpiece. He has created us anew in Christ Jesus, so we can do the good things he planned for us long ago.   
  
  
 **Ephesians 2:10 (NLT)**   
  
  
Your journey to discover you S.HA.P.E. begins with an honest question. Who am I?

* You have a specific purpose in life... a special assignment from God that only you can accomplish.
* It’s what Pastor Rick Warren calls "your life contribution."   
    
  “What will be the \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_of my life

**YOUR KINGDOM PURPOSE:**   
  
Your specific contribution to the body of Christ, within your generation, that causes you to totally \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_on God and authentically \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ his love toward others- all through the expression of your uniqueness.

**Most people define their purpose in life by:**

2

1. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  
  
2. What others \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_them  
  
3. God's \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**S.H.A.P.E. OVERVIEW:**  
  
Oh yes, you shaped me first inside, then out; you formed me in my mother 's womb. I thank you, High God you’re breathtaking! Body and soul, I am marvelously made! I worship in adoration-what a creation! You know me inside and out, you know every bone in my body: You know exactly how I was made, bit by bit, how I was sculpted from nothing into   
something. Like an open book you watched me grow from conception to birth: all the stages of my life were spread out before you, the days of my life all prepared before I'd even lived one dry.   
  
 **Psalms 139:13-16 (The Message)**

**Each of the five letters in the word S.H.A.P.E. represents a specific Characteristics of your life:**

* **S** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_- - “What am I gifted to do?”
* **H** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_- - “What passions do I have?”
* A \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ - - “What do I naturally do better than others?”
* P \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ - - “How has God wired me to navigate life?”
* E \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_- - “Where have I been?" and "What have I learned?”

In has always been my ambition to preach the gospel where Christ was not known, so that I would not be building on someone else 's foundation.   
  
 **Romans 15:20**

For you have heard of my past, I persecuted the church with fanatical zeal and did my best to destroy it. I was ahead of most of my contemporaries in the Jewish religion, and had a   
boundless enthusiasm.

3

**Galatians 1:13-14 (Berean Standard Bible)**

Determining a starting point gives you something to reflect on, to see how much God has helped you grow on your journey with him.   
  
**Only you can be you, and when you're not, the body of Christ suffers.**  
**Signs of being In S.H.A.P.E.**

1. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_in your mind.   
  
2. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_in your heart.   
  
3. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_in your life.  
  
  
**Symptoms of being Out of S.H.A.P.E.**   
  
  
1. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_in your mind.   
  
2. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_in your heart.   
  
3. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_in your life.

Whatever I have, wherever I am, I can make it through anything in the One who makes me who I am.   
  
 **Philippians 4:13**

**DISCUSSION QUESTIONS:**  
1. Look back at the signs of being "In S.H.A.P.E." and the symptoms of being "Out of S.H.A.P.E." How do you see yourself right now? What hope, if any, are you feeling that this study will improve you S.HA.P.E.? Share a thought with the group.

4

2. What is your reaction to being told you are God's masterpiece? How does this concept stand to impact your future with God? Do you feel like a masterpiece?

3. From our key verse, how does it make you feel to know you have a specific assignment from God to accomplish on earth, and that it is for his glory?

4. How would you define your life today? Would you be known as a Consumer (focused on getting), a Contributor (focused on giving), or a Cruiser (focused on getting by)?

5. In what way do you think your group could ultimately benefit from your personal understanding of your S.H.A.P.E.?