

SESSION
ONE



ONLY YOU CAN BE YOU

DISCOVERING WHAT YOU
ARE DESIGNED TO DO

LOOKING AHEAD

- If your group is new or you have new members, take a few minutes to let everyone introduce themselves and share how they came to be part of this group.
- Share with the group why you are here. What is the one thing you want God to do in your life as a result of this study?
- Here at the beginning of your journey, how would you define a life purpose, or a life contribution?

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)



Watch the Session One video now and fill in the blanks in the outline in this guide. Refer back to the outline during your discussion time.

ONLY YOU CAN BE YOU

For we are God's masterpiece. He has created us anew in Christ Jesus, so that we can do the good things he planned for us long ago.

(Ephesians 2:10 NLT)

Your journey to discover your S.H.A.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:

1. _____
2. What others _____ them
3. God's _____

S.H.A.P.E. OVERVIEW

Whenever God gives us an assignment, he always equips us with what we need to accomplish it. This custom combination of capabilities is called your S.H.A.P.E.

—Rick Warren, *The Purpose Driven® Life*, p. 236

¹³Oh yes, you shaped me first inside, then out; you formed me in my mother's womb. ¹⁴I thank you, High God—you're breathtaking! Body and soul, I am marvelously made! I worship in adoration—what a creation! ¹⁵You 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. ¹⁶Like 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 day.

(Psalm 139:13–16 The Message)

Each of the five letters in the word S.H.A.P.E. represents a specific characteristic 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?”

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 The Message)

Closing Thought: God wants you to live the abundant life—but you must do it through him. It's the key to discovering your Kingdom Purpose. God created you, and knows the unique masterpiece you are.

I'm grateful I made the commitment to identify my S.H.A.P.E. I was tired of not knowing who I was and what I was truly designed to do. You can do the same thing.

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 your S.H.A.P.E.? Share a thought with the group.
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)? Share.
5. In what way do you think your group could ultimately benefit from your personal understanding of your S.H.A.P.E.?

LIVING ON PURPOSE

Fellowship

Membership in God's family is a great place to begin the S.H.A.P.E. discovery process. Through your interaction with other believers, you'll see more clearly how God wants to use your life for his service. At this initial stage of your S.H.A.P.E. journey, it's a good idea to identify someone you trust as a spiritual partner to help you fine-tune your discoveries. Choose a companion within your group, or find someone in your life who you believe will be a good sounding board. Then commit to meet with them regularly as you go through this material. In your first meeting with this partner, consider these questions:

1. Of the three things that tend to define people's lives, what would you say characterizes yours? Are you a trend-follower? A people-pleaser? Or do you seek first the heart of God?
2. What work do you think needs to be done in your life now to make sure you are, at the end of the day, fully identified with God?

PRAYER DIRECTION

Thank God for bringing you to this place where you are discovering who you are, who God has made you to be, and who you need to be in order to fulfill his specific design for you. Ask him to open your eyes and the eyes of your fellow group members, as you seek his purposes together, to reveal the specific contribution he created you for.

PUTTING IT INTO PRACTICE

As you begin your S.H.A.P.E. discovery journey, take time to identify the one thing you want God to do in you and through you over the next six weeks. What is that one thing you believe God wants you to fulfill for him? Write it here and in your S.H.A.P.E. Profile* on page 64.

*Each week, we'll ask you to transfer information from this section to your S.H.A.P.E. Profile, located in the back of this booklet following Session Six, on page 64.

Dear God:

Through this S.H.A.P.E. discovery series, I want you to

Now commit this vision to God and expect to see results as you study this material.

With your spiritual partner and/or with your group's ministry champion, share what's on your heart as an initial road marker for your journey. Keep the destination in mind!

*... The most important thing is that I complete my mission,
the work that the Lord Jesus gave me ...*

(Acts 20:24 NCV)

DIVING DEEPER

For maximum understanding of the material in this lesson, read chapter 1—"Masterpiece," from the book *S.H.A.P.E.: Finding and Fulfilling Your Unique Purpose for Life*.

