

Examining My Experiences

Instructions: As you look over the “experience” word list for each of these areas, ask God to help you identify which ones describe you and your experiences. Check all areas that apply to your life in each of the five areas. If necessary, use the “other” line at the end of each area to write in your unique personal experience.

This exercise contains private information and you are welcome to keep the results to yourself. However, the results do contribute to your overall SHAPE and we suggest you be open to what God may prompt through this exercise.

Spiritual Experiences – Which of the following experiences have provided particular meaning to your life?

- | | | |
|--|--|--|
| <input type="checkbox"/> Baptism | <input type="checkbox"/> Community outreach | <input type="checkbox"/> Cross cultural ministry |
| <input type="checkbox"/> Small group | <input type="checkbox"/> Mission trip | <input type="checkbox"/> Scripture Study (individual or in groups) |
| <input type="checkbox"/> Church membership | <input type="checkbox"/> Serving in a ministry | <input type="checkbox"/> Led someone to Christ |
| <input type="checkbox"/> Giving financially | <input type="checkbox"/> Retreats | <input type="checkbox"/> Worship services/experiences |
| <input type="checkbox"/> Corporate Prayer | <input type="checkbox"/> Private prayer | <input type="checkbox"/> Fellowship with other believers |
| <input type="checkbox"/> Experienced great victory | <input type="checkbox"/> Scripture memory | <input type="checkbox"/> Clearly sensing God’s direction |

Other:

Educational Experiences – Mark all items that have contributed to your education.

- | | | |
|--|--|--|
| <input type="checkbox"/> High School Diploma | <input type="checkbox"/> Associates Degree | <input type="checkbox"/> Bachelor’s Degree |
| <input type="checkbox"/> Masters Degree | <input type="checkbox"/> PHD/Doctoral Degree | <input type="checkbox"/> Specialized Advanced Training |
| <input type="checkbox"/> Specialized certification | <input type="checkbox"/> Bible/equipping classes | <input type="checkbox"/> Non-career training/classes |

Other:

Ministry Experiences

I have worked with (age/life stage):

- | | | |
|--|---|---|
| <input type="checkbox"/> Infants | <input type="checkbox"/> Preschool | <input type="checkbox"/> Elementary |
| <input type="checkbox"/> Middle School | <input type="checkbox"/> High School | <input type="checkbox"/> College/Career |
| <input type="checkbox"/> Couples | <input type="checkbox"/> Families | <input type="checkbox"/> Men |
| <input type="checkbox"/> Ladies | <input type="checkbox"/> Young Marrieds | <input type="checkbox"/> Singles |
| <input type="checkbox"/> Senior Adults | <input type="checkbox"/> Retirees | <input type="checkbox"/> Other: |

I have been in the following roles or participated in:

- | | | |
|---|---|---|
| <input type="checkbox"/> Administrative/support | <input type="checkbox"/> Baking/cooking | <input type="checkbox"/> Baptism assistance |
| <input type="checkbox"/> Bible teacher | <input type="checkbox"/> Camp counselor | <input type="checkbox"/> Career missions |
| <input type="checkbox"/> Short-term missions | <input type="checkbox"/> Children’s Ministry | <input type="checkbox"/> Choir/orchestra/music/drama |
| <input type="checkbox"/> Weddings/funerals | <input type="checkbox"/> Technical support | <input type="checkbox"/> Communion preparation/assistance |
| <input type="checkbox"/> Deaf ministry | <input type="checkbox"/> Discipling/mentoring | <input type="checkbox"/> Discussion/Table leader |
| <input type="checkbox"/> Decorating (incl. flowers) | <input type="checkbox"/> Food serving | <input type="checkbox"/> Facilities work |
| <input type="checkbox"/> Financial counselor | <input type="checkbox"/> Greeting/ushering | <input type="checkbox"/> Hosting |
| <input type="checkbox"/> Hospital visitation | <input type="checkbox"/> Shut in visitation | <input type="checkbox"/> Lay counselor |
| <input type="checkbox"/> Library | <input type="checkbox"/> Media/CD ministry | <input type="checkbox"/> Prayer team |
| <input type="checkbox"/> Prison ministry | <input type="checkbox"/> Retreat planning | <input type="checkbox"/> Program/event coordinator |
| <input type="checkbox"/> Security | <input type="checkbox"/> Set up/tear down | <input type="checkbox"/> Small group leadership |
| <input type="checkbox"/> Speaker/trainer | <input type="checkbox"/> Traffic | <input type="checkbox"/> Vehicle Driver |
| <input type="checkbox"/> Writing | <input type="checkbox"/> Worship leading | <input type="checkbox"/> Other: |

Other Ministry Involvement (outside of local church)

- | | | |
|---|--|--|
| <input type="checkbox"/> Campus Crusade | <input type="checkbox"/> InterVarsity | <input type="checkbox"/> Habitat for Humanity |
| <input type="checkbox"/> CDS | <input type="checkbox"/> MOPS | <input type="checkbox"/> Piedmont Women's Center |
| <input type="checkbox"/> Navigators | <input type="checkbox"/> FamilyLife | <input type="checkbox"/> Focus on the Family |
| <input type="checkbox"/> Mission agencies | <input type="checkbox"/> Christian radio/TV | <input type="checkbox"/> Gideons International |
| <input type="checkbox"/> Salvation Army | <input type="checkbox"/> Financial Peace/Crown | <input type="checkbox"/> Denominational ministries/camps |
| <input type="checkbox"/> Bible Study Fellowship | <input type="checkbox"/> Health organizations | <input type="checkbox"/> Executive/Business Ministries |

Other:

Work Experiences

Agricultural/Animal Husbandry

Automotive Industry

Management

Sales/marketing

Manufacturing/assembly

Office support

Mechanic/maintenance

Parts department

Business

Administrative

Consulting

Food services

Personnel/HR

Delivery/receiving

Purchasing

Sales/retail

Small business

Advertising/marketing

Construction/building

Manufacturing

Banking

Property management

Real Estate

Customer service

Corporate training

Chemicals/science

Financial services

Personal care services/products

Project management

Public relations

Recruiting

Sewing/tailoring

Other

Creative Arts / Entertainment

Architecture

Fashion

Illustration

Photography

Theatre

Actor/actress

Hotel services

Advertising

Fine Arts

Interior Decorating

Video production/editing

Museum

Director

Media

Computer Arts (CAD)

Graphic Design

Motion Pictures/TV

Music production/performing

Resorts/theme parks

Banquets, events

Other

Computer / Information Technology

Consulting

Hardware

Web design

Cellular service

Data entry/mgmt.

Software

Tech support

Sales

Graphics

Printing

Communication systems (phones)

other

Engineering

Education

Early Ed

High School

Public School

Bible

Music

Social Sciences

Teaching Assistant

Home school

Elementary

College

History

Science

Art

Special Education

Technology

School boards/PTA's

Middle School

Christian/private school

Languages

Math

PE / coaching

Specialist

Administration/support staff

Other

___ Homemaker

- | | | |
|---------------------|---------------------------------|-------------------------|
| ___ Cooking | ___ Cleaning | ___ Scheduling |
| ___ Home schooling | ___ Decorating | ___ Community volunteer |
| ___ Manage finances | ___ Purchasing | ___ Travel planning |
| ___ Training | ___ Relationship coach/mediator | ___ Other |

___ Medical

- | | | |
|-----------------------|------------------------|----------------------------|
| ___ Admin/support | ___ Chiropractic | ___ Dental |
| ___ Dermatology | ___ General Practice | ___ Geriatrics |
| ___ Internal Medicine | ___ Mental health | ___ Nursing |
| ___ Nutrition | ___ Ob/Gyn | ___ Ophthalmology/Optomety |
| ___ Orthodontics | ___ Pathology | ___ Pediatrics |
| ___ Pharmacology | ___ Phys./Occ. Therapy | ___ Podiatry |
| ___ Sales/Services | ___ Speech Pathology | ___ Surgery |
| ___ Medical Records | ___ Management | ___ Other |

___ Media/Communications

- | | | |
|---------------|----------------|---------------|
| ___ Radio | ___ Television | ___ Newspaper |
| ___ Magazines | ___ Internet | ___ Other |

___ Military

- | | | |
|-------------|---------------|-----------------|
| ___ Army | ___ Air Force | ___ Coast Guard |
| ___ Marines | ___ Navy | ___ Other |

___ Public/Civil Services

- | | | |
|----------------------|---------------------|-------------------------------|
| ___ Fire protection | ___ Gov't. Services | ___ Immigration Services |
| ___ IRS | ___ Investigation | ___ Law enforcement/security |
| ___ Policy/permit | ___ Postal service | ___ Social/Community Services |
| ___ Parks/Recreation | ___ Transportation | ___ Other |

___ Retired

___ Student

___ Tax/Legal/Court Services

- | | | |
|---------------|-----------------------|--------------------|
| ___ Attorney | ___ CPA | ___ Court services |
| ___ Paralegal | ___ Prisoner services | ___ Other |

___ Transportation/Travel

- | | | |
|-----------------------|----------------------|-------------------------|
| ___ Airline Attendant | ___ Airline Pilot | ___ Air traffic control |
| ___ Vehicle driver | ___ Railroad | ___ Travel Agency |
| ___ Trucking | ___ Customer Service | ___ Other |

___ Utilities

- | | | |
|-----------|---------------------------|----------------------------------|
| ___ Cable | ___ Gas/electric | ___ Phone (landline or cellular) |
| ___ Water | ___ Service/Sales/Install | ___ Other |

___ Vocational Ministry

- | | | |
|-------------------|-----------------------------|------------|
| ___ Administrator | ___ Director | ___ Pastor |
| ___ Support Staff | ___ Facilities/Grounds crew | ___ Other |

Painful or Life Changing Experiences

I can relate to someone who is going through or has gone through...

In this section, put a "D" on any lines referring to experiences that have affected you directly (i.e. your own crisis pregnancy or business failure) and an "I" on any lines referring to experiences that you were part of indirectly, but that still had a significant impact on you. (i.e., a child going through an eating disorder, suicide of an extended family member, unemployment of spouse, etc.)

- | | | |
|---|---|---|
| <input type="checkbox"/> Abortion | <input type="checkbox"/> Abuse (of any kind) | <input type="checkbox"/> Adoption |
| <input type="checkbox"/> Alcoholism | <input type="checkbox"/> Alzheimer's/Dementia | <input type="checkbox"/> Annulment of marriage |
| <input type="checkbox"/> Bankruptcy | <input type="checkbox"/> High Debt/financial stress | <input type="checkbox"/> Medical issues such as cancer |
| <input type="checkbox"/> Chronic pain | <input type="checkbox"/> Crisis pregnancy | <input type="checkbox"/> Death/grieving |
| <input type="checkbox"/> Depression | <input type="checkbox"/> Divorce | <input type="checkbox"/> Drug abuse/addiction |
| <input type="checkbox"/> Eating disorder | <input type="checkbox"/> Extended court case | <input type="checkbox"/> Job loss/unemployment |
| <input type="checkbox"/> Extended injury/illness | <input type="checkbox"/> Handicap/disability | <input type="checkbox"/> Learning disability |
| <input type="checkbox"/> Homelessness | <input type="checkbox"/> Mental illness | <input type="checkbox"/> Military service |
| <input type="checkbox"/> Miscarriage | <input type="checkbox"/> Death of child | <input type="checkbox"/> Kidnapping |
| <input type="checkbox"/> Orphaned | <input type="checkbox"/> Child/spouse in military | <input type="checkbox"/> Stressful, extended schooling |
| <input type="checkbox"/> Prison/legal trouble | <input type="checkbox"/> Infidelity (me or spouse) | <input type="checkbox"/> Recovery program |
| <input type="checkbox"/> Remarriage | <input type="checkbox"/> Separation | <input type="checkbox"/> Restored marriage |
| <input type="checkbox"/> Sexual temptations | <input type="checkbox"/> Suicide of someone close | <input type="checkbox"/> Death of spouse |
| <input type="checkbox"/> Elder care issues | <input type="checkbox"/> Fire | <input type="checkbox"/> Destruction/theft of property |
| <input type="checkbox"/> Caused accident/harm | <input type="checkbox"/> Anxiety issues | <input type="checkbox"/> Family relationship problems |
| <input type="checkbox"/> Major relocation | <input type="checkbox"/> Church discipline | <input type="checkbox"/> National crisis with direct personal affects |
| <input type="checkbox"/> Unsafe living conditions | <input type="checkbox"/> Victim of crime | <input type="checkbox"/> Business failure |
| <input type="checkbox"/> Traumatic accident | <input type="checkbox"/> Being rescued from danger | <input type="checkbox"/> Other |

Now, take a few moments to write your thoughts about what this exercise revealed to you. Commit to writing at least five sentences. Identify any trends, victories, and observations. Take a moment to write a prayer to the Lord thanking Him for providing and bringing you through all these experiences. Ask Him to reveal how you can use these experiences to help others.

Prayer: