



C O N T R I B U T I O N

## CONTRIBUTION PRACTICE LAB WEEK 4 TAKE HOME EXERCISE RENEWAL OF COMMUNITY

This week, we began to reflect on our life story, considering how our own pain and suffering might be the catalyst for how God is inviting us to partner with Him in the renewal of our community. As God heals us and redeems our stories, we can then co-labor and co-redeem with him, as He is making all things new.

This timeline exercise is designed to be an invitation for you to pay attention to what God has been doing, and continues to do in you and all around you. So, this week, continue to reflect on your life's journey, inviting the Holy Spirit to speak, heal, and lead you. In your time with Jesus this week, prayerfully present your timeline to him, symbolically, offering your life to him, and then...

**Ask God for insight as you review it, adding any additions that come to mind throughout the week.**

Pay attention to what is stirring in you and make note of it. Consider what brings you to tears this week. Consider what makes you angry this week. What might He be inviting you into as you pay attention?

**As you review your life, do you sense an area that needs more healing?** Invite God to bring deeper renewal to your own story, and then commit to inviting at least ONE trusted friend to hold this story with you, praying for healing alongside you. We've all heard that, "Hurt people hurt people," and in the same way, "Healed people heal people!"

**Ask God to reveal themes, passions, and pathways** that might become part of His invitation for you to specifically offer renewal in the community where He has placed you.

**What is one step you can take toward partnering with God in the renewal of your community?**

DO IT!