

WAR DEPARTMENT  
**BASIC TRAINING**  
 The Alert Soldier

# GETTING BENT INTO SHAPE!

Strong, healthy marriages don't just happen. They result from couples who know the value of working together to provide an environment of creative effort and quality time.



## WARM UP

During experiments aboard the space shuttle "Columbia", scientists discovered that there are 26 lakes underneath the Sahara desert. It's heartrending to think of the people who are starving and dying of thirst because these hidden resources have not yet been tapped. Many of us are like those underground lakes, full of life-giving potential, yet undiscovered and unutilised. God intends for each of us to discover what He has hidden inside of us and use it to touch a world that is dying of spiritual thirst.

## BACKGROUND

God was the one who made you. Only He knows why He made you and what He made you for. The key to a fulfilled life lies not in what you can make of yourself but in being yourself.



## READ Jeremiah 1:5



### QUESTIONS FOR INTERACTION

Rick Warren in his book, "The Purpose Driven Life", suggests that we can learn about ourselves through the acronym **SHAPE**.

- S is for Spiritual Gifts.** What special abilities has God put in you to minister His love and power?
- H is for Heart.** What are you passionate about? What topic really fires you up?

3. **A is for Abilities.** God has given you some natural abilities. Which ones do you see that God can use for His purposes?

4. **P is for Personality.** How are you wired? Loud/ Quiet? Thinker/Feeler?

5. **E is for Experiences.** God intends to use each life experience as an opportunity for growth and as a valuable chance to minister to others. Which of your experiences do you think God can use to comfort others?

## CONSIDER THIS

"Today we see millions desperately searching for their own shadows, devouring movies, plays, novels and self-help books... these things falsely promise to help them locate their missing identities. In the United States, the manifestations of personality crisis are bizarre. Its victims hurl themselves into group therapy, mysticism, or sexual games. They itch for change but are terrified by it. They urgently wish to leave their present existence and leap somehow to a new life – to become what they are not".

Alvin Toffler

**WRAP-UP** Share with the group what you feel your purpose is in God's kingdom here on earth.



## IT'S TIME FOR PRAYER

### RESPONSE AS A PROMISE KEEPER

Take time to thank God for who He has made you to be. Pray that God will touch those unique parts of your life and give them the special power only He can give. Plan to learn as much as you can about your gifts and to use them at every opportunity.