

# SESSION 7 – Series Wrap Up

## Sharing About Exercises (25/20 MIN)

Keep in mind that in order to have time for everyone to share, each person should plan on around two minutes. The goal here is for you to share with the group how your exercise from last week went, and possibly something you learned about God, or yourself (it is not a teaching time).

## Opening Prayer (1/1 MIN)

## Discussion Questions/Sharing (46/21 MIN)

1. **What has been one highlight** of the *Who Am I Becoming?* series for you?
2. **Share briefly** about one time in your life where you can see how God has transformed you.
3. **Going forward**, what is one thing you would like to work on?

## Writing Your Story (3/3 MIN)

Consider writing out a *Transformation Story* from your life (not your life story).

- Watch the video and read the PDF about telling your story at [whoamibecoming.org](http://whoamibecoming.org) > Session 7 > Writing Your Story
- Share your story with your spouse, or other close friend or in your small group.
- If you feel comfortable sharing your story with us, email it to [joe@ridgepointwichita.com](mailto:joe@ridgepointwichita.com). We may post some stories on the website (with permission).

## Final Spiritual Formation Exercise (2/2 MIN)

Consider using the *Christian Spiritual Disciplines* document at [whoamibecoming.org](http://whoamibecoming.org) > Session 7 > Spiritual Disciplines to do a weekly spiritual formation exercise, cycling through the disciplines, one discipline per week. To further enrich your experience, do it with another person. Or, alternately, share what you are doing each week with another person.

## Questions for Outcomes (Examen) (2/2 MIN)

Consider answering the questions on the *Questions for Examen* at the end of the *Participants' Guide*. The document is designed to be used once a year as a sort of spiritual checkup.

## Feedback (1/1 MIN)

We would love to hear your feedback on the curriculum. And, if you do the *Christian Spiritual Disciplines* exercises, tell us how it goes. Email [joe@ridgepointwichita.com](mailto:joe@ridgepointwichita.com).

## Closing Prayer Time (10/10 MIN)

Pray for one another based upon what each person would like to work on going forward.