

# CORE C.A.U.S.E. EXPERIENCES ASSESSMENT

*All praise to God, the Father of our Lord Jesus Christ. God is our merciful Father and the source of all comfort. He comforts us in all our troubles so that we can comfort others. When they are troubled, we will be able to give them the same comfort God has given us. 2 Corinthians 1:3, 4*

Your life experiences have shaped who you are as a person. God's desire is to use your good experiences and your painful experiences for the greater good of others. Work through the following questions and let God speak to you about the experiences in your life and how He wants to use them to impact the lives of others.

This assessment can be completed in as quickly as 30 minutes or 30 days. It all depends on how deep you desire to go and how deep God desires to take you. We want to encourage you to take this assessment at whatever pace God directs. Go only as deep as God directs. Throughout this assessment you will find yourself smiling and laughing at some very fond memories. However, there will also be times of sadness, struggle, and pain as you work through some of the dark areas of your past. When that happens you will need to give yourself time to work through that pain and struggle. It's important that you don't minimize the past pain that you've experienced. But, digging through the past can be difficult and you will need to give yourself permission to be angry, sad, or even confused. The general rule is that the darker the experience the more time you will need to process it.

We also want to encourage you to process this assessment with a close friend or family member. Someone you trust and you know has your best interest at heart. If you are unable to identify that person feel free to contact the church. One of our staff members or leaders would be honored to walk through this with you.

One last thing, begin with prayer. Take a moment, before you begin, to pray and ask God what he wants to speak to you about. Ask him to guide you and help you through this assessment. Before beginning this assessment, we think it is best to listen to a message by Pastor Brad that will give you a good introduction to understanding your experiences. To listen, [click here](#).

# What good have I experienced in my life?

My childhood:

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My adolescence:

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My adulthood:

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# What pain have I experienced in my life?

My childhood:

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My adolescence:

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My adulthood:

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# Redeeming the pain of my past.

God can and will redeem your past and use it for his good and the good of others. But before you help others God wants to help you. Our past pain has a way of crippling us and we can become enslaved to the pain of our past. God's desire is that you be free from your past pain. He doesn't want you to carry that pain into your future. That's why it's important you grieve the past properly. When we grieve the past in a healthy way it loses its power over us. If you are struggling with a past hurt here's some steps you can take to break free.

## 1. Walk through your pain.

When we experience pain our natural reaction is to shut the door on that pain and never open it again. The problem with that is it never really goes away. Every time we walk by that door we are reminded of the pain. It's still there, lurking just behind the door. To get past your past you need to open the door and walk through it. Walking through your past pain can be very difficult. Don't try to walk through it alone. Talk with a trusted friend, a counselor, or join a support group. You don't get past your pain by running *from* it. You get past your pain by walking *through* it.

## 2. Mourn your pain.

When we experience pain we want to move past it as quickly as possible. When we do this our wound doesn't have time to heal properly. It's important that you take time to grieve the pain of the past. Mourning is very healthy and biblical. Mourning takes time. People typically go through five stages of grief: Denial and isolation, anger, bargaining, depression, and finally acceptance. This is very normal and part of the healing process. You may need to forgive yourself or those who've hurt you. Forgiveness is not forgetfulness. Forgiveness is releasing the pain of the past to God and not allowing that hurt to hold you prisoner anymore. When you accept God's forgiveness, forgive yourself, or those who've hurt you, you find freedom and hope for the future.

## 3. Repurpose your pain.

Once you've walked through your pain and mourned it, the final step is to repurpose it. You can't rewrite the past, but God can write a new future. Your past is not the end of your book, just the end of a chapter. God can take your pain and redeem it for his good and the good of others. When you look back on your past, focus on God's redemptive work. Allow him to pick up the broken pieces and put them together into something beautiful and new that can be used for his glory and the good of others.

# My Life Experiences

God wants to redeem and use some of your life experiences to help others. Look back at some of the good experiences in your life and some of the painful experiences. Note some of the areas from your past that you are most drawn to and passionate about. Then write down a few ideas of how you might help others in a similar situation. Think of this as more of a starting point and the beginning of how God might be leading you to minister to others. You can always change or adapt this later. The important thing is to begin the process with God.

Good /Pain I have experienced in my life:

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How God might use this experience to help others:

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Good /Pain I have experienced in my life:

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How God might use this experience to help others:

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Good /Pain I have experienced in my life:

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How God might use this experience to help others:

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