

EXPERIENCE, STRENGTH & HOPE

Experience: Your past experiences many times can bond you with others whose pasts were similar to yours. Then there are those experiences that may help others know you can relate to what they're experiencing. This could be very comforting at times.

- When you share your experience, ask The Spirit to guide you. Your experience is not about you being a victim and/or manipulating someone.
- Be honest! Your experience is about bonding with others through common experiences and letting others know you've walked in their shoes.
- NEVER FORGET, "Honesty without compassion is merely subtle hostility." NEVER dump your bucket onto someone under the guise of "Honesty".
- Write a paragraph about your experience.

Strength: Your experience is what can give you the motivation to build strength. Strength is as much of a choice as feeling depressed, bitter, angry, and/or resentful.

- What is it about your experience that you are choosing to build strength and why?
- Write a paragraph about your strength stating "why" you are building it and place it following your experience statement.

Hope: *"Now faith is the substance of things hoped for, the evidence of things not seen."*

-Hebrews 11:1

- What do you believe that gives you hope?
- Why do you believe what you do?
- Write a paragraph about what gives you hope and "why". Place it following your experience and hope statements. Now you are equipped to give of yourself bearing gifts of Experience, Strength, and Hope.