Allender Journal Assignment Instructions: Overview Each of us has a story, a very important and sacred story, in which we and God are always writing. The apostle Paul eloquently stated it this way: “12 Therefore, my dear friends, as you have always obeyed—not only in my presence, but now much more in my absence—continue to work out your salvation with fear and trembling, for it is God who works in you to will and to act in order to fulfill his good purpose” (Philippians 2, NIV version). Additionally, the American Counseling Association (2014) Code of Ethics states that counselors are to, “monitor themselves for signs of impairment from their own physical, mental, or emotional problems and refrain from offering or providing professional services when such impairment is likely to harm a client or others” (Section F.5.b). In other words, “Counselor, know thyself!” The purpose of this assignment is to give you an opportunity to closely examine how your life has unfolded to this day in time, unveiling the work of God and your role. The premise is that by examining your life you will more clearly know what you bring to the counseling relationship that will both help and hinder your future clients. Additionally, this journaling assignment will become the basis of your sharing in your intensive growth groups. Instructions Each journal entry will answer one question per assigned chapter. Your answers should reflect two elements: critical thinking and integration of each chapter and personal application of each chapter content to your life. Each journal entry is due on Sunday by 11:59pm. Please note that no late journal assignments will be accepted, as these assignments are intended to support the group discussions in the following week. Your journal entries should be 1-1.5 pages per question. References and citations are not needed for this assignment and first-person may be used, but please use general APA formatting including a title page, appropriate font, and double spacing. Allender Text Journal Questions Journal Entry Chaps. Journal Questions 1 Introduction Allender states, “If we’re taking a course, we’re willing to study books that bore us to pieces, but we won’t take time to review our own life, which holds answers about God and ourselves that will thrill us, amaze us and sober us.” Journal on one experience in your life that has thrilled you, another experience that has amazed you and one that has sobered you.” 2 Chapter 1 Allender states that in order to understand our personal stories we must, “consider the various characters – both major and minor- who make an appearance” in our lives. Allender points out that the major characters of parents come with their own stories that are often passed onto children. Consider your own parents and their stories. How did they grow up? What stories of their “past relationships with their parents such as success and shame; power and abuse; love?” 3 Chapter 2 Allender points out that we are all “a collage of stories” that begin with the stories our families make of us. What are some of the stories you were told, by your own family, about you as a child? 4 Chapter 3 Allender speaks of a story being an expression of “how and why life changes.” It begins with peace, but that peace is shattered by something that happens to us. Describe a defining event from your life. Who was there? What happened? And how did the event change you? 5 Chapter 4 Allender states, “Our passion moves us to choose one path over another, and it is as unique as a fingerprint.” Explore your own passion: ● What moves you most deeply? ● What do you most enjoy doing? ● Where do you find the greatest pleasure and joy? ● What is it about this activity, idea or person that brings you such a sense of life? 6 Chapter 5 Allender states that, “all passion is founded on pain, grown through risk, and marked by the decisions we make in the face of tragedy.” What tragedies from your past set into motion the plot of your life? 7 Chapter 6 Allender states we are called to reveal God through the themes that have been woven in our hearts. What themes and patterns from your life are currently influencing what you know about your calling? 8 Chapter 7 Allender writes, “Coming to love your own life requires you to believe that the past was God’s will…” What is your reaction (feelings) to this statement? What events from your past are easy to see as God’s will? Which events are a struggle to accept as God’s will? 9 Chapter 8 Allender states that it is important to “submit our story, the writing of our life, to the reading of others. What parts of your story have you found easy to tell others? What parts of your story have you found difficult to trust others with? 10 N/A What was your most significant “takeaway” from your time spent in this group? Which conversation had the most impact on you or changed your thinking in some way? How does it feel to you to say goodbye, both in general, and in terms of this group experience. What are your thoughts on “saying goodbye well”, and what does this group need in order to terminate in a healthy and positive way? Note: Your assignment will be checked for originality via the Turnitin plagiarism tool.