

# YOU DO YOU



## DISCOVERING YOUR DIVINE DESIGN

### 1. Introduction to this Study

This week we begin a series we're calling You Do You. (If you're unfamiliar with that phrase, you're not alone.) "You do you" is often said by one person to another as a kind of encouragement to be themselves, to do what they want to do. For instance:

Me: "I want more ice cream, but I shouldn't have more ice cream. What do you think? Should I get some more ice cream?"

My wife, Cassie: "Hey – you do you."

I have a sneaking suspicion there has been a lot of "you do you" through this season of social distancing. That's why we're all worried about gaining a "Quarantine 15." Or, is that just me and my ice cream consumption?

Here's what we mean by this phrase, "you do you": Scripture tells us that we were each created intentionally, purposefully, fearfully and wonderfully! That we are not an accident. That we are images of the living God. You bear divine design!

And so, in this season of social distancing, let's discover a clearer view into the true you, by journeying with the prophet Jeremiah. This week, we are engaging **Jeremiah 1.1-10** to see that **you are more unique than you think**.

### 2. Connecting with One Another

What do you think it means to be unique?

Do you think most people believe that they are unique? Why do you think that?

### 3. See It

#### a. **Read Jeremiah 1.1-5.**

We read in verse 1 that Jeremiah's father had a specific vocation because of his ancestral lineage. What is it?

Hilkiah's vocation would usually carry on to his son. But Jeremiah doesn't become a priest. Why not?

Have you – or has someone you know – had a similar experience of being called to a different vocation than was expected?

#### b. **Reread Jeremiah 1.5.**

Where does Jeremiah's story begin? What does his unique design have to do with his unique destiny?



# YOU DO YOU



## DISCOVERING YOUR DIVINE DESIGN

On a scale of 1 to 5, how easy is it to believe that you, too, have a unique destiny, as Jeremiah did? Why do you believe what you do?

c. **Read Jeremiah 1.6-10.**

Why did Jeremiah respond to God the way he did?

Can you think of anyone else (in the Bible or otherwise) who felt unqualified to fulfill God's call on their life?

How have you responded when you sensed God's voice? Why?

d. Hebrew scholars think the name Jeremiah may have various meanings, including "the Lord establishes," "the Lord raises," and/or "the Lord throws down."

Where do you see what he is *called* connect with his unique *calling*?

e. If your life was an utterly unique creation of God, how would you know?

How did Jeremiah know?

Would somebody looking at your life from the outside say you are living it uniquely? Why do you think that?

4. Be It

Take a few minutes to write your answers to the following. If you're engaging this study with others, take a few moments to share with one another.

a. What are five things about you that display your unique design? (These might include abilities, personality traits, experiences, and passions.)

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

b. What are five features of the unique destiny you hope God has for you? (These might be contributions to the world, legacies you leave, goals, and dreams.)

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_





### 5. Digging Deeper

In the book companion to our series, *Younique* author Will Mancini describes a tool called the Life Discovery Grid, a simplified version of which is included on the following pages (if you grabbed a book, read Will's description on pages 52-53 and/or engage the full version of this tool at [LifeYounique.com/StarterKit](http://LifeYounique.com/StarterKit)).

The first step is to write down your top ten "**Hinge Moments**" – the turning points of your life. After you've written them down, rate them on a scale from **+10** (positive experiences) to **-10** (negative experiences).

| Hinge Moment | Rank  |
|--------------|-------|
| _____        | _____ |
| _____        | _____ |
| _____        | _____ |
| _____        | _____ |
| _____        | _____ |
| _____        | _____ |
| _____        | _____ |
| _____        | _____ |
| _____        | _____ |
| _____        | _____ |

Next, plot these ups and downs on the next page at the various points along your life's timeline and according to their ranking, with the positive experiences on top (**High Points**) and the negative on the bottom (**Hard Times**).

Then, using these **High Points** and **Hard Times** as a guide, divide the different seasons of your life into four or five chapters, giving each season a title. Write these chapter headings in the boxes in the top section (the brightest yellow section) on the next page.

For each chapter of your life, fill in the five rows below, again thinking through **High Points** and **Hard Times**, as well as your family, cultural, and geographical **Heritage**, where you saw the **Hand of God**, and the **Heroes** you had in each stage. Try to record at least two insights in each box.

While we may not have literally heard God's word to us like Jeremiah did, this tool can help us begin to see more of why you are the way you are, why **You Do You**.



# YOU DO YOU



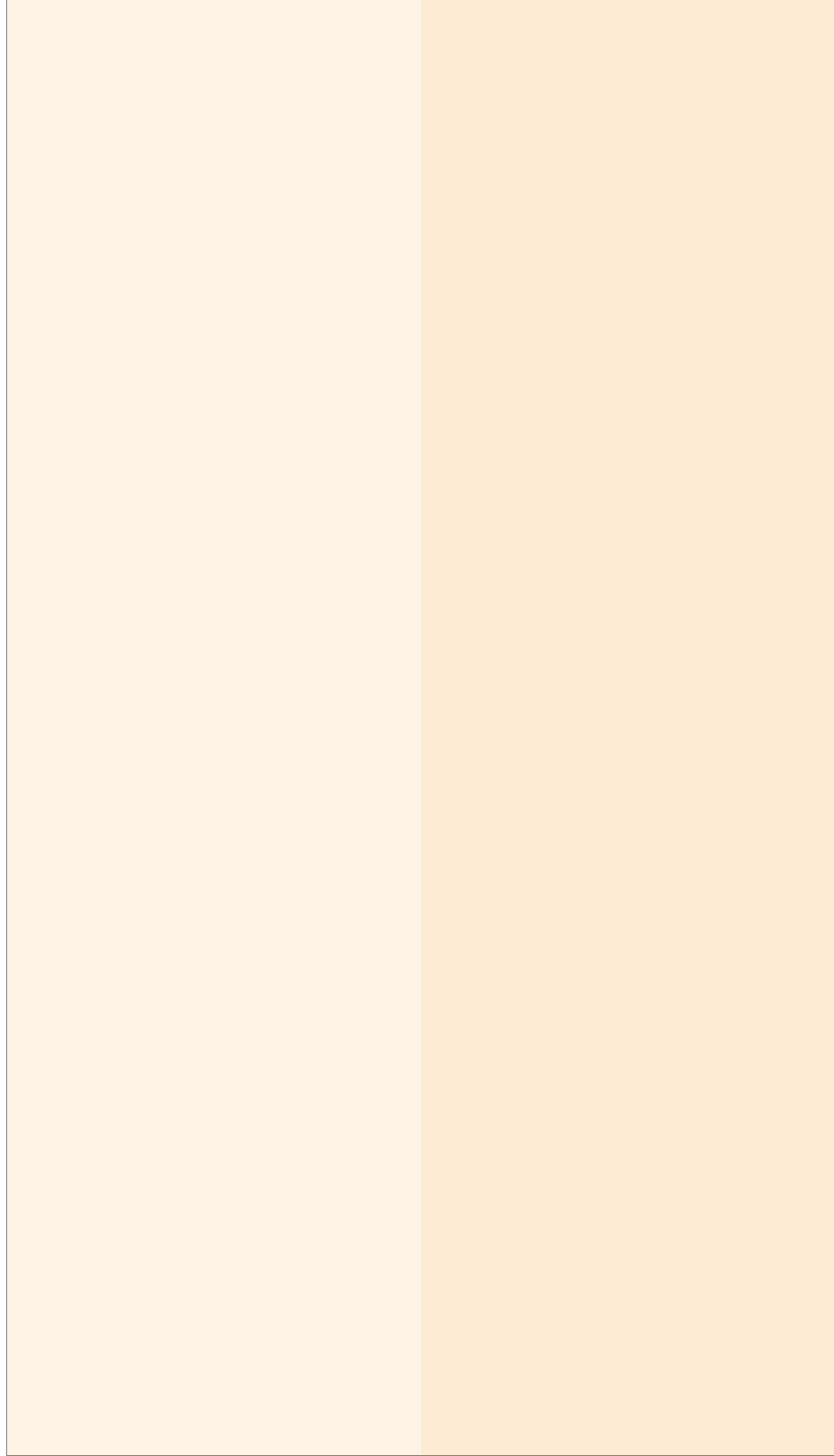
DISCOVERING YOUR  
DIVINE DESIGN

Life Journey



High Points

Hard Times

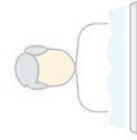


+10



0

-10



# YOU DO YOU



DISCOVERING YOUR  
DIVINE DESIGN

|             |  |  |  |  |  |  |  |  |  |
|-------------|--|--|--|--|--|--|--|--|--|
|             |  |  |  |  |  |  |  |  |  |
| High Points |  |  |  |  |  |  |  |  |  |
| Hard Times  |  |  |  |  |  |  |  |  |  |
| Heritage    |  |  |  |  |  |  |  |  |  |
| Hand of God |  |  |  |  |  |  |  |  |  |
| Heroes      |  |  |  |  |  |  |  |  |  |

