

Adapted by Tim Casteel from Brian Frye and Chase Abner





MOUNTAINS- SOURCE, FAMILY OF ORIGIN

High in the mountains where a river begins. What are 3-4 dominant values/beliefs/traditions that you connect back to your family of origin that have significantly shaped who you are? What would your parents say is a successful life?



RAPIDS-FAST MOVING, TURBULENT WATER

When were time[s] that your life and/or spiritual life were greatly accelerated? When were things moving quickly and you saw God working through you in remarkable ways?



EDDY-WHIRLPOOL

When was a time in your life where you got stuck--emotionally, socially, or spiritually?

TRIBUTARIES-FEEDER

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Tributaries feed into and strengthen the river. Describe a person from your childhood that had a profound effect on the way you look at life. Describe an event or experience that impacted you deeply in a positive way. Describe an influence [book, show, or class] that has really shaped your thinking.

POLLUTANTS

Think of two significant times in your past that hurt you. You can go personal here, but you don't have to. Whatever you feel comfortable sharing.



JORDAN RIVER

When was a significant time that God called you to obedience and you encountered Him in a life-changing way?



DELTA

When your life is over [when your River of Life meets the sea], what three things do you want to be remembered for?

NARRATIVE

Did you see any common themes that have shaped you and are directing your life? How have your Mountains positively or negatively shaped your Delta?

MEANING AND MOTIVATION

What do you get excited about? What gives your life the most meaning? How does that point to your motivation?

FLOWING INTO OTHERS

What might God use from your life experiences to influence others around you--the highs and lows?

