

# Chapter 1

# Disconnected

1. Read the quote at the beginning of the chapter. Is there a part of your life that feels the same as Charles Dickens describes? Summarize that season of your life.
2. How do you respond to yourself in photos? Do you feel emotionally connected or distant? Does it feel like you in the picture or someone else?
3. Describe an experience in your own life or one you observed where the person and their environment worked together as one.
4. What kinds of thoughts or emotions are stirred as you read this chapter? Can you relate to what is being described?

# Chapter 2

## A Beginning

1. Describe what the “Connect-the-Dots” picture represents. What is the line and what are the dots?

2. Create your own illustration of being emotionally disconnected from time.

3. Can you identify some places in your life where there is a hole in the rail bed? Describe the top three.

# Chapter 3

## Stories

1. What is your essence?
2. Describe the process by which your essence is unpacked and expressed.
3. What causes the conflict between your essence and your story line and what can happen as a result?
4. What is the key to staying connected or reconnecting to your timeline?
5. Describe what you see as the payoff for healing your timeline.

# Chapter 4

## Connections

1. Identify five “blocks” that you have removed from the Jenga® tower.
2. How emotionally stable would you consider yourself? Do you often need someone else to help you get grounded again?
3. Has there been a time when you felt connected to the flow of history? Summarize what that was like. Do you feel connected to your family, heritage, or nation?
4. Describe your perspective of the future. How do you feel about what lies ahead of you? Is it exciting, scary, depressing, uncertain, etc?
5. Share an illustration of congruence and one of incongruence. It can be something you experienced or a picture you create. Identify how the core essence and the expression are in agreement.
6. How do you see yourself in relation to the four “Connection” areas described in this chapter? Rate yourself on a scale of 1-5 for each one, with 1 being “poor” and 5 being “excellent.”

# Chapter 5

## Relationships and Seasons

1. Identify an important relationship in your life. How do you respond to the emotional ups and downs in that relationship?
2. What are two important anchor points in your emotional database? Give a short description of both.
3. Can you access the emotional database of the past? How often do you need reassurance from your friends and family that things are ok?
4. How is your relationship with God? Describe what you see in the context of islands and accessing the emotional database. Use King David as a comparison.
5. How well do you handle transitions in life? Explore two major transitions you have experienced and how they impacted you emotionally.

# Chapter 6

## Reality

1. Create your own illustration or give an example of the connection between time and reality.
2. What is the risk to our present reality when we leave a “block” out of the tower?
3. Can you identify any “blocks” where you have healed the trauma but kept your emotional distance? Explore what might be missing from your reality now as a result.
4. Have you had an experience that felt more real than others? Perhaps an encounter with God or an experience in nature, or some new revelation you received. What made it different from the rest of your experiences? Explore what that was like and how it impacted you.

# Chapter 7

## Flavors of Pain

1. What are the four areas of pain that often block us from connecting to our stories?
2. Can you identify with one of them more than the others? What causes that one to stand out for you?
3. Can you identify a time when God reframed the picture and helped you get past the pain? What was that like for you?
4. What Bible story of redemption stands out the most for you? Can you relate it to your own life?

# Chapter 8

## Your Birth Marker

1. Describe why it is important for the spiritual marker to be established at the beginning of your existence.
2. What were the circumstances surrounding your birth or conception? Do you feel that the marker was established in time?
3. Make a statement about how God was right to put you in time where and when He did.
4. What is the next step after you have proclaimed the rightness of God's choice? Share some thoughts on what that process was like for you.
5. Asking God to align the timeline is the last step. What kinds of thoughts or emotions bubbled up as you were doing that?

# Chapter 9

## Reconnecting

1. In Chapters 2 and 4 you identified some missing pieces from your life. Using the first tool here, can you build those memories out more? What else can you add to the list of memories?
2. Choose one of the “blocks” from your list and apply Step 2. What kinds of emotions bubble up? Can you feel who you were in that memory? If not, what do you think is blocking you?
3. What can you do if pain is blocking you?
4. Describe a memory that you could feel and own. What was it like for you to own it?
5. Why is the last step important? Describe the process you went through to anchor a memory.
6. What kind of changes did you experience as a result of reconnecting?

# Chapter 10

## Four Strands of Time

1. Explore an area of your design where you have disconnected. What was the flavor of pain that caused you to disconnect?
2. Which of the four areas of spirit, soul, body, and birthright did you disconnect from? What makes you choose that area?
3. What was your experience as you walked through the process of reconnecting? What did you feel or see? How did God reframe it for you?
4. What kinds of changes did you see in your life as a result?

# Chapter 11

## Extending Reality

1. What often happens to our reality when we are in pain?
2. Identify a gap in your timeline that has been healed. How can that help you extend your reality in future painful situations?
3. What do you know about the design of your spirit that will help you reframe the current pain around a bigger objective?
4. Make a list of the top three facets of God's nature that anchor you. Keep them fresh in your mind. Now ask Him to show you any others you haven't seen before.

# Chapter 12

## Living in the Present

1. What are emotional monuments and how can you build them?
2. Identify three things from today that you can savor and spend some time celebrating them.
3. List five upcoming events where you can practice anticipating, participating and savoring.
4. How can the discipline of staying present in the good times help you during the painful times?
5. Be intentional about savoring and building emotional monuments. Create a possible schedule or windows of time that you will make available to do this.

# Chapter 13

## Anchoring the High Points

1. How do we sometimes react to the really good things that happen to us?
2. Explore two high points of your life and how you processed the transition back to “normal” life. Did you bring those experiences with you?
3. What can you do to anchor the past high points? Pick one and go through the process. Describe what you feel or see.
4. How can you approach upcoming good events differently?

# Chapter 14

## For the Kingdom

1. What area(s) of your culture can you see where the relationship to time is fragmented?
2. What role can you have in the war against the enemy's manipulation of time? Where can you begin today in your individual life?
3. How is the eternity of the nature of God being expressed through your story? What does that look like in your daily life? How is it a tool in His hands?