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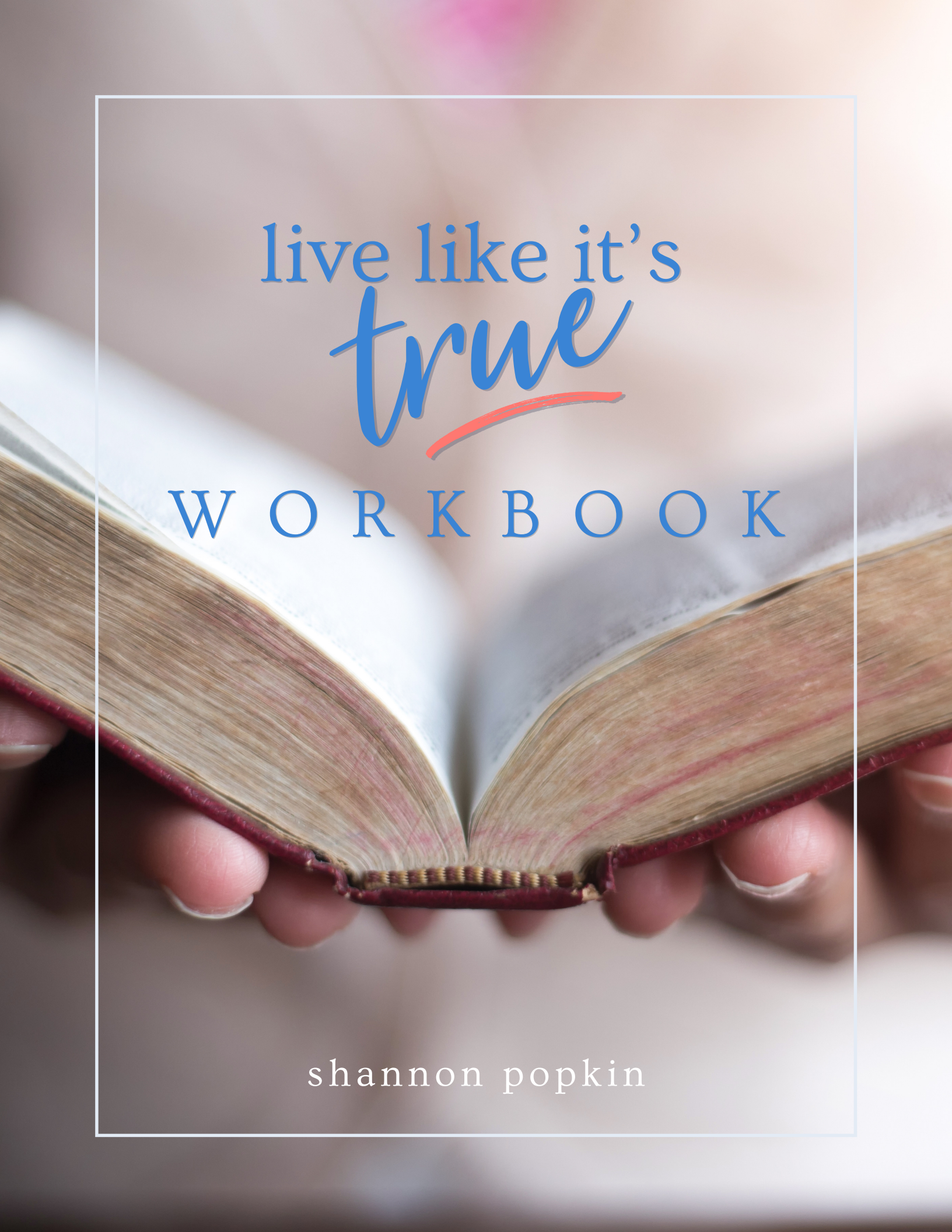

live like it's true

WORKBOOK

shannon popkin

Live Like It's True Workbook

know the story * share the story * live the story

Hi, I'm Shannon,

and it's my joy to invite you to open God's Word with me, drink deeply of the True Story, and live like it's true!

Do you want your life's story to be shaped by the false narrative of the world, or by the true story the Bible tells?

God offers us the truth—not in a theology textbook, but rather in a book filled with outlandish, true stories, which collectively tell the story of Him. Do you know any of these stories? Have you stored them up in your heart?

I like to think of each story like a velvet pouch, which holds together the theological gems , found within. When you know the story, you can open the pouch whenever you like, spread out the gems, and reorient yourself to the True Story—or share it with a friend.

On my podcast, "Live Like It's True", we want to grow our collection of amazing, jaw-dropping true stories of the Bible so that we can know the Story, share the Story, and live like the Story is true!

This Live Like It's True Workbook is an extension of that goal, and I pray that it will serve you well.

Livin' like it's true,

Shannon

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Live Like It's True Resources

Quick Reference Bible Study Process:

1. Observation

What does it say? Ask what the original author's message was for the original audience. In this step you will use the checklist on your True Story Bookmark. Challenge yourself to not use any commentaries just yet!

2. Interpretation

What does it mean? Ask why the author wrote this story or passage.

3. Application

How should it change me? Ask how you can live like it's true.

Often once we get to this step, we mark it "done" and move on. But what if we just let it marinate a little longer so it can continue to develop "flavor"?

4. Meditation

Review the story and recite it in your own words through practicing, picturing, praying, drawing, or singing.

5. Proclamation

Ask where, when, or with whom God may want you to share this story.

6. Reflection

Take note of how God has used this story to change you in this last week.

Fgqrmpga_j-Asjrsp_j

Context

Use this space to note any historical/cultural background information that you probably wouldn't know from just reading the text.

True Story Worksheet

The true narrative is what helps us recognize the false one. The Bible helps us to see the lies. This worksheet helps you place the two side by side.

Know the story, share the story, and live like the story is true.

Day 1: Observation

Read the story.

What is the story and where is found? _____

Print the story, and mark all of the elements listed on your bookmark (included in this printable).

Record what is most interesting or compelling about this story:

Restate the story.

Write the story here in your own words. Summarize what happened, and why:

*LLIT stands for Live Like It's True!

Day 2: Interpretation + Application

Reject the world's story + Replace it with the true story.

Consider which false narratives this story corrects. (See the list in this printable - pages 6-7.)

This particular story from the Bible reveals or teaches the following...

- truth about God or Jesus:
- truth about the world:
- truth about human nature:
- truth about what is important:
- truth about the future:

The world overtly, or the enemy covertly, teaches the following...

- lie about God or Jesus:
- lie about the world:
- lie about human nature:
- lie about what is important:
- lie about the future:

The most important false narrative that this story corrects is:

(be) Reshaped by the story.

How have you lived the false narrative that this story corrects? What would change if you live like this story is true? What changes will you make this week / year to align yourself with the true story?

Day 3: Meditation

Recall the story.

Check off the following ideas you've used to practice recalling (not memorizing) this story:

- [ ] Practice telling the story out loud. Try walking while you practice.
- [ ] Picture the scene, with placement of the characters as you tell it.
- [ ] Draw it with stick figures as you tell it.
- [ ] Use hand motions or movement, as you tell it.
- [ ] Pray through the story, agreeing with the Lord about its truths.
- [ ] Retell the story to yourself as you're falling asleep, or first thing when you wake up.
- [ ] Listen to some worship songs that are reflected through this true story.
- [ ]

In which situations will it be particularly helpful for you to remember the truths of this story? Perhaps when you're **anxious, afraid, disillusioned, brokenhearted, tempted, angry, jealous?**

Day 4: Proclamation

Retell the story.

Who needs to hear this story from the Bible? Make a list and pray that God would give you opportunities to share this particular story with those particular people:

- [ ]
- [ ]
- [ ]
- [ ]

Consider what "keywords" or conversation topics might offer you an opportunity to retell this story. Here are some ideas to get you started:

- [ ] Fear or worry about sickness, pain, or death
- [ ] Hope or longing for something to happen
- [ ] Frustration with something that isn't right
- [ ] The mindset of having to get ahead
- [ ] The need to be in control or worry about losing control
- [ ] Guilt, shame, regret
- [ ] Holidays or celebrations
- [ ]

Since it's very uncommon to share a story from the Bible, here are a few phrases that might help you just get started. Mark your favorite:

- ☐ That reminds me of a story from the Bible. Have you ever heard...
- ☐ Are you open to hearing a story from the Bible about that very thing?
- ☐ Would you ever consider reading a story from the Bible, and then talking with me about it? It's a story about..
- ☐

What are your fears or inhibitions about sharing this story with someone else? What your motive be for sharing it? Share these with the Lord, through a written prayer:

Day 5: Reflection

Finish this week by reflecting on how God has used this story to make a difference in your life this week and how you will continue to live like it's true:

false narrative watchlist

Our world is filled with popular, but skewed, narratives. We are spoon fed these false ideas as babies, and force fed them as adults. But when we encounter and embrace the True Story, we have opportunity to live like it's true. So it's the True Story of the Bible that helps us recognize the lies playing on loop throughout the world, and in our minds.

Use this (abbreviated) list to identify the false narratives around you. Then as you open your Bible and encounter the stories that introduce us to the one true God, ask, "Which false narrative does this story correct?"

False narratives about me and about you. .

I decide what is right for me. You decide what's right for you.
I can be good on my own.
I should trust my feeling above all else.
My purpose is to discover and express my true self.
I have to rely on myself to take control.
If I do good things, the universe will take care of me.
I am only accountable to myself.
People who make judgements are in the wrong.
I can attract and make good things happen for myself.
If I have more, I am more.
I shouldn't feel any shame unless I'm not being true to myself.
Health, wellbeing, and safety are ultimate.
Humans only exist as physical beings.
Death is terrifying, since I only live once.
Death is the end; there is nothing more.

False narratives about God.

I don't need God to be happy.
My life is fine without God.
Having God in my life wouldn't make anything better.
God is distant and uninterested in me.
God doesn't matter. He is irrelevant to me.
Jesus is only for good people.
If I do good, God will give me what I want.
My safety is in my own hands, not God's.
I can fly under God's radar and avoid his wrath.
I can get God's attention with my pious life.
I don't answer to God. My life is my own.
Natural disasters are as surprising to God as me.
There is no coming judgment.
God is inaccessible to me.
God has surely forgotten about me.

What others are you encountering?

True Story

Bible-Reading Guide

1. **Pray** for understanding!
2. **Read the introduction** to the book.
3. **Underline** all verbs
4. **Highlight** repeated words or phrases
5. **Box** words that connect ideas (but, and, rather, so that, since, therefore, just as...)
6. **Place numbers** by lists, series, or sets of words
7. **Place a ?** by things you don't understand
8. **Note** who pronouns refer to
9. **Draw an arrow** when there is a change of location, time of year, or surroundings
10. **Star** any literary features: irony, hyperbole, simile
11. **Draw a #** if there is a significant cross-reference or connection to another part of the Bible.

Thanks for connecting!

I'm Shannon Popkin. From the platform, page, and podcast mic, it's my joy to invite you to drink deeply from God's Word, then live like it's true.

My husband Ken and I live in Michigan, where we love watching our three adult kids become the people God designed them to be, and watching our two shih tzus do absolutely nothing.

Please visit shannonpopkin.com for more from me.

Check out the podcast:

Live Like It's True

CLICK HERE

SHANNONPOPKIN.COM

Idea-Connecting Words

found in this True Story

words that compare

Words that connect ideas or compare with similar examples:

like, as, just as, so also

"***Just as*** *iron does not mix with clay..." Dan. 2:43*
"***So also*** *it will be with this evil generation." Matt. 12:45*

words that contrast

Words that signal contrast between dissimilar ideas or examples:

but, yet, rather, however

"***Yet*** *I have borne him a son in his old age." Gen. 21:7*
"***Rather*** *decide never to put a stumbling block..." Rom. 13:5*

purpose words

Words that connect an intention or purpose with an idea, action, or result:

because, so that, that, in order that

"***So that*** *they may not understand one another's speech." Gen. 11:7*
"***In order*** *that the world through him might be saved." John 3:17*
"***Because*** *you have listened to the voice of your wife..." Gen. 3:17*

explanation words

Words that connect an idea with an explanation for why it's true or why it happened.

because, since, for

*"Immediately they sprang up, **since** they had no depth of soil." Matt. 13:5*
*"To this you have been called, **because** Christ also suffered..." I Pet.2:21*
"***For*** *the word of God is living and active.." Heb. 4:12*

"in conclusion" words

Words that connect an idea with a logical conclusion, summary or next steps:

therefore, for this reason

"***Therefore,*** *a man shall leave his father and mother..." Gen. 2:24*
"***For this reason*** *the Father loves me..." John 10:17*

conditional words

"**If**" connects a condition with a conclusion or outcome.

"***If*** *anyone kills Cain.." Gen. 4:15*
"***If*** *anyone would come after me..." Luke 9:23*

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Story Elements
in this True Story

get the story

Read the story aloud,
Read from different translation(s)
Print the verses triple spaced (so you can mark up the pages)

3 contexts

- **between** context: what comes before & after?
- **book** context: who is writing this story & why?
- **big** context: how is this story rooted in, or how does it offer insight into the Bible's overarching story?

characters/ setting

- real time setting: "At the beginning of barley harvest.."
- story setup setting: "A certain sower went out..."
- make a list of those present in the scene
- above each pronoun, note who is referenced

important words

- mark key words or repeated words
- mark verbs, and consider tenses
- mark connector words (see reverse side!)
- mark lists included in the text
- mark quotes from the Bible (read whole passage)

hidden meanings

- simile - "like a treasure hidden..."
- metaphor - "I am the door."
- parable - "a farmer went out to sow seed..."
- irony - the blind man saw that Jesus was from God

story elements

- Who is the antagonist? Protagonist?
- What is the obstacle or conflict?
- Where is there tension or confrontation?
- What is surprising or suspenseful?
- What is resolved or overcome?

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The truth is, we're already part of the true story, whether we recognize it or not. Many people just shrug at the message of the Bible—thinking it's irrelevant. Or they reject it, convinced that the Bible is full of lies.

But for some people (and I hope you're one of them) the story of the Bible rings true. It's compelling. It makes sense; more sense than some story about the world randomly falling into its complex order and design by chance. Believers allow the Bible to shed light on the world, and as they do so, they become wise to the false narratives of the world.

PULLING THE BLINDS

Picture a house full of windows with the blinds pulled. The people living inside the house are used to the dark. Their eyes have adjusted and they're used to seeing everything coated with shadows. But then, someone walks into the room and pulls one of the shades. After the blinking and eye-shielding, the people in the room begin to see things they haven't before. They notice what was always there, but hidden from their sight.

Each story of the Bible pulls open another blind, and gives us insight into how things truly are. **The true narrative is what helps us recognize the false one. The Bible helps us to see the lies.**

On the Live Like It's True podcast, my hope is to create a place for us to gather and pull the blinds together, then look around in wonder. Often, the new light in the room shows us something that seems outlandish at first, but slowly shifts into a new, brighter reality. We learn that sinful people can be forgiven. That our past doesn't have to define us. That death isn't the end; new life is possible!

As our eyes open to the true story, we realize that there's no going back. We don't want to live in the darkness after the shades have been pulled. How could we?

Can you imagine Truman learning that there is a whole world beyond his movie-set existence, then turning back to his claustrophobic, dome-shaped reality? No! Of course, not. And in the same way, we cannot go back to the false narratives, either.

As we come to know the story, we realize that we must share the story with others, and we must live like the story is true.

THE TRUE NARRATIVE IS WHAT HELPS US RECOGNIZE THE FALSE ONE.

Why do we believe a false narrative?

4 possible reasons

Let's think through why so many people don't know and/or don't believe the true story that the Bible tells. Beneath each section is a space for you to journal about your own experiences.

1. I don't actually know the true story.

- Perhaps I've never read the Bible.
- I've never been exposed to church or Christianity.
- Maybe I doesn't know any Christians (or at least not any who talk about their faith).
- I'm not directly influenced by any Christian organizations or churches.
- For whatever reason, the true story remains hidden from my sight.

When has this described you, personally?

Does this describe anyone you know?

How will you pray for her?

Which story from the Bible will you pray for an opportunity to share with her?

2. I assume I know the true story.

- Perhaps I've been taught false teachings about God or myself. (For instance, I believe that Jesus was not God.)
- I'm missing key elements of the true story, and therefore my understanding is skewed. (For instance, I believe God created me, but I also believe it's my purpose to discover my true self.)
- I was hurt by a Church or person who was part of the Church, and my heart is hard toward God's true story.
- I know the basic storyline of the Bible, but I don't myself as part of it. (For instance, I believe that Jesus died on the cross and rose again, but I can't understand why this matters.)

When has this described you, personally?

Does this describe anyone you know?

What would you love to share with her? Is there a Bible story that comes to mine?

What would you like God to do for her?

3. I choose to ignore the true story.

- I know the story, but I refuse to let it penetrate my life—often because I want to continue in my autonomy, without God "imposing".
- I put off studying the Bible or attending church, even though I say that I should.
- I continue in sinful patterns, even though I say I believe that sin is harmful and hurtful.
- I don't think about the true story. My mind is consumed with the cares of this world, and I never consider the life to come.

When has this described you, personally?

Does this describe anyone you know?

What would you like her to see about the true story?

How do you sense that God might be prompting you to share with her?

What story of the Bible comes to mind, when you pray for her?

4. I reject the true story.

- I know parts or the full story of the Bible, but I've rejected it, either as:
  - false (those who believe it are deceived),
  - or fiction (it was never intended to be read as truth).
- I've chosen not to believe, either what I grew up with, or what I once embraced.
- I see myself as enlightened, and I think of the Bible as restrictive or offensive. I consider myself to be free, because I've cast off the Bible.
- I am not just neutral about the true story of the Bible, I'm opposed to it.
- I may even see the true story of the Bible as harmful and oppressive.

When has this described you, personally?

Does this describe anyone you know? What do you want God to show her or do for her? How would you like God to use you in your friend's life?

podcast content

storytelling

One of the things that makes Live Like It's True unique is our focus on storytelling. Imagine if you tried to read a comic strip as a recipe. Or you read song lyrics, hoping to get how-to steps for building a lego set. You'd probably get frustrated, and end up being more confused, not less.

In order to understand the Bible, we must consider it's various genres. In this podcast, we're particularly focused on stories (or narratives). We're looking at individual stories, either about a character or told by a person in the Bible. And we're also looking at the overarching story, which is meant to reveal God. In the following episodes, you can find content to help you grow in your understanding of the Bible as a story that God has written, and which is still unfolding.

This isn't an exhaustive directory (since I hope to keep adding more content on the podcast!), but here's a list of topics I've covered, which I hope will be helpful to you.

Story Theme	Links
Why "Unsophisticated" Stories?	Live Like It's True Trailer Stirring Sous with the True Story_14:00 True Story at the Well'
The Overarching Story that We're In	Live Like It's True Trailer True Story of the Lonely Places Stirring Sous with the True Story_8:05 True Story of Fear'
The End will Mirror the Begnning	True Story in the Wilderness' Stirring Sous with the True Story_8:05
Show, Don't Tell	True Story of the 5,000' True Story on the Roof'
Metaphors for Spiritual Realities	True Story of the Sleeping Savior True Story of the Nicodemus True Story in the Wilderness
Astonishment (Element of Surprise)	True Story at Simon's Table True Story at the Well
Irony	True Story at Simon's Table True Story on the Roof