



Victory Wednesday Bible Study Series

Walk in Wholeness

Week 1 – Rewriting Your Narrative

A Biblical and Narrative Therapy Workbook

This workbook integrates principles from narrative therapy and biblical truth to help you re-author your life story. Grounded in the work of narrative psychologists and rooted in Scripture, each section offers a reflective practice to identify limiting beliefs, uncover the origin of internalized stories, and reclaim your identity through spiritual and psychological renewal.

Beginning with prayer, ask the Holy Spirit to bring everything back to your remembrance.

1. Identify the Dominant Story *White & Epston (1990)*

Many of us live with internal stories shaped by pain or culture—stories like: “I’m too broken,” or “I’ll never be enough.” These narratives are often deeply ingrained.

Read: *Exodus 16:3* – The Israelites believed slavery was safer than freedom.

Reflection Prompts:

- What is the dominant narrative you’ve lived by?
- Write your story in third person: “They always believed they had to...”

Write your reflections below:

2. Locate the Origin of the Narrative *Bruner (1991); McAdams (1993)*

Our stories are often shaped by early relationships and cultural voices. By locating the origin, we understand where false identities began.

Read: *Lamentations 3:19–23* – Even when the story feels hopeless, God’s mercy is new.

Reflection Prompts:

- When did this story first take root?
- Who or what taught you this belief about yourself?

Write your reflections below:

3. Externalize the Problem *White & Epston (1990)*

You are not the problem. Naming the issue creates space between you and the struggle, allowing healing to begin. The person is not the problem; the problem is the problem.

Read: *Romans 7:17* – “It is no longer I myself who do it, but it is sin living in me.”

Reflection Prompts:

- Give your struggle a name (e.g., Fear, Shame, Comparison).
- What does it say to you? How has it shaped your life?

Write your reflections below:

4. Recognize Exceptions to the Story *Madigan (2011)*

Even in broken narratives, there are moments of resistance—evidence of your strength and God’s grace.

Read: *2 Corinthians 12:9* – “My grace is sufficient for you, for my power is made perfect in weakness.”

Reflection Prompts:

- When have you defied this negative narrative?
- What does that say about who you truly are?

Write your reflections below:

5. Deconstruct Limiting Beliefs *Foucault (1980)*

False beliefs often hide behind cultural norms, unexamined fears, or spiritual distortions. It’s time to interrogate them.

Read: *2 Corinthians 10:5* – “We demolish arguments... and take every thought captive.”

Reflection Prompts:

- Where did this belief come from?
- Who benefits from you holding it?
- What biblical truth offers a more empowering belief?

Write your reflections below:

6. Develop a Preferred Narrative *Carey, Walther & Russell (2009)*

Who do you want to become? The preferred story is aligned with both your values and God’s promises.

Read: *Isaiah 43:19* – “See, I am doing a new thing!”

Reflection Prompts:

- “I used to believe _____. Now I’m learning _____. I want to live a story where _____.”
- What does God’s new thing look like in your life?

Write your reflections below:

7. Engage in Re-authoring Conversations *White (2007)*

Narrative transformation is reinforced in meaningful conversations. Share your growth with someone who will hold it sacred.

Read: *Proverbs 27:17* – “As iron sharpens iron, so a man sharpens the countenance of his friend.”

Reflection Prompts:

- Share with a friend: “Tell me about a time you were proud of yourself.”
- What do they hear in your story that’s strong or beautiful?

Write your reflections below:

8. Document the New Narrative *Pennebaker (1997)*

Writing affirms identity. Putting your transformation into words helps internalize the truth.

Read: *Habakkuk 2:2* – “Write the vision and make it plain.”

Reflection Prompts:

- Write a letter to your younger or future self.
- Declaration: “I am becoming someone who...”

Write your reflections below:

9. Recruit Witnesses to the New Story *White (2007)*

We need others to affirm our emerging identity. When trusted voices witness your change, the new narrative gains strength.

Read: *Luke 1:58* – “Her neighbors and relatives heard... and rejoiced with her.”

Reflection Prompts:

- Who will celebrate this transformation with you?
- What do they affirm about who you are becoming?

Write your reflections below:

10. Live Into the Story with Intentional Practices *McLeod (1997)*

Change is sustained through consistent action. Align your habits with your healed identity.

Read: *Colossians 3:10* – “Put on the new self, which is being renewed in knowledge in the image of its Creator.”

Reflection Prompts:

- What habit or action affirms your new narrative?
- How will you track or celebrate this alignment?

Write your reflections below:
