

# Ups and Downs

Our lives have their good times and their bad times. Help your group get to know you better by charting your life. From your birth to the present, mark the good times and bad times in your life. Feel free to explain some of these ups and downs to your group.

<b>Highs</b>				
<b>Lows</b>				
	<b>Birth</b>			<b>Present</b>

♥ If your life is at a low point now, ask God for his help during your group's prayer time. If your life is at a high point now, be sure and thank God and ask him how you can use your situation to help others.