



YOU ARE MORE THAN YOU'VE BEEN TOLD

Unlock a Fresh Way to Live
Through the Rhythms of Jesus

HOSANNA WONG

A PDF COMPANION TO THE AUDIOBOOK

You Are More Than You've Been Told

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CHAPTER 1

WHO ARE YOU LISTENING TO?

Process Your Thoughts

1. What is a place that holds a painful memory, or has shaped a part of who you are?
2. What is the risk if we put too much stock into what other people think or say about us?

Practical Tools

If you haven't already done so, go back to the self-audit questions listed in the chapter and write out your answers. Who are the people you've listened to? As you read through this list, ask yourself, why do their words hold so much weight? What would it look like to take back the power from people who have no right to define you? One by one, pray through your list, and surrender to God the ones who are holding you back.

CHAPTER 2

WHAT BATTLES ARE YOU FIGHTING?

Process Your Thoughts

1. What lie has had the potential to distract you from the battles that are the most important? What is at risk if you believe this lie?
2. When was a time that you could have been (or were) distracted from fighting the right battle? What is a battle you're called to now that you want to make sure you're not distracted from?

Practical Tools

Take a moment to list the lies that have had the potential to distract you from the right battles. Perhaps they are among the four listed in this chapter.

What important fight is at risk if you don't fight the right battle?

Today, spend some time with God and honestly ask Him these two questions:

1. What battles do You want me to keep fighting?
2. What battles do You want me to stop fighting?

Today would be a great day to surrender the fight that is not yours.

CHAPTER 3

WHAT NAME ARE YOU ANSWERING TO?

Process Your Thoughts

1. What name(s) have you answered to? In your past, or right now?
2. What is the new name you will answer to? How would your life be different if you were more confident in who you really are and certain of your true identity?

Practical Tools

With a pen or highlighter, highlight or circle the names from God listed in this chapter that you want to answer to today. Or, in your journal, write those new names out. Say them out loud. Tell God the new name you are answering to. And if you're ready to take it a step further, tell someone you trust the new name you're answering to as well.

CHAPTER 4

WHAT STORY ARE YOU LIVING OUT?

Process Your Thoughts

1. What is a narrative about yourself, or a story you've been told, that has shaped how you see yourself?
2. When has your background or skill set made you feel not enough, and when have you seen it as something God wants to use?

Practical Tools

Grab your notepad or your journal. List the things you were told or the circumstances around you that have held you back from living with confidence in who you are.

One by one, talk to Jesus about them specifically. Ask Him to comfort you and begin to heal you in the tender places where these lies have taken root. And then, lay them down. Surrender these old narratives. Turn away from them. Receive the invitation to follow Him for real.

Romans 10:9–10 says, “If you declare with your mouth, ‘Jesus is Lord,’ and believe in your heart that God raised him from the dead, you will be saved. For it is with your heart that you believe and are justified, and it is with your mouth that you profess your faith and are saved.”

If you've never taken that step, and you're ready to today, tell Jesus He is your number one, your Lord and Savior, that you believe He died and rose again, and you're following Him forever.

If you've already given your life to Jesus, but know that you want to follow Him more closely, intimately, and actively, tell Him. Say it out loud.

That's what we will dive into next.

We've exposed the problem. Now let's make a plan . . .

CHAPTER 5

THE PROBLEM ISN'T IN THE POWER

Process Your Thoughts

1. What is the breakthrough you are hoping for? (It could be healing from past hurts, reconciliation in a relationship, freedom from fear, wisdom for direction.)
2. When was a time that you depended on your own power, strategy, or skills, instead of the power of God?

Practical Tools

Whatever breakthrough you're searching for, write it down. Maybe there's one thing. Maybe there's seven.

Then pray this prayer:

"Search me, God, and know my heart; test me and know my anxious thoughts. See if there is any offensive way in me, and lead me in the way everlasting." (Psalm 139:23–24)

Ask God to reveal to you what you're not fully trusting Him with. What are you holding on to?

Lay down what you've been carrying all on your own. Place it in God's hands.

CHAPTER 6

A TRELLIS LIFE

Process Your Thoughts

1. What are other practical goals in your life that you have created a structure for in order to achieve? (For example, completing a project, starting a business, reading more, being more active, spending more time outdoors, being in touch with friends, etc.)
2. What is difficult about consistently connecting with Jesus? What has been an obstacle? (For example, it could be time, desire, a busy schedule, etc.)

Practical Tools

Write down a habit you are currently practicing that helps you stay connected to Jesus. What do you love about the ways you've connected with Him in the past?

In the chapters to come, we will unearth four practical habits that you can add into your life's trellis (and brainstorm ways you can incorporate them into your own life). For now, think of the habits that have already been life-giving for you.

CHAPTER 7

HOW JESUS DID IT

Process Your Thoughts

1. What stands out to you in how Jesus was able to defeat the lies of the Enemy?
2. What is at risk if you don't know who you are and combat the lies of the Enemy yourself?

Practical Tools

Out of the four rhythms listed, which we will soon dive into, what is the one that you feel you are the strongest in? What is one you feel can be strengthened?

Before we continue, pray that God opens your heart and opens your eyes to ways you can draw closer to Him and experience Him in a fresh way.

CHAPTER 8

THE RHYTHM OF SCRIPTURE (A NEW WAY TO ENGAGE WITH GOD'S WORDS)

Process Your Thoughts

1. What is one way that you've engaged with what God says that has been enjoyable, fun, and life-giving? What ways have been challenging and draining?
2. What is at risk if we do not go out of our way to know what God says about us?

At the end of these four rhythms, we'll have a section called "The Plan in Action" to list out what habits you will add to your life's structure. For now, we will have a bit of a brainstorm from some of my own practices, and those of my friends, to help you think of ways this could be implemented into your own life.

Brainstorm

For more brainstorm ideas, explanations, and resources, go to hosanna.wong.com/trellis.

- Find a translation of the Bible that is readable, understandable, and enjoyable to you and pick a new place to start. More on how to do this at the link above.

- The coolest people slowly read through John. (Just kidding!)
- Read a psalm every morning, reread it, and pray through it.
- Text a friend and ask if they would like to go through a book of the Bible with you and meet once a week to talk about it.
- Listen to the Bible on audiobook while taking walks.
- Try a totally different plan and see how it goes. Try it out for a week or a month. If that method doesn't seem engaging or doable, try another way—but pick a way. If your life phase or schedule changes, then pause, consider, and evolve the plan.

CHAPTER 9

THE RHYTHM OF PRAYER (SOLITUDE, SPECIFIC PRAYERS, AND SAYING THANKS)

Process Your Thoughts

1. How often do you talk to God, and what are those conversations like? What is difficult about the rhythm of prayer?
2. When you think of solitude, specific prayers, or saying prayers of thanksgiving, what is one you want to strengthen in your life?

Brainstorm

For more brainstorm ideas and resources, go to hosannawong.com/trellis.

- Think of days of the week and times of day when you can get away to be alone with God and with your thoughts and talk to Him.
- Set aside a time to talk to God about specific things for an extended time.
- Next time you drive alone in your car, don't listen to music or podcasts at first, but sit in silence. Then, talk to God about what's on your mind.
- Spend an extended amount of time remembering what God

has done and telling Him you're thankful. (Try my exercise of writing it out!)

- Once a month, go on an extended walk while you're praying to God, thanking God, and praying specifically for people in your life.

CHAPTER 10

THE RHYTHM OF REST (SABBATH AND FREEDOM)

Process Your Thoughts

1. Why do you think it's sometimes difficult to rest, stop being productive, or take a breath? (It can be a personal reason, or a pace of culture that you've observed.)
2. In seasons when you have had intentional rest, what did that look like? What were the results of that time of rest?

Brainstorm

For more brainstorm ideas and resources, go to hosannawong.com/trellis.

- Plan ahead how you will spend your weekly Sabbath, prepare what you need for it (get a reservation at a restaurant, get sunscreen, get a new book, etc.), and anticipate it!
- One day a week, don't check your email.
- If the answer to the question "Where do you experience the most fatigue?" is doing dishes for your family, then the answer might be that once a week you use paper plates. This one is from my friend Jess.

- Weekly: take a day off from social media. Every six months: take a week off from social media. Every year: take a month off from social media. (Take even more time off if you can—do what works for you. Either way, make sure you delete the apps from your phone!)
- If Sabbath is new for you, start practicing a full day of Sabbath once a week or every other week. If that's not doable, start with once a month! But start. Practice.

CHAPTER 11

THE RHYTHM OF REAL COMMUNITY (CONFESSION AND CELEBRATION)

Process Your Thoughts

1. What are some of the greatest obstacles in wanting, finding, creating, and keeping real community?
2. Out of the two practices of confession and celebration, what stood out to you the most and why?

Brainstorm

For more brainstorm ideas, explanations, and resources, go to hosanna.wong.com/trellis.

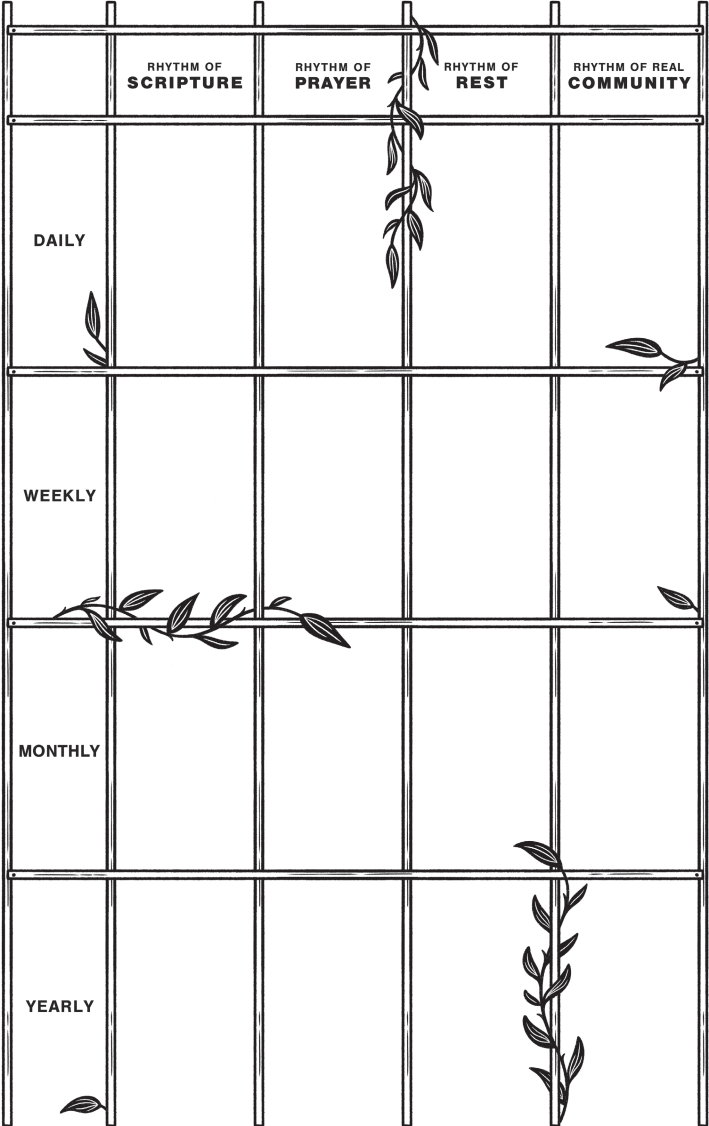
- Make it a practice to join a community of believers every week. For example, weekend services at your church, or a small group during the week when Sunday is not possible. We must make weekly gathering a priority—not because we always feel like it, or because it's the most convenient (some of us drive quite a distance to attend our church's services), but because we have a structure. We have a plan of staying connected to Jesus and His people.
- Have a coffee date or monthly call planned with someone you

trust where you openly and honestly share what you're going through—physically, mentally, and spiritually.

- When you're physically able, try to go to the birthday parties and baby showers and weddings you're invited to.
- Invite people over to your house for a meal.
- Make a commitment to celebrate someone in your family once a month: your spouse hitting a goal at work, you finishing an important project, your kid getting a great grade in a class, etc. (It can be a simple adventure, like pizza or ice cream after school. Don't think fancy; think fun.)

INTERLUDE

THE PLAN IN ACTION



CHAPTER 12

JESUS IN THE STORY

Process Your Thoughts

1. What is a moment in your life when you needed something from people, and they did not or could not give it to you?
2. In what ways did the things people said or didn't say, or did or didn't do, shape the lens you saw yourself through?

Practical Tools

Put Jesus in the story.

This might be one of the most important practices in this book.

Write out and list the painful memories. Put time aside to go back to them in your mind. What was the setting? As much as you can, allow yourself to feel what you felt in that moment.

Then, put Jesus in the story.

How does He feel about you at this moment? What does His face look like as He looks at you? Knowing what He says about you in God's Word, what would Jesus say about you in this moment? What can you get from Jesus that no one else was able to give you?

CHAPTER 13

FAITH THROUGH FIRE

Process Your Thoughts

1. Is there anyone in your life who has experienced a fire and you witnessed them have great faith in the midst of it? What stood out to you?
2. What are some of the setbacks, storms, or fires that you have faced—recently or throughout your life? What did you learn from those trials?

Practical Tools

If you knew there was no reason to fear the fire of man, what steps of faith would you take?

Now knowing that you are God's child, safe, loved, and fought for, what is the next step of faith God is calling you to take, which you can now take without fear?

Tell a friend the step you feel God is calling you to.

Say yes. Take the next step. God is with you.