

You're Made  
*for a*  
God-Sized  
Dream

*Opening the Door  
to All God Has for You*

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# Chapter 1: The “More” You’re Made For



## Go Deeper Guide

1. What were some of your childhood dreams?

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2. What messages were given to you about dreaming (both positive and negative) as you were growing up?

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3. “Every dream or desire you have that comes from God is an invitation for more intimacy with him.” Do you agree or disagree with this statement? Why?

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4. What’s one of your God-sized dreams?

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5. Which of the lies listed in this chapter did you most identify with? What’s the truth God wants to speak to your heart instead?

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6. “Our struggle is not against flesh and blood, but against the rulers, against the authorities, against the powers of this dark world and against the spiritual forces of evil in the heavenly realms” (Eph. 6:12). What’s one thing standing between you and the dream God has placed in your heart right now? What’s a way to overcome it?

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7. Think of someone in your life who is pursuing a God-sized dream. What’s their story? What have you learned from them?

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— ***Dream It. Do It.*** —

Create a vision board that expresses your God-sized dream visually. You can use photos, clippings from magazines, or images you find online. It can be any size or shape—just as long as it inspires you as you look at it.

## Chapter 2: You Might Have a God-Sized Dream If . . .



### Go Deeper Guide

1. What are three of your strengths?

— **Find Your Strengths: 5 Minutes** —

Circle three strengths that apply to you.

◦ Adventurous	◦ Efficient	◦ Hospitable	◦ Responsible
◦ Athletic	◦ Encouraging	◦ Imaginative	◦ Sensitive
◦ Brave	◦ Energetic	◦ Intelligent	◦ Servant-hearted
◦ Calm	◦ Fair	◦ Kind	◦ Spontaneous
◦ Capable	◦ Flexible	◦ Loving	◦ Supportive
◦ Caring	◦ Forgiving	◦ Loyal	◦ Talented
◦ Cheerful	◦ Friendly	◦ Mature	◦ Thoughtful
◦ Considerate	◦ Frugal	◦ Organized	◦ Trustworthy
◦ Courageous	◦ Funny	◦ Positive	◦ Warm
◦ Creative	◦ Gentle	◦ Protective	◦ Wise
◦ Dedicated	◦ Gracious	◦ Reflective	◦ <i>Add your own</i>
◦ Determined	◦ Hardworking	◦ Reliable	...
◦ Devoted	◦ Helpful	◦ Resilient	
◦ Easygoing	◦ Honest	◦ Resourceful	

If you're still wondering if the words you circled are strengths, then you can put them through the STRENGTH test:

<b>S</b> ervice	<i>Does it help me serve God and others?</i>
<b>T</b> ime	<i>Has it been present throughout much of my life?</i>
<b>R</b> elationships	<i>Do others see this?</i>
<b>E</b> nergy	<i>Do I feel energized when I'm living this way?</i>
<b>N</b> atural	<i>Does this come naturally to me most of the time? Or do I know God has intentionally developed this in me even though it doesn't?</i>
<b>G</b> lory	<i>Does God ultimately get the glory from it?</i>
<b>T</b> rials	<i>Even in hard times, does it usually come through somehow?</i>
<b>H</b> earth	<i>Does this really feel like a core part of who I am?</i>

2. What are three of your skills?

— **Find Your Skills: 5 Minutes** —

Circle three skills that apply to you.

<ul style="list-style-type: none"><li>◦ Acting</li><li>◦ Adapting</li><li>◦ Administering</li><li>◦ Advising</li><li>◦ Analyzing</li><li>◦ Appreciating</li><li>◦ Assembling</li><li>◦ Believing</li><li>◦ Building</li><li>◦ Challenging</li><li>◦ Cleaning</li><li>◦ Collaborating</li><li>◦ Communicating</li><li>◦ Connecting</li></ul>	<ul style="list-style-type: none"><li>◦ Constructing</li><li>◦ Cooking</li><li>◦ Coordinating</li><li>◦ Counseling</li><li>◦ Creating</li><li>◦ Decorating</li><li>◦ Empathizing</li><li>◦ Encouraging</li><li>◦ Evaluating</li><li>◦ Expressing</li><li>◦ Growing</li><li>◦ Guiding</li><li>◦ Helping</li><li>◦ Imagining</li><li>◦ Influencing</li></ul>	<ul style="list-style-type: none"><li>◦ Initiating</li><li>◦ Leading</li><li>◦ Listening</li><li>◦ Maintaining</li><li>◦ Managing</li><li>◦ Motivating</li><li>◦ Negotiating</li><li>◦ Nurturing</li><li>◦ Organizing</li><li>◦ Persevering</li><li>◦ Persuading</li><li>◦ Planning</li><li>◦ Prioritizing</li><li>◦ Problem-solving</li></ul>	<ul style="list-style-type: none"><li>◦ Protecting</li><li>◦ Relating</li><li>◦ Responding</li><li>◦ Risk taking</li><li>◦ Serving</li><li>◦ Sharing</li><li>◦ Speaking</li><li>◦ Supporting</li><li>◦ Teaching</li><li>◦ Training</li><li>◦ Writing</li><li>◦ <i>Add your own</i></li><li>◦ ...</li></ul>
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3. Describe a moment in your life when you found yourself saying, “This is why I’m on earth.”

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4. Draw a time line of your life showing significant experiences that have helped bring you to where you are now.

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5. What else might you need to do to prepare for the God-sized dream in your life?

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6. Which of the “You might have a God-sized dream if . . .” statements from this chapter did you identify with most? Why?

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7. “The joy of the LORD is your strength” (Neh. 8:10). What brings you joy, energizes you, and makes you feel closest to God? How is that a part of your God-sized dreams?

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— ***Dream It. Do It.*** —

Sometimes those around us can see our strengths more clearly than we do because we tend to be so hard on ourselves. This week ask at least one other person in your life to share three strengths they see in you. You can do so face-to-face, on the phone, or through email.

## Chapter 3: The Heart of a Dreamer



### Go Deeper Guide

1. Describe a God-sized dreamer in your life. What stands out most about them to you?

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2. Where does God have you right now? How can you be faithful where you are today so you're ready for where he wants to take you tomorrow?

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3. What helps you keep your heart open to God, those around you, and the dreams he has for you?

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4. Who are you encouraging? We all have a circle of influence in our lives (for example, family, friends, church). Who is in yours?

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5. Would you describe yourself as naturally a "glass half full" or "glass half empty" type of person? What impacts your attitude most?

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6. What hard no have you said in order to pursue a God-sized dream? Are there others you might need to say too?

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7. “Make it your ambition to lead a quiet life” (1 Thess. 4:11). How do these words make you feel? If you described your ambition in words, what would you say? “My ambition is to . . .”

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— ***Dream It. Do It.*** —

Draw your circle of influence and write in names as well as how each person is connected to your God-sized dream.



## Chapter 4: What Comes Next for You?



### Go Deeper Guide

1. Finish this sentence: My God-sized dream is to . . .

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2. Why do you want to pursue that God-sized dream?

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3. What's your LIFE statement?

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4. What do you specifically want to accomplish through this God-sized dream?

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5. "Many are the plans in a person's heart, but it is the LORD's purpose that prevails" (Prov. 19:21). What are three goals and/or next steps that will help you move forward with this dream?

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6. What do you not have right now that you will need along the way to your dream?

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7. How will you celebrate as you take steps forward?

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— ***Dream It. Do It.*** —

Create a one-page strategy for your dream. Include what your God-sized dream is, what you specifically want to accomplish, and the steps you'll take as well as a due date for each one. Keep this strategy in a place where you can clearly see it. It's not set in stone and God can change it at any time, but having it in front of you will help you stay focused.

*Chapter 5: A Guide to Overcoming Your Fear*



*Go Deeper Guide*

1. What are your biggest fears when it comes to your God-sized dreams?

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2. What is the truth that tames each of those fears?

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3. What risks could those fears be pointing out to you? What can you do about them?

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4. What do those fears tell you about what's important to you?

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5. How does "perfect love drive out fear" (see 1 John 4:18)?

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6. How can these fears expand your faith?

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7. Describe a time when you felt fear and pushed through anyway. What happened?

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— ***Dream It. Do It.*** —

Confront one small fear this week. Maybe you've been putting off a phone call, avoiding a difficult task, or something else. Face that fear head-on, ask for God's help, and get it done. Then celebrate when you do.

## Chapter 6: The Disclaimers



### Go Deeper Guide

1. What “seeds” of dreams are you carrying around in your pocket? Remember, this may not be the season for them, but at least you know they’re there and can be planted in God’s perfect timing.

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2. Describe a time in your life when you realized a blessing in your life wasn’t “perfect” after all (getting married, having a baby, starting a new job). How did you find the joy in it again?

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3. Who in your life shares your God-sized dreams? If there’s not anyone right now, who would you like it to be (a good friend, business partner, romantic relationship, etc.)? Begin praying for God to bring the people you need for this dream into your life.

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4. What’s your definition of success?

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5. “They go from strength to strength, till each appears before God in Zion” (Ps. 84:7). What’s “normal” in your life now that was once a God-sized dream (e.g., getting married, having children, pursuing a creative passion)?

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6. Which “Disclaimer” in this chapter spoke to your heart most? What will you remember from it?

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7. Are you discouraged about your dream? If so, write that down here. What’s the truth you need to hear from God instead?

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— ***Dream It. Do It.*** —

Make a list of the “God-sized dreams come true” in your life. They can be small or big. When has God answered your prayers? What blessings do you see around you that simply seem “normal” now? When we’re pursuing a dream, we can lose sight of how many have already come true for us. Remembering can bring joy and encourage our hearts when we need it most.

## Chapter 7: When Your God-Sized Dreams Go Wrong



### Go Deeper Guide

1. Think of a time when you released control of a situation in your life to God. What happened? What's in your life now that you might need to give to him too?

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2. When something doesn't work out the way you plan, do you tend to give up or try again? What encourages you to persevere?

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3. How are you guarding your heart as you pursue your God-sized dreams?

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4. Think of a decision you need to make in your life and put it through this set of questions as practice:

- Does this align with Scripture?
- What do the wise people in my life say about it?
- When I pray about this, what does it seem God is whispering to me?

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5. Are you facing discouragement or disappointment in your life right now? What does your heart need from God and those around you to move forward?

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6. None of us are meant to go through life's storms alone. Who will walk through the rain with you? Who are you doing the same for too?

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7. Write out a short commitment below to never, ever give up on what God calls you to do.

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— ***Dream It. Do It.*** —

Rainy days will come on the way to your God-sized dreams. So start preparing now. Write a letter to yourself with encouragement about what's true. Then seal it up, tuck it away for a rainy day, and open it when you need to remember what God spoke to you before the storms came.



## Chapter 8: How to Stop Sabotaging Yourself



### Go Deeper Guide

1. How is your pace of life right now? We all have one that's optimal. Does it feel like you're below it, above it, or just right? What changes might you need to make?

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2. What are you doing to take care of your body (sleep, exercise, what you eat)? What's one small way you can do so even more? In other words, what does your body need right now?

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3. If you haven't already, make a list of everything that takes valuable resources that you will need for your God-sized dream. Everything. Put a minus sign (-) by anything that drains you and a plus sign (+) by anything that adds to your inner account by bringing you joy. Then look through the minus column and decide which things have to stay (for example, laundry) and which ones can be decreased, delegated, or eliminated all together.

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4. Who is on your dream team (mentor, encourager, younger woman, cheering section)? Note: if you don't have all of these people, it's okay. Most of us don't. Just begin praying for God to fill in the gaps.

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5. What are you most critical of yourself about? What does God want to replace those words with instead?

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6. In what other ways could you be sabotaging yourself? What changes can you make so that's no longer the case?

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7. "If God is for us, who can be against us?" (Rom. 8:31). The answer to that question is intended to be "no one." Write a short prayer to God expressing that you will side with him in being for yourself too.

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— ***Dream It. Do It.*** —

Make plans to connect with someone on your dream team this week. Share an update about what's going on with your God-sized dream and let that person know how they can pray for you. Then ask how you can do the same for her too.

## Chapter 9: Why Your Dream Is Worth It



### Go Deeper Guide

1. God doesn't have a plan B for you. How does knowing that affect your perception of how much your life matters?

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2. When do you feel closest to God as you're pursuing your dream?

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3. When do you feel most alive and fulfilled?

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4. Regret hurts more than risk. What do you think of that statement?

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5. "It's not about you." What helps you get beyond yourself and focus on God's kingdom in your life and dreams?

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6. What else makes your God-sized dream worth it?

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7. If you don't pursue your God-sized dream, who will it affect? If you do pursue it, who will that affect?

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— ***Dream It. Do It.*** —

Review what you've written in the chapters before this one. What's different than when you started? Take a few moments to thank God for where he's brought you so far and where you're going in the future.

Chapter 10: God-Sized Dreams Stories



Go Deeper Guide

1. What are you waiting on in your life right now? Which of Kristen’s tips spoke to you most?

Three horizontal lines for writing.

2. Have you ever had to choose between two God-sized dreams you really wanted, like Heather? What guided you as you made that decision?

Three horizontal lines for writing.

3. Keri tells us to “Do it afraid!” Describe a time in your childhood when you did so and how that impacted your life.

Three horizontal lines for writing.

4. Bonnie is learning how to have joy along the path to her God-sized dreams. What have you learned about joy through your own journey?

Three horizontal lines for writing.

5. Kristen’s and Angie’s God-sized dreams both led them to serve the poor. What’s your definition of “poor”? Is it more than just financial? Who in your life can you serve?

Three horizontal lines for writing.

6. Dee's dream meant expressing her creativity in a new way. What do you do to express yours? (And everyone is creative in some way—it just means the ways that God brings life into the world through you.)

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7. Mela thought it might be too late for her dream. Have you ever felt that way? What's the truth instead?

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8. Ashley discovered her God-sized dream in a most unlikely place—the middle of her personal desert. Have you ever found a blessing in an unexpected place or situation in your life?

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— ***Dream It. Do It.*** —

Reading the God-sized dreams of others can encourage us in our own as well. Choose a biography, memoir, or blog of someone you admire, and spend some time reading their story this week. Perhaps the best one of all is the story of Joshua and Caleb in the Old Testament book of Numbers.

## Chapter 11: Commissioning You



### Go Deeper Guide

1. *You are chosen.* What does God want you to do with your life—today, this week, in the future?

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2. *You are already on your way.* What's one thing you can do right here, right now to make a difference and move a little closer to your God-sized dream?

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3. *You're needed.* "The body is a unit, though it is made up of many parts; and though all its parts are many, they form one body" (1 Cor. 12:12 NIV 1984). What part of the body of Christ do you think you might be—heart, hands, eyes?

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4. *You're loved.* What helps you hold on to God's love?

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5. *You're going to make it.* What challenges are you facing right now? How will you get past them?

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6. *Your dream is going to change the world.* At the end of your life, what do you want your legacy to be?

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7. *Your dream will change you too.* How do you want to be different than you are right now a year from now, a decade from now, even longer? Growth is a lifelong process, and you will never stop until you're home.

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— ***Dream It. Do It.*** —

It's time for you to close this book, my friend. And that means the most important thing you can do is to simply go out there and take the next step in your dream. What will it be? I'd like to know, and you can share it with me at [www.holleygerth.com](http://www.holleygerth.com). You can also take a look at the e-coaching section of the site for one way I can partner with you in your God-sized dream.