

# Kindred Spirit Guide

By Lee Yates

The Bible is the beginning of a faith story and we continue adding chapters today. Some stories are echoed from one generation to the next. See if you have a Kindred Spirit Guide in Scripture that might guide you in your faith journey today.



**For**  
Young Adult

**Season**  
Summer

**Needed**  
Bible, note card and pen, Kindred Spirit Guides Worksheet (page two)

## Activity Plan

1. Look through the list of characters and descriptions on the Kindred Spirit list. See which descriptions resemble circumstances in your own life. Select three or four characters and read their stories.
2. After reading, spend some time in silent prayer, meditating on the stories and how they connect with your own life. Use the following questions to further reflect on the stories.
  - Which character most resembles my life experience?
  - Which character responds to situations like I respond?
  - Which character am I most curious about after hearing their story?
  - Which character creates an emotional response in my heart?
3. Take another moment in prayer and pick one character to be your Kindred Spirit Guide (if in doubt, follow your gut) and write their name on one side of a note-card.
4. Read the story of your Kindred Spirit Guide again and look for these issues as you read:
  - What was their family like?
  - What issues (biological, emotional, etc) would they be dealing with at their age?
  - How is God active in their life?
  - What questions do you have about that character and their life?
5. After reading through the story again, turn over your note card. Write a brief statement about why that person is your Kindred Spirit Guide (for example: As the child of a recovering addict, Ham and I both struggle with shame and forgiveness). Then write two questions on issues in our own life that the character, or their story, brings to mind.
6. Place your card in a visible place to remind you of you that you are not alone on your journey.
7. Share your Kindred Spirit Guide with others and see how the stories of faith we receive from God are guiding the lives of others. Share a comment or upload a file from the “Kindred Spirit Guide” landing page.

## Kindred Spirit Guides

**Ham** – shunned by family due to parent’s own shame, trying to find place in word.  
Genesis 9:20–10:20

**Miriam** – protecting and supporting but often forgotten.  
Exodus 2:1-10 and Exodus 15:20-21 (Read Exodus and Numbers for more.)

**Abraham / Sarah** – on the move, trying to set roots in new places over and over.  
Genesis 12: 1-20 (ongoing through 25)

**Jacob** – hustling, cunning, manipulating, and worried about it all crashing down.  
Genesis 25:24-34, Genesis 27:1-29, Genesis 32:1-11

**Esau** – doing the right thing but wondering why the rewards don’t follow.  
Genesis 25:24-34, Genesis 27:1-41

**Rahab** – going with the flow in a time of change and transition, taking necessary chances.  
Joshua 2:1-21 and 6:22-25

**Hagar** – young single parent struggling against all odds.  
Genesis 16 and Genesis 21:1-21

**Timothy** – leading while wondering if he will be taken seriously.  
1 Timothy 4:6-16

**Nicodemus** – secretly wrestling with faith questions that the public might condemn.  
John 3:1-21 and John 7:45-51

**Mary / Joseph** – raising a small child while feeling completely unprepared.  
Luke 2: 32-35 and Luke 2: 41-52

**Mary Magdalene** – overcoming the expectations and assumptions of others to live fully.  
Luke 8:1-3, Matthew 27:51-61, Mark 16:9-11

