

Identity – Week 2– Who do I think I am ?

Connect and review	Notes
<p>What did you learn from last week? This week the objective is to reflect upon how I see myself?</p>	
Inspire and engage	
<p>Use a human outline drawing with broad headings – physical, mental, social, environmental etc. What might be identified as influences on human life under these headings? Add to drawing as given.</p> <p>These influences can have both beneficial and negative effects upon us. Common negative effects are: fear, depression and an inferiority complex. Unless these are addressed with the help of the Holy Spirit they will fester and rumble beneath the surface.</p> <p><i>Fear</i></p> <ul style="list-style-type: none"> - Deal with unfounded fears (those in the imagination) by surrendering these to Christ (2Corinthians 10:5) and trusting Him to work out everything for His good (Romans 8:28). - Deal with real fear in a Biblical perspective Psalm 23; Isaiah 41:13) God's love is the perfect antidote to fear (1 John 4:18). We need to speak to these fears and bid them depart (Matthew 17 :20) in a positive renunciation of fear. <p><i>Depression</i></p> <ul style="list-style-type: none"> - Have a physical check-up. - Search for the basic cause and maybe seek professional counselling. <p><i>Inferiority complex</i></p> <ul style="list-style-type: none"> - Face the problem, don't pretend it doesn't exist. - Be willing to forgive those who may have damaged your emotions; let go of resentment and bitterness. - Discover your destiny in Christ (Psalm 139:16-18) and stop comparing yourself with others! 	
Explore and apply	
<p>Explore</p> <ol style="list-style-type: none"> 1. We are new creations in God 2 Corinthians 5:17. What does that mean to you? 2. Are you willing to be made new in Christ? <p>Apply What changes in lifestyle will I need to make?</p> <p>Apply</p>	
Reflect and review	
<p><i>Personal reflection:</i> Has my picture of myself changed after this session?</p> <p><i>Suggested activity:</i> Allow the Holy Spirit to reveal things I might need to do and seek His help with them.</p>	