

Course outline

Week 1: Who am I?

- Love your neighbour as yourself
- My composition – body, soul, mind, spirit.

Week 2: Who do I think I am?

- Revealing the truths of the heart
- Let go and let God have His way
- I am a new creation.

Week 3: How do I change?

- Human needs of security, self-worth and significance
- Defense mechanisms for coping with life
- Allow the Holy Spirit to work.

Week 4: how do I connect with others?

- Look at Jesus – our role model
- Reaching out to family and friends.



Key vocabulary

- neighbour
- self
- soul
- mind
- spirit
- Holy Spirit
- security
- self-worth
- significance



Key biblical concepts

- Love
- The work of the Holy Spirit
- Newness in Christ



Biblical/contextual links

- Luke 10:27
- 2 Corinthians 5: 17
- Philippians 2: 1-4
- Luke 2: 52



So what...

- Have I a better understanding of myself now?
- Have I grown in my Christian life during this course?
- Have my attitudes to myself and others changed?
- Let go and let God have His way in your life!



Further reading/digging

Keep a journal in which you regularly jot down your walk/experiences with God (remember to date entries) so you can look back on these and reflect on your Christian journey.

