



Identity – Week 1 – Who am I?

Connect and review		15 mins
<p>Short introduction of who you are. Let the group introduce themselves.</p>	<p>Share a <u>short</u> review of your Christian walk. Let some of the group share reasons for coming on this session today.</p>	
Inspire and engage		10-15 mins
<p>These notes are for a starting point – you can add your own ideas and present them in your own style.</p>	<p>Highlight the objective this week – to understand who I am in God. Luke 10:27 tells us we need to love our neighbours as ourselves. But how can we do that if we have a poor opinion of ourselves, feel worthless, insignificant, or just useless? When you look in a mirror what do you see? Do you see God’s wonderful creation (2Corinthians 5:17) or do you see a sad, woeful reflection of yourself? Today we trust you will acquire a better understanding of who you are in God. Watch You Tube Skit Guys – “God’s chisel” 3:30 mins only (to what do you see in the mirror).</p>	
Explore and apply		20-30 mins
<p>These exercises are in the attendees’ notes. As you consider each in small groups or pairs allow 1-2 groups for short feedback before moving to the next exercise.</p>	<p>Explore</p> <ol style="list-style-type: none"> 1. Why do we need to allow God to “chisel” us? 2. What happens if we resist this? <p>The human personality is made up of body, mind, soul, and spirit. The BODY houses the other parts and through our 5 senses has contact with the outside world. The SOUL or psyche is the part which centres on our emotional well-being and is in close contact with the mind. The MIND controls our thought processes; what we think and do. The SPIRIT is that part of us which relates to God, communicates with Him, and draws from Him the motivation we need to run our lives according to His purpose.</p> <p>Apply</p> <p>What areas of the human personality have the most influence? What areas are the hardest to change?</p>	
Reflect and review		10 mins
<p>This area is vital to see how much has been taken on board. Make sure each one in the room (including you) has at least one action point to leave with!</p>	<p><i>Personal reflection:</i> What has spoken to me most in this session? How am I going to let God “chisel” away the unwanted parts of my life?</p> <p><i>Suggested activity:</i> Think and pray about how I apply Ephesians 1:12, “we should be to the praise of His (God’s) glory” to my life.</p>	