



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

<b>Connect and review</b>		10 mins
<p>Make sure all in the room know each other – let new ones introduce themselves</p>	<p>Review the main points from last week. Address any issues which may have arisen from last week. This week the objective is <b>to reflect upon how I see myself.</b></p>	
<b>Inspire and engage</b>		15- 20 mins
<p>These notes are for a starting point – you can add your own ideas and present them in your own style.</p>	<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"> <li>- 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).</li> <li>- 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.</li> </ul> <p><i>Depression</i></p> <ul style="list-style-type: none"> <li>- Have a physical check-up.</li> <li>- Search for the basic cause and maybe seek professional counselling.</li> </ul> <p><i>Inferiority complex</i></p> <ul style="list-style-type: none"> <li>- Face the problem, don't pretend it doesn't exist.</li> <li>- Be willing to forgive those who may have damaged your emotions; let go of resentment and bitterness.</li> <li>- Discover your destiny in Christ (Psalm 139:16-18) and stop comparing yourself with others!</li> </ul>	
<b>Explore and apply</b>		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><b>Explore</b></p> <ol style="list-style-type: none"> <li>1. We are new creations in God 2 Corinthians 5:17. What does that mean to you?</li> <li>2. Are you willing to be made new in Christ?</li> </ol> <p><b>Apply</b></p> <p>What changes in lifestyle will I need to make?</p>	
<b>Reflect and review</b>		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> 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>	