



Identity – Week 3 – How do I change?

Connect and review	Notes
<p>Last week we were encouraged to “let go and let God have His way”. How did you get on with this? It may take time - remember you are a work in progress!</p> <p>This week the objective is to know how I can develop a healthy attitude to myself.</p>	
Inspire and engage	
<p>Basic human needs are security (to belong), self-worth (to see oneself as a person of worth or value) and significance (to achieve or perform certain tasks well). As we saw in week 1 (body, soul, mind and spirit) we are made of 4 parts which overlap and interact with each other. The basic needs relate to soul and mind. If our needs are not met then feelings of insecurity, inadequacy and insignificance arise. The devil loves to feed these negative feelings, so we need to recognise where these come from and replace them with God’s positive thoughts (from the Word of God – Psalm 19:14; Isaiah 55:8-9; Philippians 4:8-9)</p>	
Explore and apply	
<p>Explore</p> <ol style="list-style-type: none">1. How do you think the need to belong applies in adult life?2. How does knowing what “makes me tick” aid me to help others? <p>Apply</p> <p>How has this unit changed the perception of yourself?</p> <p>Try to put recognise and resist into practise.</p>	
Reflect and review	
<p>Am I struggling with any of the issues raised today? Do I need to seek help, talk this through with a trusted friend or counsellor?</p> <p><i>Suggested activity:</i></p> <p>Watch the whole of Skit Guys “Chisel” available on You Tube.</p>	