

Session 1

WHERE DID I COME FROM?



Session 1: Where Did I Come From?

FOCUS VERSE:

1 John 5:12: He who has the Son has life; he who does not have the Son of God does not have life.

OBJECTIVE:

To understand how Adam and Eve's disobedience led to our being born spiritually dead with driving needs for significance, security and acceptance.

FOCUS TRUTH:

Before we became Christians we were driven by the need to be accepted, secure and significant. Now, in Christ, we are spiritually alive children of God who are accepted, secure and significant.



Leader's Notes

In this first session you will be helping people answer the question, "Who am I?" On the surface that seems like an easy question. The way Christians respond to the question reveals what they believe about the gospel and their spiritual heritage.

Christians need to understand why their needs for identity, acceptance, security and significance cannot be fully met through appearance, performance and social status. You are preparing them to understand how these needs are fully met by becoming children of God, which is continued in Session 2.

If you are planning an away day after Session 8, remember to inform people of the date so that they can keep it clear. If you have not already done so, now may be a good time to order from Freedom In Christ colour postcards of the various lists of truths that we will use during the course — ordering details are in the Introduction section.

We recommend that, at an appropriate point during the session, you share testimonies from yourself or others who have been through previous Freedom In Christ courses. If you are using the DVD set, some will be shown on that but it would be even more effective to supplement those with 'live' testimonies if you can. If you are not using the DVD and you do not yet have any testimonies of your own, you might like to read the extracts from letters sent to Freedom In Christ Ministries which are set out on the following page.

Participants will find it beneficial to read the four Discipleship Series books alongside going through the course (see page 25). We recommend that you have some available for people to buy or refer them to Freedom In Christ's website. There are details in the Participant's Guide on page 6. At the start of each session (in the Word section) we have listed the relevant pages from the book series.

Testimonies

The following are extracts from letters sent to Freedom In Christ Ministries. They can be read out as testimonies of people's experiences on the course if you do not have any of 'live' testimonies of your own yet and do not have the DVD set.

1. "I can truly say that, after finding Jesus as my Saviour, entering into the fullness of my spiritual freedom in Christ has been the most significant moment of my life — I recommend it."

2. "...Finding my freedom in Christ has changed my life..."

3. "I have been a Christian for many years, been to all the right meetings, done the right actions, worn all the T-Shirts! For a long time now I have been feeling quite despondent thinking that there must be more to church life than this, and that if I were prayed for by the right person or had a 'dramatic experience or manifestation' then I would be more spiritual and would be a better Christian.

But listening to all the teaching last week I began to realise that actually I already knew all the truths that were spoken and this was so encouraging.

Then on Saturday going through The Steps To Freedom In Christ I didn't actually 'feel' anything, but later realised that I didn't have any deep-seated issues that needed dealing with (only a few minor ones) as they had already been dealt with by God before. I just hadn't believed it. Any other issues I now know how to deal with. I wept through our worship time on Sunday morning."

4. "I wanted to contact you with thanks and praise! For the first time, I went to bed last night just praising God, telling him that I loved him. And I woke up this morning with my heart full and pounding with his love.

The truths that I encountered in the course were liberating. Although much of it I 'knew', it was not true in my heart. I was separated from the truth of God's love and Jesus' liberation by a large wall of pain, wounds, and lies — so many lies about God. But the wall came tumbling down this week."

Small Group Timings - Session 1

The following plan is designed to help those leading the course in small groups. It assumes a meeting of around 2 hours in length and suggests how long each part of the session should last and also indicates the cumulative elapsed time. You will find a time plan in each session.

Welcome	5 minutes	0:05
Worship	8 minutes	0:13
Word part 1	20 minutes	0:33
Pause For Thought 1	25 minutes	0:58
Word part 2	17 minutes	1:15
Pause For Thought 2	15 minutes	1:30
Word part 3	8 minutes	1:38
Pause For Thought 3	15 minutes	1:53
Word part 4	7 minutes	2:00

Note:

The time allocated for the Word sections is based on the length of the corresponding section of the accompanying DVDs.

The Witness section is not included in the time plan as it tends to be used in place of a Pause For Thought section. You will need to add on 5 to 10 minutes if you want to include it separately.

Registered users of the course can download a spreadsheet with these timings. Simply enter your own start time, adjust the length of the various components as desired and you will have a timed plan of your session.





If this is a new group you might like to extend this time and ask the pairs to introduce each other to the whole group.



WELCOME

Spend a couple of minutes in pairs finding out as much as you can about each other. Then, in no more than 30 seconds, answer this question about your partner. “Who is he/she?”



WORSHIP

Suggested theme: God’s plans and promises.

Read one or two of the following passages: Psalm 33:10-11, Job 42:2, Proverbs 19:21

Suggest that group members speak out in worship and praise the attributes of our God — eg: wisdom, sovereignty, holiness, faithfulness etc. — or God’s various names.



WORD

Steve Goss has written four short books, collectively known as The Freedom In Christ Discipleship Series, that correspond to the four parts of the course (see page 6 in your Participant’s Guide). The first in the series, Free To Be Yourself (Monarch 2008), corresponds to Part A of the course (the first four sessions). Read up to page 35 in the book for the material that relates to this session.

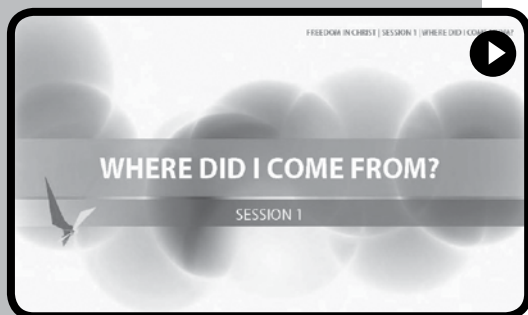
INTRODUCTION

Who Are You Really?

The purpose of the Freedom In Christ course is to help us walk in the freedom that Jesus won for us. How can we do that? Jesus said, “You will know the truth, and the truth will set you free” (John 8:32). We need to make sure that we really **know** the truth, not just as “head knowledge” but in our hearts.

The first area of truth we need to know is where we have come from and who we really are.

So, who are you? It sounds like a simple question.



[Insert your own details here]

"Well, I'm Steve Goss." But you might rightly point out, "No, that's just your name. Who are you?"

"I work for Freedom In Christ Ministries." "No, that's what you do."

"I'm British" "No, that's where you live."

Is this person that you are looking at really me?

[Describe your outward appearance, eg 1.8m tall, black hair, etc.]

- ▶ You could put me on an operating table to try to find out who I really am.
- ▶ If you chopped off one of my arms, would I still be me?
- ▶ If you chopped off one of my legs as well, would I still be me?
- ▶ What if you transplanted my heart, kidneys and liver, would I still be me?

Where am I then? If you keep chopping, will you eventually find me? I must be in here somewhere!

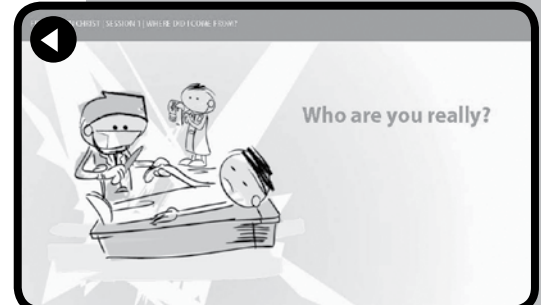
The question is: ▶ what makes up the real "me", the real "you"? Is it my body? Is it what I have? Is it what I do? Is it what I think?

You Are Created In The Image Of God

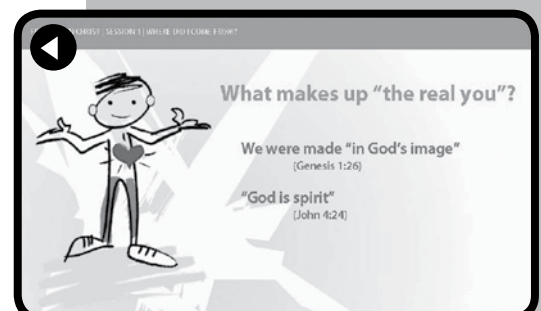
Paul says (2 Corinthians 5:16), "From now on we regard no one from a worldly point of view." But we do! We tend to identify ourselves and others by our appearance, performance and social status.

The Bible is very clear, however, that that's not who we are. ▶ It says that we were made "in God's image" (Genesis 1:26), and God is not flesh and blood. ▶ He is spirit.

We have a spiritual nature, an inner person (or soul/spirit). We also have a body — but one day that body will die and we will leave it behind. It is not our outer person that is created in the image of God; it's our inner person that has the capacity to think, feel and choose. Deep down



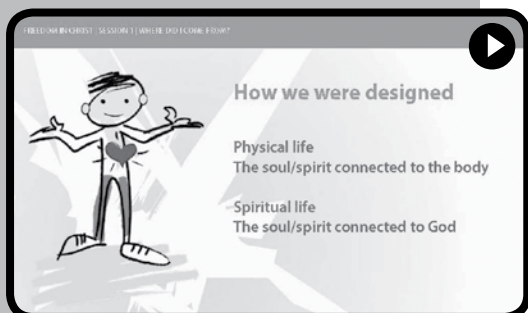
2 SLIDES IN TOTAL



+ "God is spirit" — John 4:24 "Jesus answered, 'I tell you the truth, no one can enter the kingdom of God unless he is born of water and the Spirit. Flesh gives birth to flesh, but the Spirit gives birth to spirit.'" — John 3:5-7

Note:

Some theologians believe that the human spirit and the soul are the same thing. Others believe that the human spirit is distinct from the soul. The term "inner person" incorporates both concepts.



inside we are spiritual beings.

The Bible assures us that the ultimate reality in the universe is spiritual. The invisible world is just as real as the visible world (Hebrews 11:3). Every physical thing we see is only temporary and will pass away, but spiritual things last for ever (2 Corinthians 4:18).

How We Were Designed To Be

► Physically, everybody is descended from one couple, Adam and Eve. It's fascinating that analysis of something called 'mitochondrial DNA' has led scientists to conclude that all human beings are descended from one woman (even if they don't accept that she was necessarily the only one alive at the time) and analysis of Y-Chromosomes has led them to the conclusion that all human beings are also descended from one man. It is good to know that the biological evidence is consistent with what the Bible says.

To start with, at least, Adam and Eve's life was quite different from ours. The key question to consider is, in what way was Adam alive? The answer is in two parts:

Physically Alive

► First of all, Adam was physically alive. That simply means that his spirit — his inner person, the core of his being — was connected to his body. If he died physically, his spirit would separate from his body. He would be "away from the body and at home with the Lord" (2 Corinthians 5:8).

We too are physically alive. We have a physical body, which means that we can taste, touch, smell, feel and see.

Spiritually Alive

► But Adam was also spiritually alive. That is different and means that his spirit — the core of his being — was connected to God.

That is how we were designed to be too: on the one hand our spirit connected to our physical body, and on the other hand our spirit connected to God.

► This connection to God gave Adam a whole different quality of life from mere physical existence. Being spiritually alive meant that Adam's life had a number of very important qualities:

1. Significance

► God gave Adam a purpose for being — to rule over the birds of the sky, the beasts of the field and the fish of the sea (Genesis 1:26). Adam did not have to search for significance or meaning in life — he already had it.

2. Security

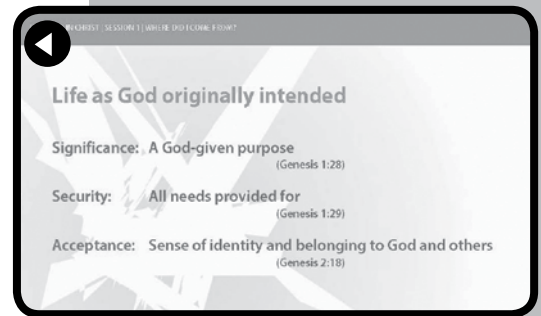
► He was totally safe and secure in God's presence. Everything he needed was provided — food, shelter, companionship — everything! He had no concept of what a "need" was.

3. Acceptance

► Adam had an intimate relationship with God. He could talk with Him at any time and have His full attention. Then God created Eve for Adam too (Genesis 1:27, 28). He had a sense of belonging, not just to God but to another human being.

They were accepted by God and each other. They were naked and unashamed — nothing to hide, nothing to cover up. They had an intimate relationship with each other in the presence of God.

That's how God created you to be. You were designed for that kind of life. Complete security, a real purpose, no need to worry about anything, and a sense of belonging to God and to other people.





PAUSE FOR THOUGHT 1

OBJECTIVE:

TO GET PEOPLE TALKING AND TO REINFORCE THE POINT THAT ADAM AND EVE WERE COMPLETELY CONFIDENT IN THEIR SIGNIFICANCE, SECURITY AND ACCEPTANCE.



► QUESTIONS:

IF YOU FEEL ABLE TO DO SO, COULD YOU SAY WHY YOU CAME ON THE COURSE AND WHAT YOU HOPE TO GET FROM IT?

IMAGINE ADAM AND EVE'S DAILY LIFE AS THEY WERE ORIGINALLY CREATED. HOW WOULD IT HAVE BEEN DIFFERENT TO YOURS?

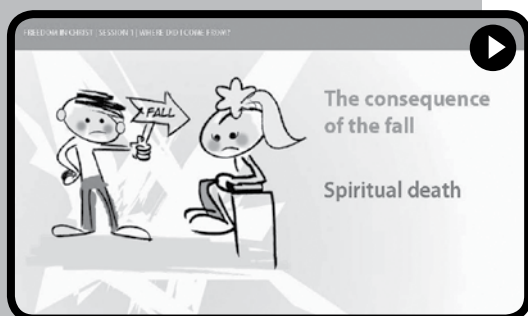
WHAT DO YOU THINK THEY WOULD HAVE THOUGHT ABOUT AS THEY DROPPED OFF TO SLEEP EACH NIGHT?

The Consequence Of The Fall

Spiritual Death

► Adam and Eve were deceived by Satan and they disobeyed God — the Bible calls that “sin”. They were told, “You must not eat from the tree of the knowledge of good and evil, for when you eat of it you will surely die” (Genesis 2:17). They ate and they died. Physically? No. Physical death did eventually come, but not until 900 years later. ► They died **spiritually**.

The connection that their spirits had to God was broken and they were separated from God. Consequently, everybody who came into the world from that time on was born physically alive but spiritually dead. Ephesians 2:1 says we were born “dead in [our] transgressions and sins”. “Born dead” — does that mean stillborn? No. We were born physically alive but spiritually dead — separated from God (Romans 5:12, 1 Corinthians 15:21, 22, Ephesians 2:1).



The actual effects of their sin were many and varied but can be summed up by one word: “death”. Some of the effects of this spiritual death for them (and consequently for us) were:

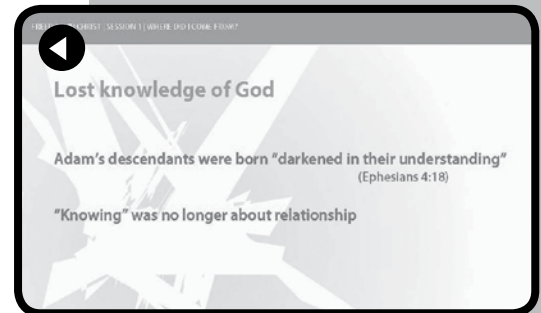
► 1. Lost Knowledge Of God

The wisdom of God was no longer within them, and they were left to discover their identity, purpose and meaning in life independently of their creator. The fact that Adam was deficient in his understanding soon became apparent when he tried to hide from a God who knows everything and is everywhere! (Genesis 3:7,8).

► Listen to how Paul described Adam’s descendants: “They are darkened in their understanding and separated from the life of God because of the ignorance that is in them due to the hardening of their hearts” (Ephesians 4:18). They are darkened in their understanding because they no longer have spiritual life. Paul also tells us that the natural person who is spiritually dead cannot discern the things of God because they must be discerned spiritually (1 Corinthians 2:14).

► To be in relationship with God was to know God. When Adam and Eve sinned and were banished from God’s presence, they lost the intimate knowledge of God they once enjoyed. That’s how we came into the world: without a true knowledge of God. We may have come to know about God, but we can’t really know Him until we establish a real relationship with Him through Jesus Christ

Paul understood that. He was a leading candidate for ‘Theologian of the Year’ when God struck him down on the road to Damascus. But then he rediscovered the knowledge of God that Adam had originally — a real, intimate relationship, not just a theological concept. His response: “I consider everything a loss compared to the surpassing greatness of knowing Christ Jesus my Lord... I consider them rubbish.” (Philippians 3:8)



Really knowing God is about an intimate relationship — not just knowing facts about Him. You hear about Internet marriages where people meet over the Internet and then get married. But what kind of a relationship would you have with your husband or wife if you stayed like that, never met each other, and just communicated via e-mail and sent the odd picture?

FREE DOM IN CHRIST | SESSION 1 | WHERE DO YOU COME FROM?

Negative emotions

Fearful and anxious	Need for a sense of security
Guilty and ashamed	Need for a sense of significance
Rejected	Need for acceptance
Weak and powerless	Need for strength and control
Depressed and angry	Search for happiness



It is often said that the command “Do not fear” appears 365 times in the Bible, one for every day of the year.

That would be a nice concept — if it were true! In fact there are about 170 occurrences.

2. Negative Emotions

► They suddenly experienced a whole host of negative emotions that they had never known before.

► They felt fearful and anxious

The first emotion expressed by Adam was, “I was afraid” (Genesis 3:10). “Do not fear” is the most repeated commandment in the Bible. Anxiety disorders are the number one mental health problem in the world. It is hard to imagine, but Adam and Eve had no irrational fears until they sinned. We are born with a driving need to get back to the position of security that they lost.

► They felt guilty and ashamed

Originally they had a sense of significance. When the relationship with God was broken, that was replaced by a sense of guilt and shame. Therefore we are all born with a need to get back that sense of significance. What had been an attribute of Adam and Eve became a glaring need in us.

Suppose during this course I had the privilege of getting to know you, **really** getting to know you. Would I like you?

[Leave quite a long pause before continuing.]

I know I would, not because of any virtue of my own but because God is in me and He is in you. But how did you feel when I asked the question? The sense of guilt and shame that we have inherited from Adam makes most of us frightened to death that somebody might find out what we are really like inside.

Identity crisis and negative self-image have been human problems since the Fall.

► They felt rejected

Originally they had a sense of belonging, of complete acceptance. When the relationship with God was broken, there came a crushing sense of rejection. Everyone is born with it and it creates in us a need to be accepted — again, what was an attribute of Adam and Eve became a

glaring need in us. Look at peer pressure. It takes an incredible amount of courage to stand alone against what others say because our need to belong, to fit in, to be accepted by others is so strong.

► They felt weak and powerless

Originally Adam and Eve had the power of God within them to be and do all that God created them to be and do. Now they had to rely on their own strength and resources. We are all born with that sense of being alone in a world that we can't control. That's why from an early age we have grown up trying to act strong and exercise some control over our lives. We were designed to be completely dependent on God. Because we didn't know Him, however, we grew up trying to control our own destinies, which often results in our trying to control other people. That never works, and ironically there is nobody more insecure than a controlling person.

► They felt depressed and angry

It's not surprising that they also felt depressed and angry. We see this early on in the Bible when Cain and Abel brought their offerings to God, but God didn't accept Cain's offering. So he became depressed and angry (Genesis 4:1f). Depression is the number two mental health problem in the world. It is so widespread it is called the common cold of mental illness. Despite all our technological advances we live in an "age of anxiety".

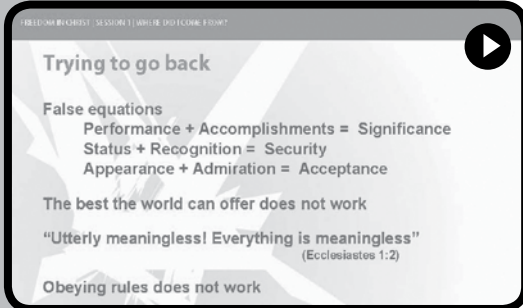


In the UK around 25 per cent of women and 10 per cent of men will have at least one clinical episode of depression before they are 65. How come our ladies are more depressed than our men? Perhaps it is something to do with who they are living with!

"By 2020 severe depression will be the second leading cause of death, after heart disease. The most common problem is clinical depression. Over the course of a lifetime, it is estimated that between 8 and 12% of men, and 20 to 26% of women will suffer at least one episode of depression."

Richard Hornsby, Director of The Sir Robert Mond Memorial Trust, London.

Trying To Go Back To How It Was Meant To Be



Try as we might to “find ourselves” through routes offered by the world, they always fall short in the end. Always. Witness: “I can’t get no satisfaction” — Rolling Stones. “I still haven’t found what I’m looking for” — U2.

The Best The World Can Offer Does Not Work

- ▶ As a result of the Fall we were born with strong drives to try to regain the acceptance, security and significance that Adam and Eve lost. But we don’t know how to do it. It’s no surprise, then, that we are a little confused about who we really are and what will really make us happy. We are like cars without petrol trying to find our purpose for being here. No matter how good the car looks, it cannot fulfil its purpose without petrol.
- ▶ The world offers us a number of false equations which it promises will recover what Adam and Eve lost:

Performance + accomplishments = significance

Status + recognition = security

Appearance + admiration = acceptance

- ▶ But human effort through appearance, performance and social status can never recapture what Adam and Eve lost.

Consider Solomon, who was king of a nation at its greatest prominence. He had the position and power to do whatever he wanted to do, and he had the wealth to finance it — we still hear of King Solomon’s mines. He had all the women any man could want, and more. But in all these things he was trying to find purpose and meaning in life independently of God. God gave Solomon more wisdom than anyone else that has ever lived, so he had the wisdom to interpret what he discovered. He wrote a book about his conclusions in the Old Testament, entitled Ecclesiastes. And what did he conclude? ▶ “Utterly meaningless! Everything is meaningless” (Ecclesiastes 1:2).

Bernhard Langer, a top golfer who is also a Christian, came to the same conclusion:

By the time I was about 28 years old, I had basically achieved almost everything that I wanted to. I realised that material things don’t make you happy and that there must be more in this life than just accumulating money in the bank, or cars,

or houses, or whatever. You just want more, more, more and are never satisfied.

We can't get that life back by trying harder or by dressing to impress because the problem is that we were born separated from God.

Obeying Rules Does Not Work

► God had a plan to restore fallen humanity, but first He had to convince us that self-help and human effort cannot meet our needs. He did this by making a covenant with humankind based on the concept of law. If we could live according to the Law by human effort, then we would be blessed. If we couldn't, we would be cursed. Of course, we couldn't, so the Law became a curse for us. It was powerless to give us back the life that Adam and Eve lost (Galatians 3:10,21). This was part of the plan, since God intended the Law to be a tutor to lead us to Christ (Galatians 3:24). He had to make us aware of our utter hopelessness caused by spiritual death, ie separation from God. And in His mercy He also set up a system of sacrifices to atone for sin — all pointing to the One who would be the ultimate sacrifice, Jesus Christ.

So we all came into the world quite differently from how we were designed, completely cut off from the source of true spiritual life.



The truth is that we all have a deep need to be loved unconditionally for who we are — by definition we can't do anything to earn that.





PAUSE FOR THOUGHT 2

OBJECTIVE:

TO HELP PEOPLE UNDERSTAND THAT THEY ARE PERSONALLY AFFECTED BY THE CONSEQUENCES OF ADAM AND EVE'S SIN AND CAN'T DEAL WITH THOSE CONSEQUENCES WITHOUT CHRIST.



► QUESTIONS:

WHAT WERE THE CONSEQUENCES OF ADAM AND EVE'S SIN FOR US?

WHICH ONES DO YOU PARTICULARLY IDENTIFY WITH AND WHY?

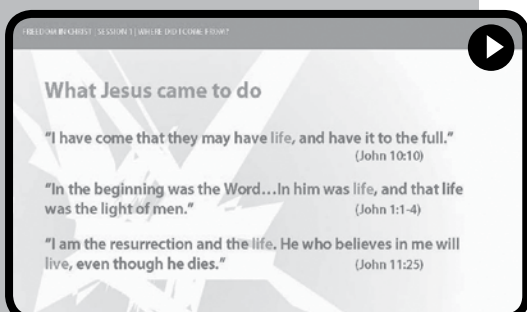
LOOK AT THE 'BEST THE WORLD CAN OFFER' FALSE EQUATIONS IN YOUR WORKBOOK. HOW DO PEOPLE GENERALLY TRY TO DEAL WITH THEIR STRONG NEEDS TO FEEL SIGNIFICANT, SECURE AND ACCEPTED? TRY TO GIVE SPECIFIC EXAMPLES THAT YOU HAVE EXPERIENCED YOURSELF OR OBSERVED IN OTHERS.

What Jesus Came To Do Give Us Back Spiritual Life

The only possible answer to that predicament is to restore our relationship with God, to reconnect our spirit to God's Spirit, to become spiritually alive again. That was not something we could accomplish ourselves. ► So God sent Jesus to undo the works of Satan, who had deceived Eve, resulting in the sin that separated her and Adam from God.

Jesus was like Adam in that He was both physically and spiritually alive. Unlike Adam, Jesus never sinned. He modelled for us how a spiritually alive person can live in this fallen world if they live dependently upon their heavenly Father.

However, Jesus came to give us more than an example, He



came to..... well, why did He come? What would you say? Most people would probably say, 'He came to forgive my sins,' and, of course, that's true. But that was a means to an end. Jesus Himself said,

► “I have come that they may have **life**, and have it to the full” (John 10:10). (Our emphasis)

What did Adam lose? Life. What did Jesus come to give us? Life.

You see that word 'life' all over the New Testament:

► “In the beginning was the Word... In him was **life**, and that **life** was the light of men” (John 1:1-4). (Our emphasis)

► “I am the resurrection and the **life**. He who believes in me will **live**, even though he dies” (John 11:25). (Our emphasis)

In other words, he will live spiritually, even if he dies physically.

When we become Christians our spirit is reconnected to God's Spirit — we are spiritually born again, and we can know God and relate to others in the same intimate way that Adam and Eve knew. ► What Adam lost was **life**. What Jesus came to give us was **life**.

Restore Significance, Security And Acceptance

Did you think that eternal life is something that you get when you die? It's much more than that — ► it's a whole different quality of life **right now**. In fact, it's simply getting back the life that Adam lost at the Fall. In 1 John 5:12, the apostle John wrote, “He who has the Son has life; he who does not have the Son does not have life.” The moment we received Christ, we were given the right to be called children of God (John 1:12). Having the life of Christ within us is what makes possible the restoration of what Adam and Eve lost in the Fall.

► Now our needs to establish an identity, to be accepted, secure and significant are fully met in Christ. Let's see what the Bible says.



Other verses in John referring to the life that Jesus came to bring: John 6:48 & 14:6

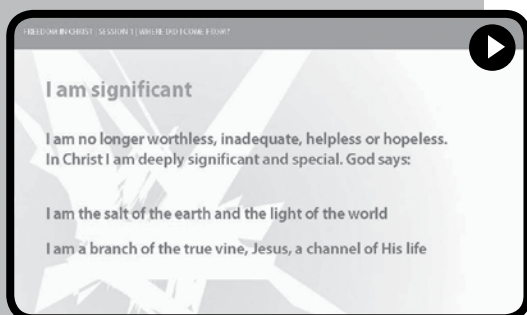
It's about life

What Adam lost was life

What Jesus came to give us was life

A different quality of life right now as well as life for evermore

Life = significance, security, acceptance



9 SLIDES IN TOTAL



“Are you going to believe what the Creator of the universe tells you, or trust a feeling inside?” This question is fundamental to the whole course. You’ll want to keep challenging people about whether they are going to believe God’s Word or go with what they feel.

► [Read together the “Significance, Security And Acceptance Restored In Christ” list on pages 17 and 18 of the Participant’s Guide. Also on page 61 of this Leader’s Guide.]

When you read those things you may find it difficult to imagine that they really are true of you. But if you are a Christian, God says they are true! Are you going to believe what the Creator of the universe tells you, or trust a feeling inside?

As we go through the course, we’ll learn more about these things and what they mean in our real day-to-day lives: why we don’t have to strive any longer for people to accept us; why we are secure in Christ despite our circumstances; and why we don’t have to worry about our needs.

The key thing, perhaps, to understand now is that if God says these things are true, then they really are true. God is truth — our responsibility is to find out what is true and believe it even when our feelings and circumstances tell us something different.



PAUSE FOR THOUGHT 3

OBJECTIVE:

TO ACKNOWLEDGE THAT THESE STATEMENTS FROM THE BIBLE DON’T ALWAYS FEEL TRUE, BUT THAT IF GOD SAYS THEY ARE TRUE OF US, THEN THEY ARE INDEED TRUE.



► QUESTIONS:

OF THE STATEMENTS WE READ OUT TOGETHER, WERE THERE ANY THAT SURPRISED YOU? WHY?

OF THE STATEMENTS WE READ OUT TOGETHER, WHICH ONES PARTICULARLY ENCOURAGED YOU? WHY?

IF GOD SAYS SOMETHING ABOUT US BUT IT DOESN’T FEEL TRUE TO US, HOW CAN WE RESPOND TO IT?

Summary

We've seen that Adam and Eve had spiritual life, which meant an intimate relationship with God and perfect acceptance, significance and security. But they lost it, and because of that we were born without it, even though that's the life we were designed to live.

Jesus came to give us back that life. Christians have that same life right now. They experience it when they take God at His word.

"He who has the Son has life; he who does not have the Son does not have life" (1 John 5:12).

In the next session we'll come back again to that question "who am I?" and look at the truth of what it means to be a Christian. ►



WITNESS

How do people generally try to deal with their strong need to feel accepted, significant and secure? How would you explain to a non-Christian neighbour that ultimately these are found only in Christ?



IN THE COMING WEEK

Read the "Significance, Security & Acceptance Restored In Christ" list out loud every day. Then pick one of the truths that is particularly relevant to you and spend some time reading it in its context and asking God to help you understand it more fully.



Throughout the course the difference between Christians and not-yet Christians is shown to be a stark one. Depending on the group, it may well be worth emphasising at this stage that you only get the "life" back if you become a Christian. You may like to say something like: "If you are not sure that you are a Christian, then it's a simple matter of receiving God's free gift. Simply thank God that He sent Jesus to die for you when you were in a completely hopeless state and accept Him as your Lord and Saviour." Alternatively you could do this in the next session (or indeed both).



Significance, Security & Acceptance Restored In Christ

I Am Significant

I am no longer worthless, inadequate, helpless or hopeless. In Christ I am deeply significant and special. God says:

Matthew 5:13,14	I am the salt of the earth and the light of the world.
John 15:1,5	I am a branch of the true vine, Jesus, a channel of His life.
John 15:16	I have been chosen and appointed by God to bear fruit.
Acts 1:8	I am a personal, Spirit-empowered witness of Christ.
1 Corinthians 3:16	I am a temple of God.
2 Corinthians 5:17-21	I am a minister of reconciliation for God.
2 Corinthians 6:1	I am God's fellow worker.
Ephesians 2:6	I am seated with Christ in the heavenly realms.
Ephesians 2:10	I am God's workmanship, created for good works.
Ephesians 3:12	I may approach God with freedom and confidence.
Philippians 4:13	I can do all things through Christ who strengthens me!

I Am Secure

I am no longer guilty, unprotected, alone or abandoned. In Christ I am totally secure. God says:

Romans 8:1,2	I am free forever from condemnation.
Romans 8:28	I am assured that all things work together for good.
Romans 8:31-34	I am free from any condemning charges against me.
Romans 8:35-39	I cannot be separated from the love of God.
2 Corinthians 1:21,22	I have been established, anointed and sealed by God.
Philippians 1:6	I am confident that the good work God has begun in me will be perfected.
Philippians 3:20	I am a citizen of heaven.
Colossians 3:3	I am hidden with Christ in God.
2 Timothy 1:7	I have not been given a spirit of fear, but of power, love and a sound mind.
Hebrews 4:16	I can find grace and mercy to help in time of need.
1 John 5:18	I am born of God and the evil one cannot touch me.

I Am Accepted

I am no longer rejected, unloved or dirty. In Christ I am completely accepted. God says:

John 1:12	I am God's child.
John 15:15	I am Christ's friend.
Romans 5:1	I have been justified.
1 Corinthians 6:17	I am united with the Lord and I am one spirit with Him.
1 Corinthians 6:19,20	I have been bought with a price. I belong to God.
1 Corinthians 12:27	I am a member of Christ's Body.
Ephesians 1:1	I am a saint, a holy one.
Ephesians 1:5	I have been adopted as God's child.
Ephesians 2:18	I have direct access to God through the Holy Spirit.
Colossians 1:14	I have been redeemed and forgiven for all my sins.
Colossians 2:10	I am complete in Christ.