



# SESSION 1: Where Did I Come From?

## PART A — KEY TRUTHS

Jesus said that we will know the truth and the truth will set us free! In the first three sessions we look at some of the key truths we need to know about what it means to be a Christian.



### 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

God's plans and promises. Psalm 33:10-11, Job 42:2, Proverbs 19:21.



### WORD

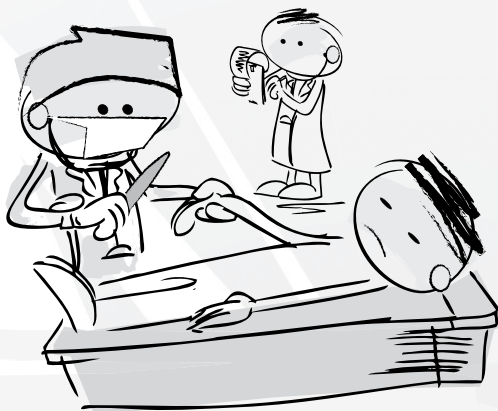
**Focus verse:** He who has the Son has life; he who does not have the Son of God does not have life. (1 John 5:12)

**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.



## Who Are You Really?

What makes up the real “me”? 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 (Genesis 1:26)

God is Spirit and we too have a spiritual nature, an inner person (or soul/spirit). It is not our outer person (our body) that is created in the image of God; it's our inner person that has the capacity to think, feel and choose.

## How We Were Designed To Be

### Physically Alive

Our spirit connected to our body

### Spiritually Alive

Our spirit connected to God

Being spiritually alive and connected to God meant that Adam and Eve possessed a number of very important qualities of life:

## 1. Significance

## 2. Security

## 3. Acceptance

That's how God created you to be: a real purpose; absolute security; and a sense of belonging to God and to other people.



### PAUSE FOR THOUGHT 1

If you feel able to do so, could you say why you came on the course and what you hope to get from it?

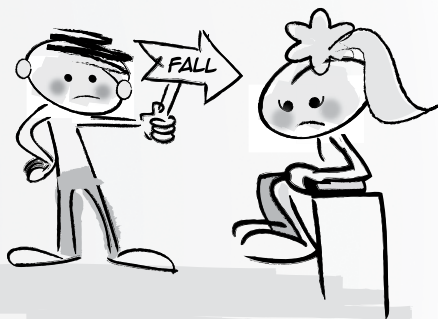
Imagine Adam and Eve's daily life as they were originally created. How would it have been different to yours?

What do you think they would have thought about as they dropped off to sleep each night?

## The Consequence Of The Fall

### Spiritual Death

The effects of Adam and Eve's sin 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

"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).

## 2. Negative emotions

They felt:

- fearful and anxious
- guilty and ashamed
- rejected
- weak and powerless
- depressed and angry

## Trying To Go Back To How It Was Meant To Be

### The Best The World Can Offer Does Not Work

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**

“Utterly meaningless! Everything is meaningless.” (Ecclesiastes 1:2)

### Obeying Rules Does Not Work

God gave the Law to His people but it was powerless to restore the life that Adam and Eve lost. It was intended to make us aware of the utter hopelessness of our situation and point us to Christ, the ultimate sacrifice for sin.



## PAUSE FOR THOUGHT 2

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 on page 14. 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 our predicament was to restore our relationship with God, to reconnect our spirit to God's Spirit so that we could become spiritually alive again.

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

"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)

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**.

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

Now our needs to establish an identity, to be accepted, secure and significant can be fully met in Christ.



### PAUSE FOR THOUGHT 3

**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?**



### 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.

# 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.