

# Heart to Heart

Collection 4: *Who Am I?*

Week 1: Introduction

## Materials needed:

- Magazines
- Glue sticks
- Multi-media journals
- Colored markers
- Colored pencils or pens
- Jerry Bridges' book *Who Am I?*
- Seeing Myself As Jesus Does* Bookmark

## 1. CONNECTING

- If you were meeting someone for the first time, how would you introduce yourself? Why?
- On a page in your journal write at the top **Who Am I?** Then take the colored markers and put down the words that come to mind as you think about your answers to this question.
- Share your pages with each other.
- These can be clues to how we often identify ourselves.

## 2. SHARED QUIET TIME

- Pray asking the Lord to open your eyes to see wonderful things in His Word
- The first three chapters of Ephesians reveal much about who we are in Christ!
- Read through Ephesians 1:1-23 and compile a list
- Turn to a new page in your journal and write the words: LOOK, LISTEN, LIVE IT OUT down the side of the margin.
- Then select one aspect of your identity in Christ that captures your attention,
- LOOK: write the verse it came from next to where you wrote LOOK in your journal.
- LISTEN: then begin to record your thoughts. Why did that verse stand out to you? And dialogue with Jesus about this aspect of your identity. Sometimes I even ask His questions and am surprised by what comes to mind next. Enjoy time with Him as you ponder this.
- LIVE IT OUT: What do you sense Jesus inviting you to do in response to this?
- Share with her the *Seeing Myself The Way Jesus Does* bookmark (you can print this out in advance or access on your phones from [www.theheartofdisciplingwomen.org/library](http://www.theheartofdisciplingwomen.org/library) under tools in Collection 4
- It's important she realizes Jerry Bridges' highlights 8 aspects of her identity in Christ but this is not an exhaustive study, there is even more we can delve into!

## 3. READ THE INTRODUCTION TO JERRY BRIDGES' BOOK WHO AM I?

- Read through the introduction to Jerry Bridges' book *Who Am I?* with a colored pencil or pen in hand, underlining whatever stands out to you.
- Share your highlights

## 4. WATCH THE INTRODUCTION VIDEO

- Pray before you start. Ask the Lord to bless your ears to hear whatever He wants you to hear.
- On another page in your journal creatively take notes, you can draw pictures of anything that stands out to you. Write down words or ideas that capture your attention. The goal

isn't to transcribe what's being said, but what do you sense the Lord is highlighting for you?

- Watch the Video, then discuss what stood out to you.

## **5. CREATE YOUR "GO" PAGE**

- Consider: what could get in the way of you doing this course?
- Share your obstacles or hesitations
- Pray for each other
- What do you need to give yourself permission to do to help make getting the most out of this course possible?
- Create a "Go" page
- Share with each other
- Pray together and Commit your plans to the Lord

## **6. SHARING THE JOURNEY: REVERSE CLASSROOM**

- Explain the format of a reverse classroom: You will work through the content on the website on your own, then enjoy the time you spend together sharing what you learned.
- Go online to [www.theheartofdisciplingwomen.org](http://www.theheartofdisciplingwomen.org) and sign up for the Who Am I? course.
- This coming week work through the content related to the first chapter, watching the videos, reading Jerry Bridges' book *Who Am I?* and art journaling (this can be as simple as a 30-second stick figure sketch and creating an application page.
- When you meet next week you will share your art journal and application pages, dive deeper into the Word, and spend time in prayer.

## **7. CLOSE YOUR TIME IN PRAYER**

- Using the Seeing Myself The Way Jesus Does Bookmark (either print out ahead or you can find it on the next page) go back and forth thanking Jesus for each aspect of your identity you are thankful for!
- I encourage you to popcorn pray - pray for only one item at a time, briefly, this keeps your praying interactive and engaging. I usually have us each select three to pray when doing this for the first time.
- Some of the items on this list you may struggle to believe, remember you can ask Jesus for help to embrace them. He knows you even better than you know yourself! After paying so dearly to make this true for you, He longs for you to know, rest and delight in these truths about who you are even on your worst day! It is all because of Jesus!

### **Note:**

This Heart to Heart Outline is offered as a suggestion of what can be done in a one-on-one or group meeting that lasts two hours.

Feel free to adapt to meet the unique needs of those you are meeting with. For example, if you only meet for an hour you can have them do steps 4 and 5 on their own, then discuss that the next week and delay starting chapter 1 until the week after.

For more information on how to share a quiet time see the article **The Treasure of Shared Quiet Times in The Heart of Discipling Women Library** (Introduction:Tools: Articles) found at: [www.TheHeartOfDisciplingWomen.org](http://www.TheHeartOfDisciplingWomen.org)

## Seeing Myself The Way Jesus Does...

### **I am in Christ**

Thank You for immersing me in Christ. Thank you for grafting me into the true vine.

### **I am blessed**

Thank you for continually speaking well of me and favoring me in every possible way.

### **I am chosen**

Thank you for picking me for yourself, like a groom marrying the bride he desires.

### **I am holy**

Thank You for setting me aside for yourself, just like the best silver is set aside for special occasions

### **I am without blemish**

Thank you that when you look at me, you do not focus on all my failures. Thank you for focusing on the best part of me, the part You have perfected, my innermost being.

### **I am adopted**

Thank you, Father, that I am wanted. Thank you for coming to me, extending Your hand, pulling me to Your side, and making all the necessary arrangements to make me Your very own.

### **I am God's child**

Thank you for making me Your beloved child, in whom You are well pleased, for allowing me to bear your likeness, for making me your pride and joy.

### **I am free from sin's power**

Thank you for liberating me from my old master. Thank you for saving me from my enemy.

### **I am forgiven**

Thank You that You now hold nothing against me. Thank you for not expecting me to make up for the ways I have failed you.

### **I am favored**

Thank You for making me one of Your favorites. Thank You for hovering over me with a special loving attention, like a parent with a firstborn child.

### **I am wealthy**

Thank You that as Your child I have an inheritance that provides all I need. Thank You that I will always have more than I need.

### **I am secure**

Thank You for enveloping me in Your love so that I am sealed, secure and safe. Thank You for shielding and sheltering me by Your Spirit.

### **I am called**

Thank You for giving me an exciting, fulfilling direction. Thank You for showing me why I am here and where I am going.

### **I am praiseworthy**

Thank You for filling me with Your glory. Thank You for bragging about me as Your prized inheritance.

### **I am capable**

Thank You that You love to show Your extraordinary power in me. Thank You that I am therefore qualified & able to do all You want me to do.

**I am alive with Christ's life**

Thank You that since You came into my heart, I am born again – born from above and bursting with real life.

**I am seated with Christ in heaven**

Thank You for placing me with Christ in a position of extraordinary privilege and authority.

**I am God's masterpiece**

Thank You for making me Your personal work of art. Thank You that I am the work of a Craftsman, not a mistake.

**I am close to God**

Thank You for not holding me at arm's length. Thank You for pulling me to Your side in a prolonged embrace.

**I am an insider**

Thank You for making me a true citizen in Your kingdom. Thank You for making me a true member of Your household, no longer an outsider.

**I am God's mobile home**

Thank You for moving into my heart. Thank You that I am now Your house, Your temple, Your tent.

**I am promised great things**

Thank You for making such priceless commitments to me. Thank You for letting me experience what others strive to obtain.

**I am loved**

Thank You for loving me the way I long to be loved. Thank You that I can't wear out Your love. Thank you for continuing to win my trust by convincing me of the depth of Your love.

**I am a new creation**

Thank You for completely remodeling my innermost being, my spirit. Thank You that all things in me are truly new.

**I am righteous**

Thank You for making everything right in my innermost being. Thank You for placing the holy and living Spirit of Your Son in me.

**I am the light of the world**

Thank You for making the light of Your life shine in me. Thank You for making me Your flashlight, shining into the darkness around me.

**I am nourished**

Thank You for satisfying my thirst and hunger. Thank You for the Bread of Life that fills me. Thank You for the Living Water welling up in my soul.

**I am cherished**

Thank You for adoring and treasuring me, like a parent marveling over a newborn baby.

**I am Christ's body**

Thank You that although You once lived among Your people in an elaborate tent, and then You walked among us in a Galilean body, now You truly live in me. Thank You that I am actually a member of Your body.

**I am united with Christ**

Thank You for becoming one with me, as a husband becomes one flesh with his wife.

**I am strong**

Thank You that with You living in me, I can face anything. Thank You that every battle, test and victory belong to You.