

# Heart to Heart

Collection 4: Who Am I?  
Week 5: Discussing Chapter 4

## I Am An Adopted Son of God

**Materials needed:**  
Art Journal Pages  
Pens, Bible  
Jerry Bridges' book Who Am I?

### 1. CONNECTING

- Have you had a time when you didn't feel like you belonged? Or didn't feel wanted? What happened? What was that like?
- Read Daniel 5:1-31. What comes to mind when you hear the definition of the word Tekel?
- Have you ever struggled with believing that God wants you?
- Jerry shares in his book (p. 51) "the more we grow spiritually the more sin we see. And because we are performance-oriented by nature we tend to subjectively feel God's displeasure more than we do his loving, fatherly care." Has this ever been true of you?

### 2. SHOW & TELL

- Share your art journal pages
- What thoughts came to mind as you created them?
- How does it make you feel to know you are wanted so much God adopts you into His family? That the moment you became a Christian, he didn't let any time elapse but immediately He made you his child.
- What did you discover this week about being an adopted Son of God?
- When you hear the word inheritance what comes to mind?
- How can understanding this help you when undergoing suffering?

### 3. GOING DEEPER IN GOD'S WORD

- Look up Romans 8:15-17 & Read it together.
- Share a quiet time in this passage
- LOOK, LISTEN, LIVE IT OUT on your own
- Then, share your highlights

### 4. LET IT LAST

- Take a minute to sketch a quick picture of the main thing that stood out to you during your quiet time
- Share your sketches with each other and the thoughts behind it.
- What thoughts come to mind as you consider, unlike Belshazzar, because of Jesus we will never be weighed in the scales and found wanting?
- Now share your application pages.
- How does what you sensed the Lord highlighting for you today connect with this?
- Is there anything else you sense the Lord wants you to adjust or add regarding your application(s)?

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

- This coming week work through the content related to the 5th chapter: I Am A New Creation, 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**

- Look up Romans 15:13 "May the God of hope fill you with all joy and peace in believing, so that by the power of the Holy Spirit you may abound in hope."
- End your time together praying through this verse for each other, asking the Lord to help you believe the truth you are always wanted, you always belong, it's not performance that counts so you can be at peace with this and filled with joy and abound in hope!