

Heart to Heart

Collection 4: Who Am I?
 Week 9: Discussing Chapter 8
I Am Not Yet Perfect

Materials needed:
 Espresso
 Paintbrushes
 2 handheld mirrors
 Permanent markers/nail polish
 Art Journal Pages
 Pens, Bible
 Jerry Bridges' book Who Am I?

1. CONNECTING

- Using espresso sketch a picture that reflects what your week has been like.
- Share your pictures with each other.
- What does it feel like to create something?
- How do you think God felt when He created you?
- Read Psalm 139:14. Do you believe this?
- How do you feel when you look at yourself in the mirror? Share whatever words best describe your feelings.

LOVE	JOY	SURPRISE	ANGER	FEAR	SADNESS
AFFECTION	CHEERFUL	AMAZED	DISGUST	ANXIETY	DISMAY
ATTRACTION	DELIGHT	ASTONISHED	JEALOUSY	PANIC	DISAPPOIINTMENT
CARED FOR	SATISFIED		IRRITATION	APPREHENSION	EMBARRASSMENT
ADORATION	CONTENT		RAGE	TENSE	HOMESICK
LONGING	PLEASURE		BITTER	UNEASY	INSECURE
LUST	OPTIMISM		DISLIKE	DREAD	GRIEF
DESIRE	PRIDE		HOSTILITY	NERVOUS	SHAME
INFATUATION	RELIEF		SCORN	DISTRESS	REGRET
PASSION	ENTHUSIASM		CONTEMPT	SHOCK	LONELY

- Why did you select these emotions?
- How does this week's chapter relate to this?
- What thoughts come to mind as you consider that being Not Yet Perfect is part of your identity?

2. SHOW & TELL

- Share your art journal pages
- What thoughts came to mind as you created them?
- How do you experience the tension of an unfinished life?
- What thoughts come to mind as you read Jerry's words "Your worst days are never so bad that you are beyond the reach of God's grace. And your best days are never so good that you are beyond the need of God's grace."

3. GOING DEEPER IN GOD'S WORD

- Share a quiet time in Romans 7:15-25
- Read the passage together stopping when a verse stands out to you.
- LOOK, LISTEN, LIVE IT OUT on your own
- Then, share your highlights
- I highly recommend if you have time watching John Lynch's message "Two Rooms." This message is 43 minutes. John shared this message at a Navigator National Staff conference 12 years ago. It can provide a powerful shift in understanding the Gospel of grace and how Jesus sees us even on our worst days. (You can find it if you google "John Lynch, Two Rooms, Navigator Conference")
- As you watch, I encourage you to give sketchnoting a try. Limit your notes to one sheet of paper and draw an image of whatever stands out to you. The goal isn't to take notes on everything John says but to be listening to hear whatever catches your attention, whatever the Lord highlights for you.

4. LET IT LAST

- When you're finished (with either your shared quiet time or watching the video) take a minute to sketch a quick picture of the main thing that stood out to each of you during your time together today
- Share your sketches with each other and the thoughts behind it.
- How does this relate to what stood out to you in your quiet time?
- How does this relate to how you sensed Jesus inviting you to respond to what He laid on your heart this week?
- 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

- You are coming to the end of the Who Am I? Online Art Journal course! But remember, in this course, we've examined eight aspects of identity in Christ - there are more! Growing in understanding and embracing our identity in Christ is a lifelong journey. And even after doing in-depth studies on this, there is the challenge of remembering and continuing to embrace our true identity at the heart level. This is so important as remembering who you are in Christ precedes living out the reality of this. And living out of our identity in Christ is key for experiencing the abundance of life Jesus paid so dearly to make available. It will have a huge impact on your life as you seek to do this.

7. CLOSE YOUR TIME IN PRAYER

- One last creative endeavor - Pick up your mirror and take another look at yourself. Then remember what Jerry said, "For every look you take at yourself in your daily experience, take two looks at who you are in Christ."
- With a permanent marker write something on the back of the mirror to remind you of this. (For example, you could use nail polish to write the number 2 on the back of the mirror)
- Then, Pray and ask the Lord to keep helping you see yourself the way He does with joy!