

Who Am I?

ART JOURNAL COURSE

GROUP LEADERS'
GUIDE



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“As Christians,
our identity is to be found
in our relationship with Christ,
not in our subjective,
often negative
experiences in life.”

- Jerry Bridges

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INVITATION TO JOURNEY

Though you may not have recently asked “Who Am I?” the answer to this question currently lodged in your heart, has a huge impact on how you live your life. More than a reflection of what’s true about you, how you answer or even more importantly what you believe to be the answer to this question in the depths of your heart has a huge impact on who you are, who you are becoming as well as what you do! We’re told in Proverbs 23:7, “As a man thinks in his heart, so he is.” Whether you realize it or not, what you think about who you are is critical.

But the kicker is ~ we may not even be fully aware of how our heart answers this question.

This is something I’ve been wrestling with lately. And what I’m finding to be of the greatest help isn’t trying to identify how my heart would answer this, but instead to delve into how God answers this question and then take time to process what He says through art journaling, which really takes what I know in my head and is helping it work its way into the depths of my being.

As this takes place, I’m finding false beliefs surface as well as the behavior they prompt, and wow! Talk about a life-changing journey!

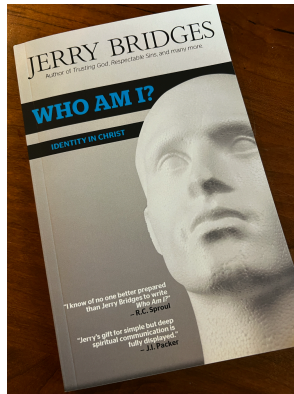
I’d like to invite you to join me on this journey. It’s not one where I have a lot of answers. But it is one I’m very excited about because I’m hanging out with The One who has the answers – not only to the main question listed above but also, who knows even better than I ever could, what’s going on inside of me. The best part about this? Hands down, it is getting to experience Him.

The wonderful counselor, all-powerful transformer, exposor of lies, revealer of truth, lover of my soul. In John 10:27 Jesus states, “My sheep hear my voice.” Do you realize every time you take time to listen to the Lord and experience Him speaking to you, it is an affirmation you are His?

So when I talk about taking time to art journal, the focus is not on what you are creating but on experiencing a new, hands-on way of listening to Jesus as you meditate on His Word.

Recently I started reading through Jerry Bridges’ book *Who Am I?* Which is an incredible exploration and explanation of our identity in Christ. Jerry uses some wonderful word pictures in his attempts to help us understand the truths he’s sharing. As I am taking time to take those word pictures and visually create them I have been amazed at how it’s helping me better remember these truths, apply them in my life and in the process are they ever being internalized in a way that is making an external difference in how I live. Best of all, my heart is beginning to really embrace them as something I truly believe in the depths of my being!

If you’d like to join me on this journey, you will need a copy of Jerry’s book [Who Am I?](#) You can find it at Amazon. com:



<http://www.amazon.com/Who-Am-I-Identity-Christ/dp/1936760479#>

And you'll need a sketchbook and whatever art materials you enjoy using. Since I like to use paint, my favorite is the Canson Mixed Media 7x10 inch book which you can get at Hobby Lobby, Michaels, a local art store or from Amazon. This book features 98 lb. paper that can take the paint. You can also use colored pencils or pens, pastels or even scrapbook paper!



Each week I'll be joined by friends and we'll share with you what we've created after reading that week's chapter. Don't feel like you have to duplicate what we do – you can if you'd like – but we're primarily sharing to jumpstart you and give you a few ideas to get you going.

Once you've created your page you can share it via facebook or instagram using the tag #WhoAmIartjournalingcourse

I can't wait to see what the Lord gives you! And how He works in our lives as we share this journey together!

GIVE YOURSELF A GREEN LIGHT

Welcome to the start of the *Who Am I?* Online Art Journaling Course. Am I ever looking forward to sharing the next eight weeks with you. I've lost count of the number of times I've art journaled my way through Jerry Bridges' book but without fail each time the Lord reveals new treasures to ponder and apply. There are a ton of life-changing insights contained in his little book.

Let me encourage you before you even dive into the first week to take time for a simple pre-art journaling exercise.

Have you ever heard of giving oneself a green light?

This means to allow or permit yourself to do something without hesitation or self-restriction. What internal barriers or doubts could keep you from fully participating in this course? What do you need to allow yourself to do, think or feel, in order to explore new ideas and artistic expressions without self-criticism?

You may find it helpful to consider the obstacles, both internal and external you may encounter. Then identify ways for overcoming them. In the first video of the course you can hear the reasons behind each item I placed on my "go" light page.

Why did I call this a "Go" light rather than a green light. Green lights make it possible for a car to go, but having a green light doesn't necessarily mean a car will go. Have you ever been stuck behind someone scrolling through their phone even after a light turned green? The goal isn't just to get a green light, but to move forward through the course, enjoying time with Jesus, experiencing all the riches He has in store for you.

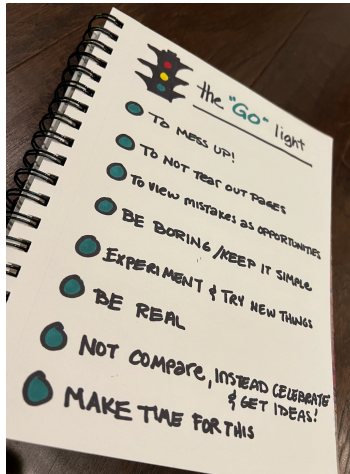
After decades facilitating groups, I've discovered it can really help to get people to count the cost and come up with a plan before diving into a Bible study or course.

It's one thing to start with good intentions, a whole other when you have a plan for how to make this fit into your life. And thinking through potential barriers, especially internal ones can really help lay a foundation for a persevering through the entire course and reaping the treasure Jesus has in store for you.

Please note, your page doesn't have to be anything fancy but can it ever be a great first step in getting the most out of this course.

And for those internal barriers, such as thinking "I'm not creative" or feeling pressure to have to create amazing art journal pages (if you spend much time on Instagram you can easily end up there!), please remember this isn't about the art, but about processing truth so it can better be embraced at the heart level. The good news? Stick figures work!

When I created my page I gave myself permission:



What can you add to this? Another great one is to not tear out pages when you don't like the result. Remember it's about the processing, not the art. It's not about creating something you'll hang up on a wall or someone will clamor to buy but using the other side of your brain (talk about loving the Lord will all of your mind!) so you can further process what He's teaching you and better live it out for His glory!

So have fun with this first assignment! ;o) Be sure to ask the Lord to bring to mind all the things you need to give yourself permission to do to fully benefit from this course! And may He richly bless the time you spend with Him as you do this!

Heart to Heart

Collection 4: Who Am I?
Week 1: Discussing the 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 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.theheartofdiscipliningwomen.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!

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.

GROUP FACILITATOR NOTES:

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 split the introduction Heart to Heart into two weeks and have participants do steps 4 and 5 on their own, then discuss what they did the next week and delay starting chapter 1 until the week after.

Each week as you gather you will be sharing a quiet based on one of the verses (or in a few cases a related verse) from that week's content. I find these enable me to go deeper and can also serve to help women connect on a deeper level. If you are meeting in a group, to save time, pair the women and let them share their quiet time one on one with another women. This helps them learn a key discipleship tool they can do with others outside the group.

Whenever I've facilitated groups, I try to meet with each woman in the group at least once outside of the group meeting, to get to know her better and share a quiet time with her. It never ceases to amaze me how much deeper you can go, and how much more you can get to know someone when you meet one on one as long as the sharing goes both ways.

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 \(Introduction:Tools: Articles\)](http://www.TheHeartOfDiscipliningWomen.org) found at: www.TheHeartOfDiscipliningWomen.org

Even though you are the group facilitator, I encourage you to come as a co-learner. Your example of leading out of the overflow of your own time with Jesus will spur the women in your group on more than anything. It really is true, more is caught than taught.

And speaking of teaching, I learned early on as a coach that I wasn't supposed to talk more than 20% of the time. I find this is a helpful guide for group facilitators too. Remember in 1 John 2:27 we're told, "But as for you, Christ has poured out his Spirit on you. As long as his Spirit remains in you, you do not need anyone to teach you. For his Spirit teaches you about everything, and what he teaches is true, not false. Obey the Spirit's teaching, then, and remain in union with Christ." (GNT)

Create space for women to hear from the Holy Spirit. I love to see myself as a soil tender, creating a safe spot where women feel loved, heard, seen and cared for. Then as the seeds of God's Word goes forth it is ripe to take root and bear fruit for God's glory and our joy.

These outlines are set up in a Reverse classroom format where participants will work through the content of the course on their own during the week, then as you gather, this provides opportunity for more sharing and further processing as people share and learn from each other. May the Lord abundantly bless your time as you do this!

Heart to Heart

Collection 4: Who Am I?
Week 2: Discussing Chapter 1
I Am A Creature

Materials needed:
Art Journal Pages
Pens/Bible
Jerry Bridges' book *Who Am I?*
I am... You are... Bookmark

1. CONNECTING

- Introduce Four Helpful Questions - have her draw a large square on a page of her Art Journal, then divide it into four quadrants. In each quadrant, write one of the following questions.
 - What's Right?
 - What's Wrong?
 - What's Missing?
 - What's Confused?
- Have her share at least three things that are right in her life before moving on. Then give her a few minutes to record her answers to the remaining three questions in her journal (she can record her answers in words or images). After answering What's Right first, the next three questions can be answered in any order.
- Share your answers.
- How do these relate to identity? (Note: identity can also be described as the way she sees herself)
- Pray lifting concerns to the Lord and committing your time to Him.

2. SHOW & TELL

- What did you learn about your identity this week?
- Share your art journal pages
- How did what you created connect with your life this week?
- As you consider your limits and dependency as well as moral accountability, where do you struggle with this?

3. GOING DEEPER IN GOD'S WORD

- Ask her which verse Jerry mentioned in Chapter 1 connected most with her.
- Share a quiet time in the verse she mentioned or suggest one that stood out to you. For example, I have used Deuteronomy 8:17-18 but find it helpful to read the verse in its broader context Deuteronomy 8:6-18, then select one verse to focus on (it doesn't have to be Deuteronomy 8:17 or 18) and write that next to LOOK. Then next to LISTEN record whatever thoughts come to mind as you ponder this with Jesus. And then next to LIVE IT OUT, how do you sense the Lord inviting you to respond?
- Share your highlights

4. LET IT LAST

- Take a minute to sketch a quick picture of the main thing that stood out to each of you in your quiet time. This doesn't have to be anything fancy or look like much. Stick figures

count! But it can really help you process further and remember the treasure the Lord's highlighted for you.

- Now share your application pages.
- How does what you sensed the Lord highlighting for you Connect with this?
- Anything else you sense he 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 second chapter: I Am In Christ, 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

- Share with her the I AM... YOU ARE... Bookmark and how this can help us learn to live within our limits. Take turns selecting one thing to pray, praising God for who He is, then connecting the reality of your limits with your life. (It can be helpful to refer back to the Four Helpful Questions list you made at the beginning and pray through that in light of this)

I am...	You are...
I am limited in what I can see	You are able to see everything. Nothing is hidden from you.
I am able to do some things	You are able to do all things
I am present in one place	You are present everywhere
I don't rise far from the ground	You are the High King of Heaven
I am able to know in part	You are omniscient, you know everything
Apart from you I can do nothing	Nothing is impossible for you.
I have a limited perspective	Your thoughts are as high as the heavens above the earth.
I am finite, I have limits	You are infinite

GROUP FACILITATOR NOTES:

While last week's truth, "I am a Creature" was true of every single human being, this week we will begin exploring the radical change that happens when someone enters into a personal relationship with Jesus! Indeed the rest of Jerry Bridges' book *Who Am I?* will be devoted to answering the question, "Who am I as a Christian?" There are seven truths that he will be helping us unpack in the next seven weeks.

All are vital parts of our identity in Christ! But please note, this first one, "I am in Christ" is the most important of them all! Indeed the remaining six truths all rest on this foundation.

Merriam-Webster defines foundation as:

foun·da·tion: *noun* \faʊn-'dā-shən\
: a usually stone or concrete structure that supports a building from underneath

: something (such as an idea, a principle, or a fact) that provides support for something

As such foundations are vitally important!

The first time I was processing this chapter I was so impacted by this reality it became a key part of my art journal page. (and yes, this is proof it's not about the art! ;0)



As you process this chapter can it ever help you better understand the gospel as well as who you are in Christ!

Remember, there is someone who does NOT want you knowing and growing! Beware of ways the enemy may try to sidetrack you or keep you from moving forward in this journey!

This is why it's so vital you start in prayer and continue in prayer throughout this whole journey. Ask the Lord to help you find time to do this and bind the enemy in Jesus' name from any way he might try to hinder or sidetrack you. And ask the Lord to help you even better understand the good news of what Jesus has done for you and what a difference an even firmer grasp of this can make in your daily life.

If you're like me, are you ever in for a treat as you celebrate this week's wonderful, life-changing truth! Our God is an awesome God! Has He ever given us reason to rejoice!

NOTE: The bookmark **Praying For Lost Family & Friends** can be found in The Heart of Discipling Women Library, Collection 4: Tools - Bookmarks.

Heart to Heart

Collection 4: Who Am I?
Week 3: Discussing Chapter 2
I Am In Christ

Materials needed:
Art Journal Pages
Pens, Bible
Jerry Bridges' book Who Am I?
Praying For Lost Family & Friends Bookmark

1. CONNECTING

- What's your earliest memory?
- What were you like back then?
- Were you in Adam or in Christ at that time?
- What insight does that give to your memory of that time?

2. SHOW & TELL

- What did you learn about your identity this week?
- Share your art journal pages
- How did what you created connect with your life this week?

3. GOING DEEPER IN GOD'S WORD

- Share a quiet time in Ephesians 1:1-10
- Read the passage together
- LOOK, LISTEN, LIVE IT OUT on your own
- Then, share your highlights

4. LET IT LAST

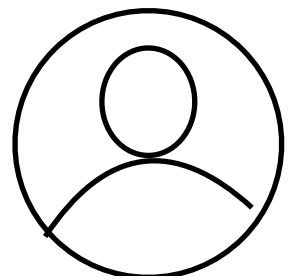
- Take a minute to sketch a quick picture of the main thing that stood out to each of you in your quiet time.
- Share your sketches with each other and the thoughts behind it.
- Now share your application pages.
- How does what you sensed the Lord highlighting for you connect with this?
- Anything else you sense he 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 third chapter: I Am Justified, 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

- Who does she know who is still in Adam?
- Create an "In Adam" prayer page in your journal featuring each person who comes to mind who is still "in Adam." She can draw a simple icon for



each one and put a name under it.

- Share the Bookmark: **Praying For Lost Family and Friends** & pray for friends

Praying Scripture for Lost Family & Friends

Heavenly Father, may my heart's desire be for _____ to be saved please help me be faithful in praying for him/her. Romans 10:1

Heavenly Father, would you please open _____ eyes, so that s/he may turn from darkness to light and from the power of Satan to God, that s/he may receive forgiveness of sins and a place among those who are sanctified by faith in Jesus. Acts 26:18

Father, thank you that you are patient towards _____, not wishing that any should perish, but that all should reach repentance. 2 Peter 3:9

Oh how we rejoice that you, the Son of Man came to seek and to save the lost. Would you please save _____ we ask in your precious name Jesus! Luke 19:10

Oh Father, would you please send out more laborers into your harvest and specifically into the life of _____ that s/he might come to know you. Matthew 9:37-38

Father, may you please open a door so those who know you can declare the mystery of Christ to _____. Colossians 4:3

Father, I ask that words may be given to me in opening my mouth boldly to proclaim the mystery of the gospel to _____. Would you please enable me to declare it boldly, as I ought to speak. Ephesians 6:19-20

Oh Jesus I come in your name asking by the power of your blood that was shed on calvary would you bind the enemy of _____'s soul and remove the blinders he has placed on his/her mind to keep him/her from seeing the light of the gospel of the glory of Christ, who is the image of God. 2 Corinthians 4:3-4

Oh Father would you please draw _____ to Jesus so s/he will come to you and be raised up on the last day. John 6:44

Heavenly Father would you please do whatever you need to do in the life of _____ that s/he may come to his/her senses and escape from the snare of the devil, after being captured by him to do his will. 2 Timothy 2:26

Lord, would you please give me wisdom to know how to join in with what you are doing in _____'s life and spur him/her on towards knowing you. James 1:5

Oh Poppa, you know the natural person does not accept the things of the Spirit of God, for they are folly to him, and he is not able to understand them because they are spiritually discerned, would you please do

a miracle and enable _____ to be able to discern the things of you that s/he might understand how wonderful you are and be drawn into a relationship with you. 1 Corinthians 2:14

Poppa, would you please give _____ a new heart, and put a new spirit within him/her. And remove the heart of stone from his/her flesh and give instead a heart of flesh. Ezekiel 36:26

Would you please help me to correct _____ with gentleness and grant them repentance leading to a knowledge of the truth, so they may come to their senses and escape from the snare of the devil, after being captured by him to do his will. 2 Timothy 2:25-26

Would you please enable _____ by grace to be saved through faith? I so long for him/her to receive this gift from you! Ephesians 2:8

Almighty God, would you please deliver _____ from the domain of darkness and transfer him/her to the kingdom of Your beloved Son. Colossian 1:13

May your Holy Spirit convict _____ concerning sin and righteousness and judgment. John 16:8

Father, I praise you that you are able to do far more abundantly than all that we ask or think, according to the power at work within us, how I pray you might be glorified in _____'s life. Ephesians 3:20

Father would you please provide opportunity for _____ to truly hear your word and may you bind the enemy from trying to snatch it away I ask in Jesus' name. Isaiah 55:11

Poppa, may your living and active word penetrate the heart of _____, convicting and drawing him/her to yourself. Hebrews 4:12

Poppa, _____ is dead in his/her trespasses and sins would you please give him/her life I ask in Jesus' name. Ephesians 2:1

Oh Poppa, just as the king's heart is a stream of water in the hand of the Lord; he turns it wherever he will, would you please be at work turning _____'s heart toward you? Proverbs 21:1

I rejoice Father that you desire all people be saved and come to the knowledge of the truth. 1 Timothy 2:4

Now to Him who is able to do immeasurably more than all we ask or imagine, according to His power that is at work within us, to Him be glory in the church and in Christ Jesus throughout all generations forever and ever. Ephesians 3:21

GROUP FACILITATOR NOTES:

While there are eight different truths about our identity in Christ we'll be examining throughout this course, this week's truth "I am justified" is truly where it all began. It wasn't until I hit chapter three in Jerry Bridges' book for the first time that it hit me I could art journal to help process these truths he was sharing... and when I did, that's when I discovered how life-changing (and peace-bringing) this can be!

But here's the kicker, it's not enough to read about the art journal exercise, it really needs to be done, hands on to have impact.

This week's art journaling is one of the least artsy of them all. I've done this with pastors and guys in their 20s. Without fail it has been impactful for everyone who has done it. There may still be some members of your group who are struggling to get into doing any art. Encourage them this week is a great place to dive in. It doesn't have to be fancy. But to actually do the cut and paste activity provides a powerful visual of the Great Exchange Jesus paid so dearly to complete for us.

And remember, one of the greatest investments you can make in your group member's lives is to pray for them. I love to lift up the members in my group asking the Lord to:

Open their eyes so they can see wonderful things in His Word. (Psalm 119:18)

To bless their ears as they listen to him so their souls will delight in the richest of fare. (Isaiah 55:1-3)

And to give them power together with all the saints to grasp even more the incredible dimensions of God's love, how long and wide and high and deep it is and to know His love that surpasses knowledge that they may be filled to the measure of all the fullness of God. (Ephesians 3:14-21)

To give them wisdom so they will know how the Lord wants them to live out what they are taking in. (James 1:5)

May the Lord richly bless the time you and your group invest digesting this week's truth and as you seek to actively live it out in your daily life!

BTW a print-friendly version of the **I am... You are... Bookmark** can be found in The Heart of Discipling Women Library, Collection 4: Tools - Bookmarks. I love to print a copy for each woman in my group so she can put it in her Bible and have it readily available to pray through during the week.

Heart to Heart

Collection 4: Who Am I?
Week 4: Discussing Chapter 3
I Am Justified

Materials needed:
Index cards
Art Journal Pages
Pens, Bible
Jerry Bridges' book Who Am I?
Praying The Gospel

1. CONNECTING

- Give the woman you are meeting with an index card.
- Look through the following list of emotional words, what three best capture your week?

LOVE	JOY	SURPRISE	ANGER	FEAR	SADNESS
AFFECTION	CHEERFUL	AMAZED	DISGUST	ANXIETY	DISMAY
ATTRACTION	DELIGHT	ASTONISHED	JEALOUSY	PANIC	DISAPPOINTMENT
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

- On your index card draw three faces to reflect these three emotions
- Share your “faces” with each other
- Why did you select those three?

2. SHOW & TELL

- Share your art journal pages
- What thoughts came to mind as you created them?
- How would you explain to a friend what it means to be justified?
- Why do you think it's important to remember this?
- When do you most struggle to remember this?

3. GOING DEEPER IN GOD'S WORD

- Share a quiet time in Galatians 2:15-21
- Read the passage together
- LOOK, LISTEN, LIVE IT OUT on your own
- Then, share your highlights
- On page 37 Jerry highlights that Galatians 2:15-16 represents Justification as a past reality but Galatians 2:20 -21 represents justification in the present tense as a present reality. What can happen if we only think of justification as a past reality?

4. LET IT LAST

- Take time to read through the excerpt from a message Jerry Bridges gave in 2007 on Four Essentials for Finishing Well that is included at the end of this outline.
- Take a minute to sketch a quick picture of the main thing that stood out to each of you as you read this.
- 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?
- 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 4th chapter: I Am An Adopted Son of God, 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

- Jerry Bridges mentioned in his message how we need to appropriate the Gospel. One key way to do this is to preach the Gospel to your self daily.
- Share the bookmark "Preaching the Gospel to Myself" (note: there is a copy of this after Jerry's article)
- Pray through this together, alternating thanking Jesus for each item on the list (or as many as you have time for).
- This is one example of a way you can preach the Gospel to yourself daily. What could it look like for you to preach the Gospel to yourself daily this coming week?

Four Essentials for Finishing Well

Excerpt from a message Jerry Bridges gave in 2007

“...we know that justification is a point-in-time past event. At the time you trusted Christ, you were at that precise moment declared righteous by God. You were justified. That’s why Paul in Romans 5:1 can speak of justification in the past tense when he says,

“Therefore, since we have been justified by faith,
we have peace with God through our Lord Jesus Christ.”

And yet (in Galatians 2:20) he speaks of it in the present tense. “The life that I now live in the flesh,” today. The life that I live today, “I live by faith in the Son of God, who loved me and gave himself for me.”

So if justification is a point-in-time event that happened in our past, why does Paul speak of it in the present tense? The life that I now live today I live by faith in the Son of God. The answer to that question is one of the most important truths we can learn about the Gospel.

For the apostle Paul, justification was not only a past event;
it was also a present reality.

This is where so many Christians miss it. They can look back to the day that they trusted Christ. And if you press them on that they will say, “Yes, I was justified at that time.” But today they seek to live their lives as if it depends upon them.

In their mind, they have reverted to a performance relationship with God. And so the thinking is, if I had my quiet time and if I haven’t had any lustful thoughts and these kinds of things, then I expect God to bless me today. We want to pay our own way. We want to earn God’s blessings.

The apostle Paul didn’t do that. Paul looked outside himself and saw himself clothed in the righteousness of Christ (1 Corinthians 1:30). He saw himself declared righteous. We say to a person who trusts Christ, “You have been justified. You’ve been declared righteous. Your sins have been forgiven. You stand before God today clothed in the righteousness of Jesus Christ.”

And then we can point to eternity and say, “When you go to be with the Lord forever, you will still stand clothed in the righteousness of Jesus Christ.” Even though we will have left our sinful nature behind, even though we will be righteous people made perfect, as the writer of Hebrews says (Hebrews 12:23), we will for all eternity stand in the righteousness of Christ. That never changes.

But what about from the time of our conversion until the time we go to be with the Lord? For most Christians, it’s a performance relationship. That is why we need a daily

appropriation of the Gospel, because it is our nature to drift toward a performance relationship.

Going back to those days of crossing the Pacific Ocean (*note: Jerry Bridges' served in the Navy during the Korean conflict*) and getting those navigational positions twice a day, if we did not get those we would drift slowly off course. And if you do not daily appropriate the gospel, you will drift toward a performance relationship with God.

And when you do that, you lead yourself in one of two directions. If you have a very superficial view of sin in your life—that is, if you think of sin in terms of the big gross sins that society outside of us commits—then you will tend toward religious pride because you're not doing those things.

But if you are conscientious and if you're seeing some of these “respectable” sins, such as gossip and pride, jealousy and envy and a critical spirit and these kinds of things, if you're seeing those in your life and you do not live by the gospel, that can lead you to despair. And so oftentimes people in this second category just kind of slack off because they can't handle the tension. They can't handle the difference between what they know they should be and what they honestly see themselves to be.

And what resolves that tension is the Gospel, which reminds us that our sins are forgiven and that we are clothed in the righteousness of Jesus Christ.

At the same time, that which keeps us from spiritual pride is the Gospel, because again the Gospel is only for sinners. But we are all sinners, still practicing sinners, even though we've been delivered from the guilt and the dominion of sin. Yes, that's true. And we are now called saints, separated ones. But we still sin in thought, word, deed, and most of all in motive because we often do the right thing for a wrong reason or for a mixed reason. We want to please God, but we want to look good in the process.

And so we come to the Lord and we say, “Lord, I come still a practicing sinner, but I look to Jesus Christ and His shed blood and His perfect obedience, His righteous life that has been credited to me. And I see myself standing before you clothed in His righteousness.”...

We need to appropriate the gospel every day of our lives because God only accepts us for Christ's sake. God sees us clothed in the righteousness of Christ, and he wants us to see ourselves clothed in the righteousness of Christ so that we will come to him on that basis and seek to relate to him through the merit of the Lord Jesus Christ and not through our own works.

All of us in our sinful nature are prone to slide toward a works-based relationship with God. And even though I have been preaching this kind of message for many years, I can tell you honestly it is so easy to revert in that direction because of our sinful human nature.

It is our sinful nature that thinks we must somehow earn God's favor by our own hard work or our own faithfulness. Now we want to be faithful, we want to work hard, but not in order to earn God's approval, but because we have God's approval. And so a daily appropriation of the gospel is essential to enduring to the end.

PRAYING THE GOSPEL

A Sweet Way to Preach the Gospel to Yourself Daily

Thank you, God that you created me in your image to enjoy relationship with You! (Genesis 1, 2 and 3) Would you please give me the grace I need to live today with you, aware of you, fully enjoying you?

Thank you that just as you are a God who experiences pleasure (Genesis 1:9), when you created me in your image, you made me able to experience pleasure too (Genesis 3:6) and then created things that bring pleasure and placed them in my life! (Genesis 2:9) Please help me remember pleasure needs boundaries or it can be destructive and to learn to live within those you've laid (Psalm 16:6).

Thank you you have placed tests in my life to give me an opportunity to actively choose to love you. (John 14:21, James 1:13-17) Would you please help me remember this when temptation comes my way so I choose you?

Thank you that when I fail those tests, giving in to temptation, your love remains steadfast. (Lamentations 3:22-23, James 1:17)

Thank you that you don't change like shifting shadows – you aren't down on me when I blow it and you don't love me more when I get it right. Your love for me is constant even in my worst moments!

Thank you that you are not soft on sin, letting it slide as no big deal, but instead have revealed how serious the consequences are for even the tiniest sin I do. (Romans 3:23, Romans 6:23, Hebrews 9:27, 2 Thessalonians 1:7-9) Please help me not try to justify myself (eg., that wasn't as bad as...) or treat my sin lightly but instead to see all of it as you do.

Thank you that you don't just love with words but actively and demonstrated this by sending your son to pay the penalty for my sin which I could never repay. (Romans 5:8)

Thank you Jesus that you were shut out from the presence of the Lord so I never would have to be! (2 Thessalonians 1:7-9, Matthew 27:46) Please help me enjoy this gift of your presence all throughout the day today.

Thank you you've revealed that eternal life is knowing you and this is something that starts now! That I can enjoy now! (John 17:3) Please help me keep growing in knowing you! (Ephesians 1:17)

Thank you that you've blessed my ears so they can truly hear what you've done for me. (John 5:24, Matthew 13:16) Please give me the grace to keep listening to you today!

Thank you for the grace you've given me so I can believe you – not just as a mental assertion – but as an act of faith, entrusting myself to you. (John 5:24) Lord, I believe! Please help my unbelief! (Mark 9:24)

Thank you Jesus that you made it possible for me to have eternal life, that I will never be condemned by You, and that You've provided the way for me to cross over from death to life (John 5:24)

Thank you the moment I did this for the first time I became a new creation in Christ! (2 Corinthians 5:17) Please help me to see myself the way you see me!

Thank you Jesus you died for my sin once for all to bring me to God.

Thank you the good news of the gospel isn't only what I've been saved from but especially what I've been saved to – a wonderful, intimate relationship with You that begins now and will last forever! (1 Peter 3:18)

Thank you that when I do sin you have given me another opportunity to actively love you and bring you pleasure – for it truly is an act of faith when I run to you and confess my sin rather than just continuing to focus on me and beat myself up. (1 John 1:9, Hebrews 11:6)

Thank you this not only helps me experience being cleansed from all unrighteousness but also helps me appreciate more what you've done for me Jesus so I'll keep growing in loving you! (Luke 7:47)

Thank you that you continue to stand at the door and knock, desiring fellowship with me every single day! (Revelation 3:20)

Thank you that you are with me always and able to save me from whatever challenges I face - both inside and out! Thank you for taking great delight in me and even rejoicing over me with singing (Zephaniah 3:17)

GROUP FACILITATOR NOTES:

Are You Adopted? Thankfully Yes!

Welcome to week 4 of the Who Am I? Online Art journaling course. This week we will be diving in to process and apply the truth “I am an adopted Son of God.”

Now this may sound a bit mundane as a topic, but don't be fooled! Out of all eight topics we'll be examining throughout this course, this week's message is currently having the biggest impact on my life.

The more time I spend processing the more I'm discovering the radical impact embracing this truth and its implications can have in my life.

Every single time I've read through this chapter and created a page on it – well, if you watch the videos you'll see what I mean – there's potent stuff in here!

So get ready for a life-changing week as you invest time seeking to better understand and live out this incredible truth!

One key thing that can help the women you are meeting with really set the stage for pondering more deeply is the Connecting time at the start of your meeting. Be sure you don't fly through this as if it was a mere formality, especially this week.

If you are willing to share vulnerably about your life and struggles many times that can help others feel free to share and help them learn how to better make connections between Biblical truth and their life.

Remember this course isn't primarily about information, but transformation. We can't help but be transformed as we embrace who we are in Christ, because the more we do, the more we draw nearer to Jesus Himself.

But be forewarned, the sharing during the connect time may touch on some deep wounds. We were created by God with deep desires to be seen, heard and known, which are all key for feeling like you belong. Ever since the Fall our natural state is to be cut off from God and each other. Draw near to listen whenever stories of hurt are shared. Take off your shoes, for this is often holy ground where we can have opportunity to be Jesus' arms of love. Don't try to fix people, seek instead to hear them. It's amazing the healing that can come through being listened to well.

And if no one shares deeply, takes this to the Lord and ask him to break through any bonds of shame or whatever strongholds the enemy has that might be keeping women from sharing.

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!

GROUP FACILITATOR NOTES:

Are You A Serial Sinner?

I know I am. Not a day passes that I don't sin in thought, word, deed, or motive. No matter how big or small such sins may appear they all have one thing in common – they are an act of rebellion against God. Every time I choose to go my own way instead of His, I reject his rule in my life, choosing to live as if I know better. Sixty years times every single day... that's a whole lot of sin.

What a blessing Jesus took my place, paying the ultimate penalty for my sin when he died on the cross. But this didn't only result in God pardoning me. No. At the moment I accepted Jesus' payment as my own, God changed me into a different person, giving me a new heart, a new spirit, a new identity and a new relationship with Himself! I am a New Creation!

Just wait till you hear how Jerry Bridges expounds on this truth and illustrates the difference really grasping this can make in your life! Are you ever in for a spiritual feast this week that's sure to leave you rejoicing! ... and transformed as you apply it!

May you enjoy sweet time being taught by the Lord as you feast on the treasure featured here!

Bon Appetit!

Speaking of feasting... I love to bring snacks when I meet with people. There's nothing quite like homemade deliciousness to set the stage for being spiritually nourished too. This doesn't have to be fancy. One investigative Bible discussion I facilitated was with a nutritionist. She brought orange slices to every single meeting. And you know, I really looked forward to those!

Ask the Lord if there might be a treat he'd have you bring. It's a practical way of considering how you can spur the women around you on toward love and good deeds - especially as you model hospitality and the joy that can bring - even if you're meeting on a park bench!

Heart to Heart

Collection 4: Who Am I?
Week 6: Discussing Chapter 5
I Am A New Creation

Materials needed:
Modeling clay (Dollar store)
Art Journal Pages
Pens, Bible
Jerry Bridges' book Who Am I?

1. CONNECTING

- Open a pack of modeling clay and create something that reflects what each of your weeks has been like.
- Share - why did you create what you did?
- How does this relate to what you've been learning about your identity in Christ?

2. SHOW & TELL

- Share your art journal pages
- What thoughts came to mind as you created them?
- What did you discover about being a new creation? In what ways are you new?
- What happens when we fail?
- What evidence is there in your life that you are a new creation?
- What did you learn about your privileges and responsibilities?

3. GOING DEEPER IN GOD'S WORD

- Share a quiet time in Romans 6
- Read the chapter together stopping when a verse stands out to you.
- 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 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?
- 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 6th chapter: I Am A Saint, 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

- Reflect back on the different ways you are a new creation:
 - A new heart
 - A new spirit
 - A new identity
 - A new relationship
 - A new way to live
 - And how Jesus has you covered when you fail
 - As well as the evidences you see in your life that you've become a new creation in Christ and give thanks to the Lord for all of these!

GROUP FACILITATOR NOTES:

On My Worst Day...

How would you finish that sentence?

I've been reading a book written by John Lynch that features this as its title. About a third of the way through this autobiography he states:

On my worst day I am adored, enjoyed, clean, righteous, absolutely forgiven, new, acceptable, complete, chosen, able, intimately loved, smiled upon, planned for, protected, continually thought about, enjoyed, cared for, comforted, understood, known completely, given all mercy, compassion, guarded, matured, bragged on, defended, valued, esteemed, held, hugged and caressed, kissed, heard, honored, in unity with, favored, enough, on time, lacking nothing, directed, guided continually, never failed, waited for, anticipated, part of, belonging, never alone, praised, secure, safe, believed, appreciated, given all grace, all patience, at peace with, pure, shining, precious, cried over, grieved with, strengthened, emboldened, drawn kindly to repentance, relaxed with, never on trial, never frowned at, never hit with a two by four, at rest in, receiving complete access, given gifts, given dreams, given new dreams, continually healed, nurtured, carried, never mocked, never punished, most of my humor enjoyed, not behind, not outside, given endless affection.

It doesn't always feel like it at the moment. This is the depth of His love whether you or I deserve it or not. "Deserve" has long ago left the building.

Is that not incredible?! And it's all because of Jesus!

In this next chapter, Jerry Bridges helps us unpack the reality of something else we don't "deserve" ~ everyone who is in Christ is a saint!



He explains, "...sainthood is not a spiritual attainment, or even a recognition of such attainment. It is rather a state or status into which God brings every believer." And he goes on to say, "The implications of living as a saint – one who is "owned" by Christ Jesus – are quite radical, far more so than most of us are accustomed to thinking about. What then will motivate us to pursue saintly lives? What is it that will make us want to be what we ought to be? The answer is love and gratitude for what God has done for us in Christ, as expressed in the gospel."

What a difference it can make when we embrace this in the depths of our hearts... especially on our worst days!

So dive in, explore and start embracing and living out the reality of this truth and may the Lord pour on the grace and meet you in a special way as you do!

Heart to Heart

Collection 4: Who Am I?
Week 7: Discussing Chapter 6
I Am A Saint

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

1. CONNECTING

- When you think about a saint, who comes to mind? Why?
- How did you live set apart this week?
- Where did you struggle with this?

2. SHOW & TELL

- Share your art journal pages
- What thoughts came to mind as you created them?
- What did you discover about being a saint?
- What does it mean that you've been set apart by God? Why?

3. GOING DEEPER IN GOD'S WORD

- Share a quiet time in Romans 11:33- 12:2
- Read the passage together stopping when a verse stands out to you.
- LOOK, LISTEN, LIVE IT OUT on your own
- Then, share your highlights
- What can it look like for you to offer yourself as a living sacrifice to God?
- Why should you do this?
- Where do you struggle to do this?
- What thoughts come to mind thinking about progressive sanctification?
- Read the article "How to Hate Your Wife" By Bob Deffinbaugh on bible.org
- Discuss

4. LET IT LAST

- 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?
- What motivates you to live as a saint?
- How does this relate to how you sense Jesus inviting you to respond to what He's 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

- This coming week work through the content related to the 7th chapter: I Am A Servant of Christ, 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

- Read Jerry's summary at the end of the chapter, then pray for each other.

GROUP FACILITATOR NOTES:

The Cure for Busyness!

I will never forget when an older woman shared with me, "If the enemy can't get you to stop, he'll try to get you so busy you don't do anything well." I can't even begin to count the number of times I've fallen into this trap!

But what a difference it can make to embrace in the depths of my heart that a key part of my identity is being a servant of Jesus Christ! Servants do what their master wants! They seek first of all to please their master not other people! And since we serve a master whose yoke is easy and his burden is light – can it ever be freeing to let Him call the shots, doing all we do in response to His leading, for His glory.

And that's not just true for religious activities, but for all of life! Has it ever been freeing to process this week's truth, "I am a servant" from Jerry Bridges' book *Who Am I?*

What can it look like for you to serve Jesus as you facilitate this Bible study?



How are you following Him in doing this?

I find it helps each week after I work through the study for myself, to then take the outline and walk and pray, asking Jesus what's on His heart for our time together. Sometimes he gives new ideas I never would've thought of in a million years but are perfect for the women in the group - and for me!

May He make His grace and peace abound not only as you do the study and discuss the study but also as you prayerfully prepare so you experience Him even more as you do this!

Heart to Heart

Collection 4: Who Am I?
Week 8: Discussing Chapter 7
I Am A Servant

Materials needed:

Markers
Towel, bowl, water
Art Journal Pages
Pens, Bible

1. CONNECTING

- When you think about being a servant what picture comes to mind? (Draw the picture with markers)
- Why did you draw this particular picture?
- Is it a positive or negative image? What is behind this?
- Wash the feet of the woman you are discipling.
- How did it feel to do this?
- How does she think it might feel to wash the feet of her friends?

2. SHOW & TELL

- Share your art journal pages
- What thoughts came to mind as you created them?
- What did you discover about being a servant as you worked through chapter 7 in Jerry's book this week?
- What thoughts came to mind as you read about the car salesman whose perspective shifted from selling cars to helping people buy cars after he became a Christian?
- What could it look like for you to serve Christ in your career?
- Where are you at in the process of discovering your calling?

3. GOING DEEPER IN GOD'S WORD

- Share a quiet time in
- Read the passage together stopping when a verse stands out to you.
- 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 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?
- What motivates you to live as a saint?
- How does this relate to how you sense Jesus inviting you to respond to what He's 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

- This coming week work through the content related to the 7th chapter: I Am A Servant of Christ, 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

- Read Romans 1:1 and consider, the three words Paul uses to describe himself: servant, called, set apart. How would you fill in these regarding yourself? If you aren't sure about one or any of them, take heart. According to Ephesians 2:10 God already has this prepared in advance for you. So take God up on his offer in James 1:5 and ask for wisdom and in Jeremiah 33:3 to reveal to you great and hidden things you don't yet know. But also remember, Love is patient and God has good timing for when he reveals things. The bigger question is are you open to however He might fill in the blanks? If not, share that with Him too.
- Pray through this together.

GROUP FACILITATOR NOTES:

I Am Not Yet Perfect!

Well, duh. This week's truth may seem to be a no-brainer. But take a look at how I beat myself up when I blow it – as if I expect I should be getting it all right – and that is a true measure of how much I do (and don't!) yet embrace this truth.

In week 6 we explored the truth “I am a saint” and that is so true! Even on my worst days! But that doesn't mean I always act like a saint... So in my present reality, my current experience isn't always the same as my true identity in Christ. What am I to do with that?

Some people deny or pretend and hide – but that misses the point entirely!

In Chapter 8 of his book *Who Am I?* Jerry Bridges makes it clear – If you want to grow in understanding who you are in Christ, it is vital you embrace the reality “I Am Not Yet Perfect.”

If I think there's anything good in me, I'm going to keep looking to that to prop up my self-esteem. But the sad fact is that's a delusional prop. And can the enemy ever use it to beat me down and rob me of joy!

But when I embrace the reality I'm imperfect, totally resting in what Jesus has done for me, deriving my worth from Him alone, does that ever pave the way for me to keep growing in looking to Him by faith for my identity.

This doesn't mean I don't keep seeking to grow and become more like Jesus, following Him and obeying Him. But my motivation for that is gratitude for what He's done and to bring pleasure to Him, NOT to gain His acceptance.

In truth, I'm still not at the point where I always exult in my weaknesses – but processing through this chapter has certainly helped me get closer to being able to do this – and to stop beating myself up. For me, that is a huge win.

May the Lord richly pour on the grace enabling you to better understand and embrace this truth at the heart level.

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!

GROUP FACILITATOR NOTES:

Continuing the Journey...!

By now you may have noticed that rather than camping out in eight different topics, there really has been a lot of overlap and integration between each chapter. As you look back at the different journal pages you created do any themes emerge?

Or like me praying through the ACTS acronym at night, have there been any application ideas that the Lord keeps giving you?

As this course draws to a close, I suggest you take a bit of extra time and go back and review each of your drawings as well as your applications from the past eight weeks.

You know how with weight loss programs they often have people take before and after pictures? It can be a great encouragement to take time to consider in what way is your life different after having gone through these past eight weeks focusing on your identity in Christ?

If you have time, creating a summary page can help you remember the key treasure the Lord has been teaching you through this journey.

But there's an even greater benefit than what you get from looking backwards – and that's how this can motivate you to keep moving forward. And help provide insight for the next step(s) the Lord has for you to take in your journey. You see, embracing our identity in Christ is a lifetime journey.

As Jerry Bridges emphasizes, it is so key we learn to preach the gospel to ourselves daily – and remembering who we truly are in Christ is a key part of this. So what can help you continue to remember these truths on a daily basis?

I have found passing on what I've learned, sharing it with someone, can be a great way to keep remembering and learning and embracing these truths on an increasingly deeper level.

During the past three months I have been living, sleeping, eating, breathing these truths as I've been doing them with nearly everyone I meet with. And considering one usually gets out of something what one puts into it, I am so excited as I keep growing in response.

Each time I read and art journal these chapters, I've been getting something different out of them and previous lessons are becoming even more entrenched into my thinking and my heart. Like a diamond, there are many facets to each aspect of our identity in Christ.

So don't let this be the end of your journey!

It's not difficult to duplicate what we've done here in your one-on-ones with women you meet with. You don't even need the videos.

When I meet with someone to do this one-on-one, we pray, then read through the chapter together, underlining with a colored pencil what stands out to us (it usually takes about 15 minutes to read the chapter aloud together), then we go over to a table and create a page representing the key thing that stood out to us. Finally, we share our pages and applications and pray together. This usually takes an hour and a half, though I have done it creating a quick, simple page in an hour.



So one final application could be to ask the Lord to bless you with the opportunity to pass on to someone else what we've been doing here.

Another idea is to go back through your art journal pages and write up a summary for each page explaining why you created it the way you did – can this ever help to solidify and pull together what the Lord's been teaching you.

Or the Lord may give you a completely different idea for what your next step should be.

May we all continue to keep growing in grace and in the knowledge of our Lord and Savior Jesus Christ, embracing with all of our hearts and daily living out who we truly are in Christ for His glory!