

Heart to Heart

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

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

NOTE:

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