

Our Identity in Christ

In Christ, we don't just play an important role in this world, we are a beloved child in God's eternal family. Trusting Jesus as our Savior, we can see God is orchestrating this world, using every circumstance to reveal His love and grace. Therefore, we can say with bold assurance:

I am loved 1 John 3:1

I am adopted, child of God Ephesians 1:5, John 1:12

I am holy, redeemed and forgiven. Ephesians 1:1,7 Col 1:14

I am complete in Jesus Christ Colossians 2:10 (KJV)

I am Jesus' friend John 15:14

I am united with God and one spirit with Him 1 Cor 6:17

I am a temple of the Holy Spirit. 1 Corinthians 6:19

I am a member of Christ's body. 1 Corinthians 12:27

I am free from condemnation Romans 8:1

I am a new creation because I am in Christ 2 Cor 5:17

I am chosen of God, holy and dearly loved Colossians 3:12

I am seated in heavenly places with Christ. Ephesians 2:6

I am anointed, sealed with his Spirit 2 Cor 1:21-22

I am a joint heir with Jesus, sharing His inheritance with Him Rom 8:17

Whatever were gains to me I now consider loss for the sake of Christ.

What is more, I consider everything a loss because of the surpassing worth of knowing Christ Jesus my Lord, for whose sake I have lost all things. I consider them garbage, that I may gain Christ and be found in him. Phil 4:7-9

THINK CARE ACT Lesson 2



BY HEAD HEART & HANDS

Josselyn Family Special Edition

Believing We are Uniquely Positioned

What Makes Us Special?

Is it our talents, our resources or what others think of us? In this lesson, we are going to explore how...

We are all **uniquely positioned** to make a positive impact.



Our Circumstances...

Explain what is around us

Affect what other people think of us

Create new opportunities

Equip us to make a positive impact

But... They do not **DEFINE** us!

Not Less Than



When we make a mistake ... It doesn't make us a mistake.

When we fail at achieving a goal ... It doesn't make us a failure.

When we are rejected ... It doesn't make us less worthy.

Not More Than



When we succeed at achieving a goal ... It doesn't make us more worthy.

Our talents and resources ... Don't give us more or less human dignity.

While our circumstances DO NOT define us, they do position us to be positive contributors. Think about it. No matter where we are and what we are experiencing, our successes, talents, resources and relationships are constantly creating new opportunities for us to make a positive difference.

What is my Next Best Step?

Something that makes being human extraordinary is our ability to THINK CARE and ACT. Right now, wherever we are, we can choose to ...

THINK- Have a Big Picture Perspective and believe our circumstances do not define us, but they do uniquely position us to make a positive impact in our home, community and world.

CARE- Want to make a positive impact

ACT- Get involved. Through our ...



Successes- We can choose to be a force for good; leveraging the best of our talents, resources and experiences to make a positive difference.



Hardships- we can believe that even the worst of things can be redeemed for good and choose to use our talents, resources and experiences to be there for others.

As we get involved, creating solutions to the problems around us, we see our lives matter and love and respect for ourselves and others grows. While we cannot erase our past or the consequences that come from it, we can make choices that improve our future.

Talk About It

1. In small groups, share a few things that make you unique.
2. How can getting involved, creating solutions to the problems around us, help us see our lives matter and develop love and respect for ourselves and others?
3. Knowing "You are uniquely positioned," write down one thing you want to do this week, to improve how you THINK CARE & ACT:

If you feel comfortable, share what you wrote with your group.

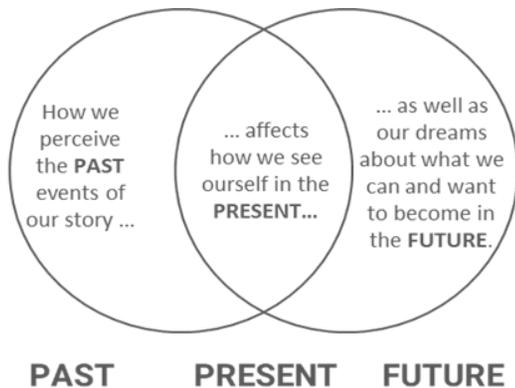
The Research

Whether we are aware of it or not, we are linking the events of our day and the impact of our choices together into a story. The story we tell ourselves matters. Scientists at Washington University in St. Louis discovered the same regions of our brain we use to recall our past are the same regions we use to look forward into the future.

Research conducted by Dr Brene Brown shows:

“People who DON’T BELIEVE they are worthy of love and belonging, always wonder, “Am I enough?” so they try to numb their emotions or hide from their imperfections. However, people who BELIEVE they are worthy of love and belonging have the courage to be imperfect and build authentic relationships and the compassion to be kind to themselves and others.”

That Means, our personal narrative doesn’t just say what happened.

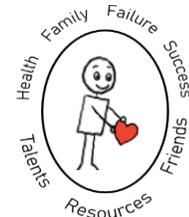
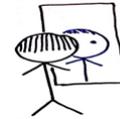


In 5 years, 10 years, whatever we are going through right now will be a part of our past. The decisions we make in the next minutes and hours will determine the stories we tell in the future. A Big Picture Perspective helps us see how our whole story; the good, the bad and the ugly, can work together for good.

We have a Choice

Choice#1

We choose to believe ...



Our Life Matters

Our circumstances do not define us but they do position us.

Therefore, we are uniquely positioned to make a positive impact.

So, we remain confident that our life has value and we can make a positive difference under any circumstance.

Choice#2

We choose to believe ...



Our Worth



What Others Think of Us



What We have and Do

So, our view of ourselves waivers up and down with our circumstances.

Expecting our circumstances to make us look important and feel good, we get frustrated when things do not go our way.

Your Turn: What Makes Me Special

Directions: Using the prompts below, list some of the things that make you unique in the circle.

PROBLEMS/SITUATIONS that motivate you to get involved and take action (e.g. the environment, injustice, bullying, poverty, access to education, mental health)

PEOPLE in your life (e.g. family, friends, co-workers)

INTERESTS (e.g. soccer, reading)

SKILLS (e.g. solving problems, listening)

QUALITIES (e.g. friendly, hard-working)



ACTIVITIES How you spend your time (e.g. school, work, chores, sports, art, hanging out with friends)

EXPERIENCES- defining moments- good or bad- that have helped you grow as a person. (e.g. illness, winning a championship, graduating)