



JOURNAL

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Today's culture is full of influence; influence that has the power to determine who we believe we are. From the celebrity culture to film, from music to social media, whatever the most popular trend is at the time, that is what you're "supposed" to follow. If you don't, then you must have some identity problem, there must be something wrong with you. This is a huge, huge lie that the world, particularly (the western culture) our culture believe.

Over the next five days we are going to take a deep and honest look at 'Who we are'. As believers we have to come to understand that we are not of the world but are sent into it (**John 17:18**).

This is your personal journal, fill it with all your thoughts.

"Who Am I?" Day One: Who Do I Think I am?

Today's journal is going to be a lot more reflective than the others that will follow. We are going to explore who you think you are, and hopefully by the end of the week the way you think about yourself will change.

Today we are going to answer some personal questions about ourselves - don't worry, when we go into our Small Groups, you do not have to share anything you do not want to. This is your own personal journal, for your own personal growth.

What you think about yourself can be a huge burden; if we think of ourselves too highly then we are hindered by arrogance and will not be pure-hearted in putting others above ourselves, which will lead to a fall (**Proverbs 16:18**). If we think of ourselves too little, then we become fearful to move into what God has planned for us with thoughts of insecurity and an "I can't do it" mindset. As you think through these questions today, do not rush your answers but really dig deep and be honest with yourself. We want to try and bring to the surface what you think about yourself, so that we can remove any burdens and give them to God for Him to deal with.

What makes you, you? (Think about your character, passions, desires, hobbies etc)

How would you describe yourself to someone you have never met?

What are your three strongest characteristics/ personality traits?

What do you think about yourself?

What do you think shapes this thinking?

Why do you listen to these things?

Notes

Evening Notes

“Who Am I?” Day Two: Who is He?

Yesterday, we reflected on ourselves, today we are going to start looking at who we ‘really’ are. Before we explore this, we need to look at and understand who God is.

In **Genesis 1:1** we read - ‘In the beginning, God created the heavens and the earth.’

How do you think this scripture can help us understand who He is?

Genesis 1:26-27 - ‘26 Then God said, “Let us make man in our image, after our likeness. 27 So God created man in his own image, in the image of God he created him; male and female he created them.’

What does this scripture tell us about God?

Isaiah 40:12-18, 21-26 - '12 Who has measured the waters in the hollow of his hand and marked off the heavens with a span, enclosed the dust of the earth in a measure and weighed the mountains in scales and the hills in a balance? 13 Who has measured the Spirit of the Lord, or what man shows him his counsel? 14 Whom did he consult, and who made him understand? Who taught him the path of justice, and taught him knowledge, and showed him the way of understanding? 15 Behold, the nations are like a drop from a bucket, and are accounted as the dust on the scales; behold, he takes up the coastlands like fine dust. 16 Lebanon would not suffice for fuel, nor are its beasts enough for a burnt offering. 17 All the nations are as nothing before him, they are accounted

by him as less than nothing and emptiness. 18 To whom then will you liken God, or what likeness compare with him? 19 An idol! A craftsman casts it, and a goldsmith overlays it with gold and casts for it silver chains. 20 He who is too impoverished for an offering chooses wood that will not rot; he seeks out a skillful craftsman to set up an idol that will not move. 21 Do you not know? Do you not hear? Has it not been told you from the beginning? Have you not understood from the foundations of the earth? 22 It is he who sits above the circle of the earth, and its inhabitants are like grasshoppers; who stretches out the heavens like a curtain, and spreads them like a tent to dwell in; 23 who brings princes to nothing, and makes the rulers of the earth as emptiness. 24 Scarcely are they planted, scarcely sown, scarcely has their stem taken root in the earth, when he blows on them, and they wither, and the tempest carries them off like stubble. 25 To whom then will you compare me, that I should be like him? says the Holy One. 26 Lift up your eyes on high and see: who created these? He who brings out their host by number, calling them all by name; by the greatness

of his might and because he is strong in power, not one is missing.'

What does this tell you about God?

Now let us look at the rest of the chapter and see what we can learn about who God is.

Isaiah 40:28-30 - '28 Have you not known? Have you not heard? The Lord is the everlasting God, the Creator of the ends of the earth. He does not faint or grow weary; his understanding is unsearchable. 29 He gives power to the faint, and to him who has no might he increases strength. 30 Even youths shall faint and be weary, and young men shall fall exhausted; 31 but they who wait for the Lord shall renew their strength; they shall mount up with wings like eagles; they shall run and not be weary; they shall walk and not faint.'

Thinking about what you just read in Isaiah 40, what does this last part of the chapter tell us about God?

What we have just read moves us into the second character of God that we are going to look at; ‘God as Father’.

Luke 1:1-13 helps us understand God’s character as a loving Father.

‘1 Now Jesus was praying in a certain place, and when he finished, one of his disciples said to him, “Lord, teach us to pray, as John taught his disciples.” 2 And he said to them, “When you pray, say: “Father, hallowed be your name. Your kingdom come. 3 Give us each day our daily bread, 4 and forgive us our sins, for we ourselves forgive everyone who is indebted to us. And lead us not into temptation.” 5 And he said to them, “Which of you who has a friend will go to him at midnight and say to him, ‘Friend, lend me three loaves, 6 for a friend of mine has arrived

on a journey, and I have nothing to set before him'; 7 and he will answer from within, 'Do not bother me; the door is now shut, and my children are with me in bed. I cannot get up and give you anything'? 8 I tell you, though he will not get up and give him anything because he is his friend, yet because of his impudence he will rise and give him whatever he needs. 9 And I tell you, ask, and it will be given to you; seek, and you will find; knock, and it will be opened to you. 10 For everyone who asks receives, and the one who seeks finds, and to the one who knocks it will be opened. 11 What father among you, if his son asks for a fish, will instead of a fish give him a serpent; 12 or if he asks for an egg, will give him a scorpion? 13 If you then, who are evil, know how to give good gifts to your children, how much more will the heavenly Father give the Holy Spirit to those who ask him!'"

How do verses 1-4 help us understand God's character?

How do verses 5-10 help us understand God's character?

How do verses 11:13 help us understand God's character?

You should hopefully now have a basic but fundamental understanding that God is a mighty, powerful God. A God who is far, far beyond approach but He is also a God full of love and makes Himself approachable to us. Now that we know and understand this, we can start to look at who we are, we will explore this tomorrow.

Notes

Evening Notes

“Who Am I?” Day Three: Who Does God say I am?

There are many things the Bible teaches us about who we are. One of the most important things to understand, is that you are His child. In today’s journal we are going to explore what the Bible says about this truth and many other truths about who we are according to God.

You are a Child of God - Remember He is a loving Father.

Read 1 John 3:1-2 (MSG):

‘What marvelous love the Father has extended to us! Just look at it—we’re called children of God! That’s who we really are. But that’s also why the world doesn’t recognize us or take us seriously, because it has no idea who he is or what he’s up to. But friends, that’s exactly who we are: children of God. And that’s only the beginning. Who knows how we’ll end up! What we know is that when Christ is openly revealed, we’ll see him—and in seeing him, become like him. All of us who look forward to his Coming stay ready, with the glistening purity of Jesus’ life as a model for our own.’

What do you think it means to be called ‘a child of God?’

Do you see yourself as a child of God? If so, why? If not, why not?

Jeremiah 1:5 - “Before I formed you in the womb I knew you, and before you were born I consecrated you; I appointed you a prophet to the the nations.”

What does this scripture say about you?

I am formed/made by God

I am known by God

I am consecrated by God

I am appointed by God for a specific purpose.

You are born of God. You have been adopted by God!

Romans 8:15 (NLT) - ‘So you have not received a spirit that makes you fearful slaves. Instead, you received God’s Spirit when he adopted you as his own children. Now we call him, “Abba, Father.”’

By Rod Martin - ‘Every once in a while, I am asked, “What’s it like to be adopted?” I was two days old when my parents chose me to be their son. Being adopted is an amazing thing. I was taken from a situation that probably would not have turned out well and was given the opportunity to grow up in a loving Christian home. I became a member of a new family. I had a new identity, a new name, a new opportunity, and eventually a new inheritance. I was chosen!

Adoption into God’s family is all of that and infinitely more. Scripture is very clear—a Christian is a chosen child of God (**Ephesians 1:4-5**).

As adopted children, we enter into a new relationship with God. Though we were chosen before the foundation of the world (**Ephesians 1:4**), we lived as an enemy of God up to the moment of our salvation (**Ephesians 2:1-2**). At our conversion, we were adopted into God's family through Jesus Christ. We have a new identity—the sons and daughters of God. The eternal God is our Father (**1 John 3:1-2**).

But as in any family, this relationship goes both ways. Just as I took on my father's surname, we take on the name of God—we are His children, His heirs, and His ambassadors. Our Father wants us to protect His name through our thoughts, speech, and actions—we are responsible for His reputation (**Romans 12:1-2**).

As adopted children, we have a new opportunity. Since God (the Holy Spirit) lives inside us, for the first time we can please God (**Ephesians 2:10**) and be holy (**Hebrews 12:10**). We have a new blessing and inheritance—we are joint heirs with Jesus, receiving His eternal riches (**Romans 8:14-17, 23**).

If you're a Christian, the next time you begin to ask someone who was adopted what it's like, think about your own adoption... as a son or daughter God - Creator of the universe!'

Write down all the people and all the things you love. Now ask yourself, why do I love them and how can I show them that I love them.

How do you know God loves you? And that you are born of Him?

How do you show that you love God? Why do you love God?

Other encouraging scriptures of what God says about us for you to explore:

I am a friend of Jesus - **John 15:15**

I am justified and redeemed - **Romans 3:24**

I am accepted - **Romans 15:7**

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

I am a new creation - **2 Corinthians 5:17**

Notes

Evening Notes

“Who Am I?” Day Four: Who am I?

Now we have looked at who God is and who He says you are, let us reflect about ourselves again about Who am I?

Let us start with the last three questions we asked on day one:

What do you think about yourself?

What do you think shapes this thinking?

Why do you listen to these things? Are there any scriptures that authenticate this?

Now you have this new perspective about yourself, that you are His child, you are loved, you are looked after, you will never be abandoned, you are heirs with Christ. As we spoke about on day one, there are many influences that will tell you that this new perspective you have isn't true. It is important for us to identify those influences, so we know what we need to deal with, and what to avoid.

What influences are there in my life that say otherwise?

What am I going to do to get rid of/ignore those influences?

Notes

Evening Notes

“Who Am I?” Day Five: So what’s next?

Now that you have a new, healthy, Biblical, Godly understanding of who you are, what’s next?

We have just spent five incredible days together, exploring who we truly are, and have experienced an amazing camp together. Right now we feel energised, excited and hyped to take on the world, but this feeling will soon fade. We need to be wise and ensure from this week on, everything we have learnt is not just hype. Instead we must leave with practical things we can do to deepen our relationship with God and go to the next level of calling He has for our lives.

How will knowing who you are affect your relationship with God?

What will you do to ensure, now you know who you are, that this becomes a lifetime truth and not just a momentary hype?

What can you now do, knowing who you are, that you may not have been able to do before?

Recently in Insight, we did a theme of S.O.A.P.

Do a S.O.A.P on these five scriptures (remember to look at the whole chapter for context):

Scripture: 1 Thessalonians 1:4

Observation:

Application:

Prayer:

Scripture: John 8:32

Observation:

Application:

Prayer:

Scripture: 2 Corinthians 5:28

Observation:

Application:

Prayer:

Scripture: Ephesians 1:6

Observation:

Application:

Prayer:

Scripture: Colossians 2:10

Observation:

Application:

Prayer:

Notes