

# SESSION 1: WHERE DID I COME FROM?

## WHAT'S THE POINT?

- We all want to be secure, significant and accepted.
- When we become Christians we automatically become secure, significant and accepted in Jesus.
- Jesus came to give us LIFE!

### KEY VERSE:

'I have come that they may have life, and have it to the full.'  
John 10:10

## JUST FOR FUN

Get to know someone. Write inside the body. Shape something new that you've found out about someone:



### CHALLENGE

Learn at least one of the following truths about who you are in Christ. Keep saying it over again to yourself until you remember it without looking.



### THINK

What do you do to try and feel significant, secure or accepted? Know that you are significant, secure and accepted just because of what God has done for you and your relationship with Him.



### PRAY

Father God, help me to know deep inside that you love me and I am totally complete as a person in you even when I don't feel like I am. Thank you for the LIFE that you give to me. Amen.



# TRUTHS SECTION

## I AM SIGNIFICANT?

I am no longer worthless, inadequate, helpless or hopeless. In Christ I am deeply significant and special. God says:

- **1 Corinthians 3:16** I am a temple of God where God's Holy Spirit lives.
- **Ephesians 2:10** I am God's workmanship, created for good works.
- **Ephesians 3:12** I may approach God with freedom and confidence.
- **Philippians 4:13** I can do all things through Christ who strengthens me!

## I AM SECURE?

I am no longer guilty, unprotected, alone or abandoned. In Christ I am totally secure. God says:

- **Romans 8:31-34** I am free from any guilty charges against me from God.
- **Romans 8:35-39** I cannot be separated from the love of God.
- **Philippians 1:6** I am sure that the good work God has begun in me will be perfected.
- **Colossians 3:3** I am kept safe with Christ in God.
- **1 John 5:18** I am a child of God and I am safe from any evil.

## I AM ACCEPTED?

I am no longer rejected, unloved or dirty. In Christ I am completely accepted. God says:

- **John 1:12** I am God's child.
- **John 15:15** I am Jesus' chosen friend.
- **Ephesians 1:1** I am a saint, a holy person.
- **Colossians 1:14** I have been forgiven for all the things I've done wrong.

## QUESTION FOR NEXT WEEK

Imagine that you're talking to someone who is not a Christian. Can you think of a short way to share your faith in a few sentences? Come prepared to share your sentences next week.



# SESSION 1: THE WORLD'S VIEW OF TRUTH

## WHAT'S THE POINT?

- The way that we look at the world, called our worldview, can affect the way we see God and ourselves.
- Two main things affect our worldview – culture and past experiences.
- It's really important that believe the Bible and listen to what it says about God and ourselves.

### KEY VERSE:

Jesus answered, 'I am the way and the truth and the life.  
No-one comes to the Father except through me'  
**John 14:6**

## JUST FOR FUN

What would life had been like if you had been born in these different countries? What would you have eaten? What would you have done in your free time? Who would you have worshipped?

USA

RUSSIA



ZIMBABWE

CHINA

