

# WELLNESS WEDNESDAYS

## *SPIRITUAL HEALTH: Experiencing God's Goodness and Mercy*

3

### **WHO AM I?**

HOW DO I PICTURE MYSELF?

"If you know who you are, you'll know what to do." ~ Craig Groeschel

*This is the cycle of grace.*

#### **Who am I?**

- Made in the image of God
- God's beloved, loved by God

## ***SPIRITUAL HEALTH CHALLENGE***

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- 1. Look at yourself  
in the mirror  
and see God's  
likeness in you.**

# WELLNESS WEDNESDAYS

## **READ THE FOLLOWING VERSES OUT LOUD:**

**I am God's child:** "But to all who received him, who believed in his name, he gave power to become children of God..." (John 1:12 NRSVA)

**I have been justified, and have peace with God:** "Therefore, since we are justified by faith, we have peace with God through our Lord Jesus Christ..." (Romans 5:1 NRSVA)

**I am free from condemnation:** "There is therefore now no condemnation for those who are in Christ Jesus." (Romans 8:1 NRSVA)

**I am alive together with Jesus:** "And when you were dead in trespasses and the uncircumcision of your flesh, God made you alive together with him, when he forgave us all our trespasses..." (Colossians 2:13 NRSVA)

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## ***SPIRITUAL HEALTH CHALLENGE***

- 1. Look at yourself in the mirror and see God's likeness in you.**
- 2. Look at others that you come across and see God's image in them.**