WELLNESS WEDNESDAYS

SPIRITUAL HEALTH: Experiencing God's Goodness and Mercy

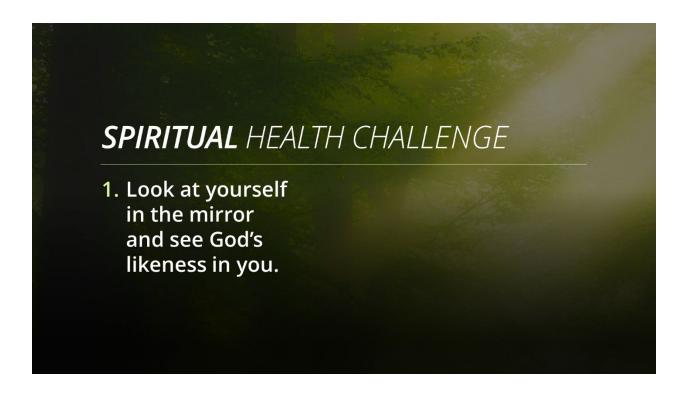


"If you know who you are, you'll know what to do." ~ Craig Groeschel

This is the cycle of grace.

Who am I?

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



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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