



*Asking God for the gift of refreshment
through prayer and recreation*

Prayer Guide

Identity in Christ – Put on Christ

July 28 – August 3

OVERVIEW

For you are all sons of God through faith in Christ Jesus. For all of you who were baptized into Christ have clothed yourselves with Christ.

- Galatians 3:26-27

This week we consider Paul's metaphor to change our clothing as a way to speak of the manner in which we should accept our new humanity in Christ as a gift. Becoming the person God made you to be is not a self initiated improvement program. Rather, your identity in Christ is a gift that you receive and put on. Paul actually says that it is Christ Himself that you are putting on. And to put Him on, you must take off your old clothing, which represents your former way of being human. Notice that Paul does not just tell us to stop doing certain things. Rather he tells us to replace those things with new practices that imitate the heart and behavior of Jesus.

PRACTICE REVIEW

Quiet. Take a few minutes to quiet yourself in God's presence. Rest in His love for you.

Review of Solitude Week 2. See next page.

Pray for our church family. Ask God how to pray for our church family this week.

Simple Prayer. Close your time with a simple prayer of gratitude to God for his presence, love, and goodness in your life.

FACING YOURSELF

Rest in God's love

- Once you feel "quieted," spend a few minutes just resting in God's love for you.

Let yourself feel

- Pay attention to how you are feeling. Not just on the surface, but deep down.
- Do not run from them. Turn and face them and allow them to roll over you.
- Try to put a name to what you are feeling. Use the list of emotions below if that helps. Choose a few words that help you express how you are feeling

Pray the prayer of surrender

- Give God your *emotions* by expressing how you feel with honesty and no filters
- Give God your *desires* by telling Him what you want
- Give God your *trust* by surrendering your heart and circumstances to Him. Pray Jesus' prayer "not my will, but Your will be done."
- Receive grace and love from God

Stretch Exercise

- Ask God to reveal an attitude or behavior that you do that is part of your old humanity. What attitude or behavior from Jesus should you replace it with?

Happy	Sad	Angry	Scared	Confused
Admired	Alienated	Abused	Afraid	Ambivalent
Alive	Ashamed	Aggravated	Alarmed	Awkward
Appreciated	Burdened	Agitated	Anxious	Baffled
Assured	Condemned	Anguished	Appalled	Bewildered
Cheerful	Crushed	Annoyed	Apprehensive	Bothered
Confident	Defeated	Betrayed	Awed	Constricted
Content	Dejected	Cheated	Concerned	Directionless
Delighted	Demoralized	Coerced	Defensive	Disorganized
Determined	Depressed	Controlled	Desperate	Distracted
Estatic	Deserted	Deceived	Doubtful	Doubtful
Elated	Despised	Disgusted	Fearful	Flustered
Encouraged	Devastated	Dismayed	Franctic	Foggy
Energized	Disappointed	Displeased	Full of Dread	Hesitant
Enthusiastic	Discarded	Dominated	Guarded	Immobilized
Excited	Discouraged	Enraged	Horried	Misunderstood
Exuberant	Disgraced	Exasperated	Impatient	Perplexed
Flattered	Disheartened	Exploited	Insecure	Puzzled
Fortunate	Disillusioned	Frustrated	Intimidated	Stagnant
Fulfilled	Dismal	Fuming	Nervous	Surprised

