



## **Experiential: Accepted Reflection**

In Christ, we are accepted. However, we often struggle in daily thoughts with being secure in this acceptance. This experience is one to identify the negative thoughts towards yourself. Thoughts of fear, worry, doubt, low-self-esteem, hurt, etc. The goal is to turn them on their head; claim in Jesus name that you are accepted and highly esteemed. Ask him to show you how to break the lies down, and claim his truth. A verse that may help is Galatians 2:20: "I have been crucified with Christ. It is no longer I who live, but Christ who lives in me. And the life I now live in the flesh I live by faith in the Son of God, who loved me and gave himself for me." What does this mean for our day to day thoughts? What thoughts need to change to identify with Christ's acceptance of you in him? How can you rely on God to help you?

## **SING (suggested songs to sing. Use these or any song you might want to sing)**

New Name Written Down in Glory/Jesus is Mine - <https://youtu.be/CwiHLKCaZM>

Amazing Love - <https://youtu.be/EwoCbcSXISM>

Abide with Me – Mennonite Hymnal #495

## **PRAY**

This is a time to gather around for prayer requests and to share how you have seen God at work. A time to hear where God is showing up in our lives and where we need Him to help us in our lives.

## **Sending prayer based on the lesson:**

Exposed in sin and weakness, may you glorify God as you dwell on his acceptance of you in Christ. May the tides of your heart and the pulling of your mind give way to the hope and motivation from being highly esteemed by God.