



Summary of Sermon

Ps Chris Vigil spoke on **Understanding myself in Christ** from John 13-17, Jesus' words just before the Cross. He is the Way (our journey through life), the Truth and the Life. Our value and identity is in Him whether circumstances are going well or badly.

Questions

1. "Our past does not have to define who we are - it is where we came from - and we cannot let it determine our value. What really determines our value is God himself." How have you handled painful experiences? If you are able to share part of your story, share it with the group. If you are currently in painful circumstances let others pray and encourage you.
2. Our need of acceptance can be very unhealthy if we look for it outside Jesus. Can you think of examples of being secure in Christ? - and examples of living insecure?
3. How would you explain to a friend who is not yet a Christian what it means to you to know your identity is in Christ? Do you think they will agree that the way you see yourself is the way they see you?