



Beautiful Soul

Scripture:

Read Psalm 139 and 2 Corinthians 5:17, Genesis 1:26,27

In Psalm 139, David affirms the fact that the Lord created my inmost being. He knit me together and knew me before I was born. The Lord knows everything about me. I am fearfully and wonderfully made. His works are wonderful and all the days ordained for me were written in His book before one of them came to be.

2 Corinthians 5:17 promises *“Therefore, if anyone is in Christ, he is a new creation; the old has gone, the new has come.”*

In Genesis 1:26,27 God said from the very beginning: *“Let us make man in our image, in our likeness... so God created man in his own image, in the image of God he created him; male and female he created them.”*

Every person was created in the image of GOD. Every human being is immeasurably valuable because they are the *imago dei*. The core essence of who we are is designed to bear the likeness of the Creator of the Universe! Incredible!

Because of Adam and Eve however, we were born into a sinful *condition*, spiritually dead, separated from God and eternal life with Him. Thankfully, the Lord had a plan, and we can experience the best news of all. As we repent (turn away) from sin and ask for His forgiveness, we can accept His son, Jesus Christ, as our Lord and Savior. Jesus bore our sins on the cross and paid the cost of our sin- past, present and future. We actually die to the power of sin and become a new creation in Christ; His life exchanged for ours. WOW!

- In your journal, describe the first time you realized that Christ died for you. Remember back, and revisit how it felt to relinquish control of your life to Jesus and acknowledge Him as your Lord and Savior.
- **Our thoughts determine our beliefs.** Prayerfully discern, who do you *honestly* believe/think God is?
- Make a list of His character attributes.
- Now, go to the Bible and find verses that support your image of God. Which of your beliefs are not truly who the Bible says God is? Ask the Lord to reveal His true nature- which is LOVE. God is LOVE! How do you experience His love for you in your everyday life. He is FOR us and not AGAINST US! How does this fact change your perspective on His character?
- Describe how it feels for you grasp the truth that you are created in the very image of God.



- Do any new words come up now to describe your beautiful soul? Journal about who God created you to be.

Reflection:

During the weekend, we explored the wound of shame through three paper circles. The white circle represented our beautiful soul, created in God's image. This is our true self. The second paper circle represented shaming messages we took on during our lives. These messages wounded our beautiful soul. We may have realized for the first time, how sin and shame marred our beautiful soul. The final circle represented the particular ways we sinfully "act out" to cover the shame wounds. It reveals what living out of our old-self looks like.

2 Corinthians 5:17 promises ...*"In Christ, you are a new creation, the old has gone and the new is come"* We are no longer prisoners of our shame or our past. We can be free from acting out! God renews our heart and soul every day. With the help of the Holy Spirit, we can become aware of our actions and begin to take responsibility for the sinful ways we think and behave. We can turn from our old practices, ask forgiveness, and choose to take off our old nature. We are free to put on our new nature, the true self, remembering to live out our *true identity* as God's chosen people, holy and dearly loved.

- Prayerfully ask the Lord where there are currently ways you are "acting out" of your old self.
- *Hint* this may look like control, perfectionism, busy-ness, laziness, arrogance, victim mentality, addiction, martyr attitude, cheating, lying, "know-it-all" attitude, eating and/or drinking too much.....
- Gently acknowledge this truth and journal with the Lord.
- Now ask Him to reveal what the shame messages are underneath the action. Write this down.
- Gently present this awareness to the Lord and ask for his forgiveness and for the Holy Spirit to take off the OLD self and put on the NEW SELF. Ask Him to heal you from this shaming message.

Soul Training:

Colossians 3:1-17 is a treasure trove of scripture describing how God transforms us to live out of our new self in Christ. Every day this week take some time with the Lord to:

- Read this passage and meditate on it.
- Notice how Paul directs the Colossians to think in the first three verses.
- Practice putting to death the old self (verses 5-12). Pray for the Holy Spirit to reveal when the old self is creeping in. Repent and ask God's forgiveness.
- Consciously put on your new self/true self which is described in verses 12-17
- Journal about what God is revealing to you.



Prayer:

Lord, thank you for reminding me that I am beautifully and wonderfully made. Thank you that you are transforming me to be more like your Son Jesus each day. I praise you for your unconditional love and that you love me for who I am right now, no matter what I do or do not do each day. Amen