

LIVE DEPENDENT



Purpose: to create some daily space where God can form us more into Christ's likeness.

→ What about my belovedness in Christ?

Micah shared on Sunday that we are God's beloved and as God's beloved, "My feet need to be firmly planted in the soil of my belovedness in Christ." This must be our believed and received identity with God. (Resource: *Henri Nouwen, Crystal Cathedral video*)

READ: Matthew 3:15-17; Psalm 86:5-15; Romans 8:35-39; Lamentations 3:22-32

- ❖ Growing up, what was your understanding of being God's beloved? What contributed to this view?
- ❖ Presently, how would you describe your identity with God?

→ What about the lies we believe?

When we believe the lies of evil voices and reject our belovedness, we cannot walk freely in this world.

- ❖ What voices (that are not of God) keep you from being firmly rooted in what God says about you?
- ❖ How can you begin to grow in your belief that you are God's beloved?

→ How is prayer significant to our spiritual formation?

Ruth Haley Barton (*Resource: Sacred Rhythms*) says this about prayer: "Solitude and prayer is a place. A place where we unplug and withdraw from the noise of interpersonal interactions, from the noise, busyness, and constant stimulation associated with life in the company of others."

- ❖ In what ways can you make solitude and prayer an essential part of your daily rhythm?

Live Dependent: *daily pursuing a relationship with the triune God.*

Children's Corner: Live Dependent

Mr. Micah is preaching for the next few weeks on some of our discipleship values. If you haven't had a chance to talk about those in your family, please visit our website @ www.altamesa.org under the "About Us" tab to review them. Each value has a "kid's version" on the Children's Ministry page under the "Connect" tab that will help our kids begin to understand the values with more simple language.

The value we will focus on this week is Live Dependent & our "kid's version" of this value is: **GOD IS WITH ME → God loves me. God chooses me. God guides me.**

ACTIVITIES to help us LEARN & REMEMBER this value:

1) SAY IT OUT LOUD

It's important for us to say things out loud to help us understand and believe it

Look in a mirror & repeat this value out loud at least 3 times:

"God is with me. God loves me. God chooses me. God guides me."

{You can write it down and read it over & over. You can have a parent or sibling say it & kids repeat it. You can even make up hand motions to help you.}

2) SEE IT OFTEN

Talk with your family about **GOD IS WITH ME: God loves me, chooses me, & guides me.**

What is a picture, word, or phrase that helps you remember you are always loved by God?

- With parent permission, use a **dry-erase marker to write/draw that phrase/picture on a mirror** that you use a lot at home so you can see it every time you look in the mirror to help you remember. [Ex: "God loves me" or pictures of hearts or arrows]
- **Make a poster or a shield** with any of those words/phrases/pictures on it to hang on your door or in your room. You could draw; decorate; paint; or even cut out pictures from magazines to glue on it like a collage to help you remember God's words of truth. (Pinterest or Google search will help with shield templates)

3) LISTEN FOR IT

Where do you hear God's truth in His written Word & in some of the songs we sing?

- READ: Romans 8:37-39; Isaiah 41:13; Psalm 136:26; Psalm 139:1-18
- LISTEN: "Jesus Loves Me" by GoFish = <https://youtu.be/Ms-uhcv88TU>

FAMILY TALK TIME: Consider these questions together & then follow up with praying over your children.

- 1) Do you believe that you are loved by God?
- 2) What are some things that remind you that God loves you?
- 3) Has anyone called you a name that wasn't very nice or made fun of you? What are some names God gives to you instead?
- 4) Do you believe God still loves you even when you make a bad choice or get in trouble?