

Word Notes Sunday 20/07/14
Jan Hodge – Be a victor not a victim

Summary (read this bit out to remind cell members what was said on Sunday)

Key Texts: John 1:12, John 15:15, Rom 5:1, 1 Co 12:27

There are many reasons we can fall into victim mentality, but we don't need to stay there. The first thing is to recognise when your circumstances or situation are in your control, the second to be proactive in changing that. Worship is a great way to remind ourselves that "God is God and I am me" and that resets my clock from victim to victor as we remember who God says we are. In the worship we heard "You will know the truth and the truth will set you free", some of Gods truths about me are:

- **I am a child of God** (John 1:12) - We have a right to be his child and bear the family name. I have God's DNA. Also Gal 3:26 and 1 John 5:1
- **I am a friend of God** (John 15:15) - He shares his secrets with me and longs just to hang out.
- **I am justified** (Rom 5:1) - This means I have confidence to boldly approach God and expect to be welcomed.
- **I am a part of the body of Christ** (1 Co 12:27) – valued, important and needed. The body is not complete without me.

Application (this is the bit where cell members get to participate. Lead discussions around these points)

We have Jesus' DNA – what do we understand Jesus to be like and what characteristics of Jesus do we exhibit?

Scripture says we should have a right judgement of ourselves – is that true of you too? How can we work towards that and what can we do if our view doesn't align with scripture?

What are the things that people have said in your lives that have caused you to doubt the things we know to be true? Can you think of a scripture that counters that statement?

Look up Phil 4:8 – we can train ourselves to return to God's truth: look after your mind and spirit, not just your body.

Pray for one another in pairs using the scriptures that you found earlier.

Witness (this is the bit where the cell talks and prays about how to share the Good News)

How can you show off your Jesus gene this week? Look for opportunities to be generous, open hearted, tender – whatever he is to you at work/school /wherever. Could you make a motivational postcard to put up to remind you of what God says about you?