




SISTERHOOD LOUNGE ROOM

From our lounge room to yours

Identity: Spirit & Body - Part 2


Loved part one of our identity conversation? Well so did we!



In part two we explore our spirit and body. We have highlighted the key scriptures and thoughts from this episode as well as questions you can use to discuss in a group or work through in your own time ... enjoy.

"...And you will never feel orphaned, for as he rises up within us, our spirits join him in saying the words of tender affection, "Beloved Father!" For the Holy Spirit makes God's fatherhood real to us as he whispers into our innermost being, "You are God's beloved child!"

Romans 8:15-18



"From birth I was cast on you; from my mother's womb you have been my God."

Psalms 22:10

SPIRIT

Nicola began by saying that our spiritual life starts with who we are in Christ and she asks Amaka how we can cultivate that identity so it becomes a solid foundation for our lives.

Amaka said that she starts with understanding and accepting that she is a child of God.

She explained that we are the Lords from the womb. If you strip everything away that tries to lay claim on you, this is the bedrock of who we are, and although we may be shaken, this truth cannot be broken.


Nicola asked how can we build healthy spiritual practices into our lives without fearing we are doing 'it' wrong? Ana said it isn't a tick box exercise of reading the word enough or praying enough. That would be trying to **prove** what we are doing is right and our mindset is trying to prove that our spiritual practices are creating a closer connection to God. Instead our mindset needs to shift to trying to **improve**. This way, we will be growing progressively closer to God and not doubting if what we are doing is enough.

- Q-** Have your spiritual practices been leaning towards proving or improving your connection with God?
- Q-** Take a moment and revise why you do spiritual practices.
- Q-** What does being a child of God mean to you? How can this shape your identity?


BODY

Nicola spoke about how our relationship with our body can change over time, and in different seasons of life. Maureen shared how she had an unhealthy mindset towards her body in her teenage years. She had an eating disorder, over-exercised, and removed herself from social situations. After she decided to follow Jesus it still took time to change her mindset about her body. She practiced taking her thoughts captive and allowing scripture to take hold in her





life, she surrounded herself in a community, and she began to experience transformation on the inside, which allowed her to accept who she was on the outside.




Amaka shared that whenever she feels bad about her appearance, it is always linked to comparing herself to others. She aptly said that when you focus on what you are not, you miss out on who you are. You waste time and energy that could be spent appreciating who God has created you to be and living out that potential fully. Maureen's thoughts were that our bodies are wisely created and gifted to us by God and that we should be mindful of everything we do with our body should bring glory to God.

"We are Gods masterpiece."

Ephesians 2:10

Q- Has your relationship with your body changed over time? Would you say it's in a healthy place right now?


Q- We all need to be good stewards of our bodies, what can you do in this season to bring extra health to your body?



Q- What do you think it means to glorify God with our bodies?

FINAL THOUGHT AND PRAYERS

These episodes are designed to help you to reflect and grow in your relationship with God through having honest conversations with yourself and with the Lord. Part of glorifying God is stewarding as best as we can the areas, He created in us: mind, body, soul, and spirit. We can only do this with the help of the Holy Spirit.



"Father, I thank you that you know me intimately. I pray that you would help me by the power of your Spirit to steward each area of my life well. Thank you for creating each facet of my being and caring about each part. Help me to see what you see and live according to your best for me. Thank you that you call me child, you are close, attentive, and proactive in my life. You never leave me, and I can trust you with the journey of life. With you I know all roads lead to victory and wholeness. Amen."

