

Module Two

Group Process

Who You Are in Christ

Activity #1 (Materials needed: a handheld mirror and pictures of *The Hidden Messages in Water*—see below for the website)

Pass the mirror around and have each member of the group look at him or herself. Then ask, “What do you see? How many of you saw flaws or judged yourself? Did anyone see anything good?”

Read the following to yourself or read out loud if in a group:

“Dr. Masaru Emoto, a Japanese scientist, wanted to study the impact of our words on our physical environment. In his experiment he labeled vials of water with words that described either affirming or derogatory sentiments, such as ‘You fool,’ ‘You disgust me,’ ‘Love and gratitude,’ ‘Thank you,’ and ‘Peace.’ He spoke each of these phrases over the corresponding water samples and then froze them.

He designed a special procedure using an electron microscope to view the water crystals that formed from the samples. His results were astonishing. In the water samples that were spoken and labeled with derogatory terms, the water crystals looked chaotic. The samples that were labeled with affirming words formed beautiful crystalline structures.

He illustrates these studies in his book *The Hidden Message in Water*.¹ You can also find photos of these experiments on his website (show the group the website photos if available, <http://www.masaru-emoto.net/english/wter-crystal.html>). One of the observations Dr. Emoto

Masaru Emoto, *The Hidden Messages in Water* (New York: Atria Books, 2005).

made after this experiment was that the majority of our bodies are made up of water. He believes that our words impact our physical bodies. A wonderful scripture exemplifies this: "Death and life are in the power of the tongue" (Proverbs 18:21, AMP). As we speak God's Word over ourselves and those we love, we speak life."

Read aloud: "Each of us is God's beautiful creation, and when we judge or criticize ourselves, we are criticizing what God made."

Scriptures

Have group members read the following scriptures about how God views us. (Before the group meeting, you may wish to write each of these references on a separate piece of paper to pass them out among the group members.)

- I am God's child (John 1:12).
- I am assured all things work together for good (Romans 8:28).
- I am confident that God will perfect the work he has begun in me (Philippians 1:6).
- I am chosen before the creation of the world (Ephesians 1:4, 11).
- I am forgiven (Ephesians 1:8; Colossians 1:14).
- I am alive with Christ (Ephesians 2:5).
- I am God's masterpiece (Ephesians 2:10).
- I am no longer condemned (Romans 8:1–2).
- I am protected (John 10:28).
- I am a new creation (2 Corinthians 5:17).
- I am victorious (1 Corinthians 15:57).

In a group setting, pair up each member with a partner and have them take turns reading these biblical affirmations to each other. So often we judge or put down others. This activity is meant to speak life and blessing over one another. There is great power in speaking God's Word over each other.

Activity #2: (Materials needed: Colored paper and colored markers)

Have each member write the scriptures that most resonate with them and decorate as a reminder of who they are in Christ.

Questions for reflection:

- What felt different when you looked in the mirror before knowing who you are in Christ and after?
- What insight did you gain from this lesson?
- How would your relationships change if you started to deeply believe and truly know who you are in Christ?
- Do you have any creative ideas that would help you remember daily, who you are?

Homework

1. Choose four scriptures that especially resonate with you. Read them aloud to yourself in the mirror daily.

2. Make a note in your journal from a scale of 1–5 of any changes in your mood, energy level, focus, and stress level.

Closing Prayer