

The **SHAPE** of you

WEEK 1 JOURNAL

This week, we are looking at who God says we are, then starting to think about our hearts and hopes. Remember, your notes are private – just be honest with yourself and God. It's up to you to decide what to share when we next meet.

Thursday

19

September

“You have searched me, Lord, and you know me... I praise you because I am fearfully and wonderfully made; your works are wonderful, I know that full well.”

Psalm 139: 1 & 14

What does it mean to you that God made you and knows you?

Friday

20

September

“Jesus looked at him and said ‘You are Simon son of John. You will be called Cephas* (which, when translated, is Peter*)’
(* = rock)

John 1:42

How do you feel about God giving you an identity and purpose?

Saturday

21

September

“I am the vine; you are the branches. If you remain in me and I in you, you will bear much fruit; apart from me you can do nothing.”

John 15:5

How do you feel about your place and what you can do in Jesus?

Sunday

22

September

“Therefore I tell you, do not worry about your life, what you will eat or drink; or about your body, what you will wear. Is not life more than food, and the body more than clothes?”

Matthew 6:25

Think about a time when you felt worried about changes that might happen in your life. When was this? How did you reassure yourself that things would be OK?

Monday

23

September

“But seek first his kingdom and his righteousness, and all these things will be given to you as well.”

Matthew 6:33

Happy Monday! Can you imagine that the world is going to change this week as God’s kingdom becomes more visible? What do you hope would be different?

Tuesday

24

September

“There is nothing better for people than to be happy and to do good while they live. That each of them may eat and drink, and find satisfaction in all their toil—this is the gift of God.”

Ecclesiastes 3:12-13

Imagine you could have any job without worrying about your financial situation. What would you hope to work on?

Wednesday

25

September

“But in your hearts revere Christ as Lord. Always be prepared to give an answer to everyone who asks you to give the reason for the hope that you have.”

1 Peter 3:15

In tonight’s group meeting, we’re going to talk about our hearts and hopes. What would you really like God to do with you? Who would you most like to serve, and what causes motivate you to take action?
