

MyLife-Workshop: an exploration of my life

Preparations for unit five:

- Video projector, speakers, screen, laptop
- Homework assignments printed out on cards for the coming week, the prayer
- Two band-aids per participant
- Print out in color Rembrandt's painting of the return of the lost son. On the back print the prayer (see below)
- Pens

5. Band-aid

Input from the facilitator

Ice breaker: Where did you experience *pain* or *disappointment* last week?

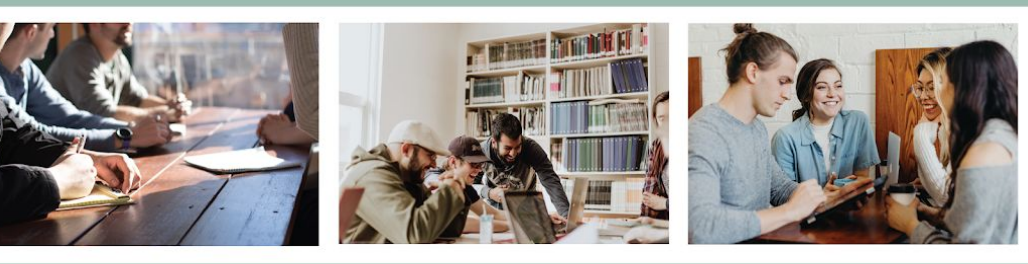
Distribute band-aids (two per participant). Tell of the most recent wound in your life as well as the most painful one (the leader shares first).

Main point: In Jesus Christ, God let Himself be wounded. In order to reach us with His love, He could not avoid the path of pain.

Input from the leader. Last week we spoke of the presence of God in our lives and we compared it to the melody in a symphony that is at times quiet and at other times loud.

The composer and director of the music is the same person – God. He didn't just show His existence through His music, He also came into our world Himself.

Quote from the Bible: John 1:-5, 10-12. Jesus, the invisible God, comes to us, and became a man. Why? In order to give us a personal invitation from God.



Let's get to work (Workshop)

A. On your MyLife-map, find the highest (in the green sphere) and lowest (in the red sphere) points. Draw a line from one to the other.

- Share the high and low points in your life

Input from the leader: God knows your high and low points (and everything in between). His high point is higher than the best day of your life – we call it heaven. His low point is more painful than the lowest day in your life – we call it hell.

Jesus, who is God, left His green sphere, in order to come to the earth to die as a criminal and suffer hell, His red sphere.

Video: From the Passion of Christ

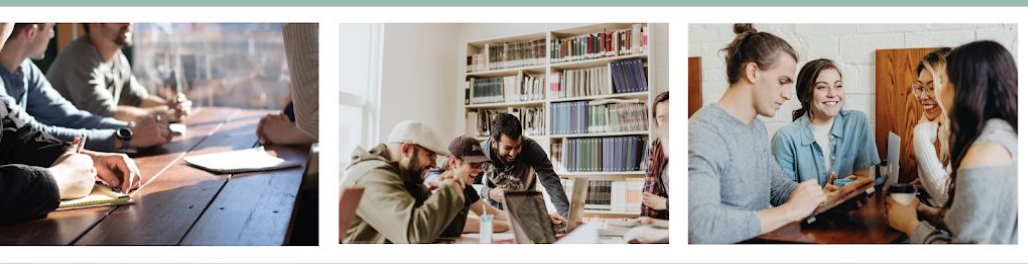
<http://www.youtube.com/watch?v=L4m1u7ZSA9Y>

- Everyone draws a parallel line between the highest and lowest points. On this line write the words „for me personally“

Input from the leader: The question is, why did God do this? There are two answers:

1. Out of His love for us (John 3:16 – read with own name inserted)
2. In order to cancel our guilt and save us from our sin which condemns us

Jesus is described in the Bible as “Savior”. A Savior heals what is broken. This healing has to do with our relationship with God.



Sin means missing the goal. Everyone is a sinner. This is provable, for we don't fulfill our own standards! And as a result,

we have not been able to keep God's either. We have hurt God with our disinterest, with our disrespect, with our rebellion.

To do: with the two band-aids, form a cross on your lowest point (in the red sphere) and write above it: He loves me. He died for me.

Our predicament: If behind our wishes there is longing, what is behind sin? Behind sin there is mistrust. We have refused to trust God completely.

For this reason:

Jesus death on the cross is God's bridge into our lives to reconcile us with Himself.

Because

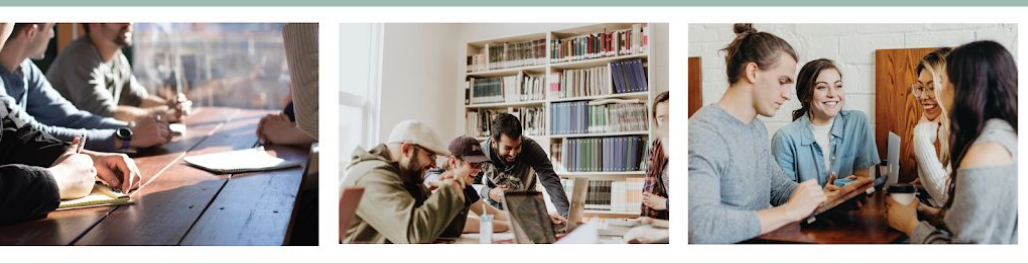
- We are unable to turn back the clock (think about the people we have hurt in the red zones of our lives),
- We cannot justify ourselves before God,
- We ourselves cannot give ourselves Shalom.

For this reason,

- Jesus died and rose again from the dead – for us!

Imagine this: Jesus accomplishes what we could not do in order for us to have peace (SHALOM) with God that we could not produce ourselves.

Output (to do this week)



Distribute Rembrandt's painting "The prodigal son". Read the passage in Luke 15. Two sons are lost – the older brother

(self-righteous) and the younger brother (excessive, rebellious). Point out the father's hands – one is a mother's hand (love,

acceptance), the other is a father's hand (strength, righteousness).

Gaze at this painting daily. Imagine yourself in this scene. Which of the two brothers are you? What is triggered in you when you feel God the Father's hands on your hunched shoulders?

Pass out the prayer of longing, to be read and deeply thought on – but not prayed (our answer to God's offer).

Prayer of Longing/Desire

Jesus Christ, you have come to me at the point of my life's deepest pain. On a terrible instrument of torture, on the cross, you suffered for me. In your suffering I recognize your love for me.

Up to now I have refused to acknowledge you as my God and Savior. I want to change that. I have come to realize that I have failed to trust you. For this I am sorry.

I do not want to live this way anymore. I need you and long for your SHALOM. Therefore, I place my trust in you and ask you to forgive me my sin. I accept your forgiveness as a precious gift. I desire to follow you and from this time on let you shape me as I do what you want from me. Thank you that I can truly call you the treasure of my life. Amen.