
G. ADDRESSING EMOTIONAL NEEDS

G.4: I don't feel very significant

[Philippians 1:6, Ephesians 2:10]

I DON'T FEEL VERY SIGNIFICANT OR VALUABLE IN MY CHRISTIAN LIFE. Coaching grace and proper self-image from Ephesians 2:1-10

A STORY

Sally was speaking with her coach. As her coach asked questions and her life story unfolded, it became evident that she felt her value and significance in life was miserably low. Her parents were far away in another state and had little contact with her. She usually had to initiate the communication. She knew that God loved her but wanted to be more in connection with Christ. What should the coach do and to which passage should he or she refer Sally?

DIGGING INTO THE BIBLE

Ephesians 2:1-10 (NIV):

As for you, you were dead in your transgressions and sins, ² in which you used to live when you followed the ways of this world and of the ruler of the kingdom of the air, the spirit who is now at work in those who are disobedient. ³ All of us also lived among them at one time, gratifying the cravings of our flesh and following its desires and thoughts. Like the rest, we were by nature deserving of wrath. ⁴ But because of his great love for us, God, who is rich in mercy, ⁵ made us alive with Christ even when we were dead in transgressions—it is by grace you have been saved. ⁶ And God raised us up with Christ and seated us with him in the heavenly realms in Christ Jesus, ⁷ in order that in the coming ages he might show the incomparable riches of his grace, expressed in his kindness to us in Christ Jesus. ⁸ For it is by grace you have been saved, through faith—and this is not from yourselves, it is the gift of God— ⁹ not by works, so that no one can boast. ¹⁰ For we are God's handiwork, created in Christ Jesus to do good works, which God prepared in advance for us to do.

DISCUSSION AND DISCOVERY

1. What are the stages that God has brought in your growth? Try to identify where you started and what he has brought you to. Example: dead, made us alive, God raised us up, seated us with him, God's handiwork
2. Which of these stages is the best description of your present reality?
3. Which one moves your heart the most?
4. How do you feel when you think that he has seated you with him in the coming age?
5. What do you think it means to be God's handiwork?

APPLICATION AND ACCOUNTABILITY

6. How does that concept impact your personal value?
7. What can you do to keep these thoughts in your mind when you lose your sense of significance?
8. What do you look to now for your significance?
9. What can you do differently that will make these thoughts real in your life in the days ahead?
10. When would you get that started?
11. How can I provide accountability in your journey toward significance?

LIST ANY OTHER VERSES THAT YOU HAVE FOUND WOULD ADDRESS THIS ISSUE: