

Created to
SHINE

Small Group Booklet

August 2018



Taylor

CREATED TO

SHINE



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We would like to celebrate and support the woman in this country and in our congregation by wearing black on Thursday's for the month of August.

See www.thursdaysinblack.co.za for more information.



**“Lift up your hearts.
Each new hour holds new chances
For new beginnings.
Do not be wedded forever
To fear, yoked eternally
To brutishness.
The horizon leans forward,
Offering you space to place new steps of change.
Here, on the pulse of this fine day
You may have the courage
To look up and out...”
(Maya Angelou)**



Do you feel that you were created for more than that which you are doing now? Do you feel inadequate and not worthy of God's love? Do you want to experience more of God's blessings in your life? Then this booklet is for you!

We believe that God wants you to live an abundant life: to “*have the courage to look up and out*”. If you will allow it, God can use you and your life's journey to shine a light in the dark world. Filled with adoration and love for God you will travel lightly through life, leaving your baggage behind, free to grow to your full potential, created to shine!

This Woman's Month we will look at **four women whose stories are all about being transformed from their failures to their victories. Eve, Sarah, Miriam and Rahab** are women who failed, but were redeemed through God's grace. We celebrate these women who stood up, dusted themselves off, and shone again! We want to remember them, and in so doing, to remind ourselves that we too can let go of the past and shine! Through these women we learn that God offers hope where there seems to be no hope. We see God's grace and compassion in these four women's experiences, and together discover that God has a great love and a purpose for each of us, despite of (and sometimes because of) our sinful past.

We also want to challenge the view that women are somehow to blame for the sins of our world. All too often we hear phrases such as “wicked witch”, “willful women”, or “scarlet harlot” used to describe women, without the same derogatory language applied to men. Our wish is that we can discover the redeeming compassion offered by God to us all, but especially for August to women who make mistakes: this is a generous grace that embraces women and restores them to a respected place in our human family. May we too offer the same compassion to those women who fail us, and may we help to restore their dignity in our own communities.

The stories of these four women invite us all to overcome our past mistakes, and courageously grow in faith, to believe that **God created us to SHINE** .

Shalom

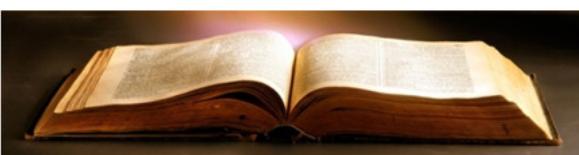
Pete & Nadja

PS. Remember to wear black on Thursdays towards a world without rape and violence.

Week 1: Eve's Enticement (Temptation)



“Don't confuse poor decision-making with destiny. Own your mistakes. It's ok; we all make them. Learn from them so they can empower you!” Steve Maraboli, *Life, the Truth, and Being Free*



Bible readings:

Genesis 3: 1-24

2 Corinthians 11:3



The story of Eve conjures up pictures of apples, trees, snakes and a woman with the not so enviable reputation of committing the first sin. This story is a parable that has been handed down from generation to generation and is intended to teach about sin, the love of God, and opportunities for recovering from our mistakes.

This ancient myth tells how God blessed Adam and Eve with the gift of life, a beautiful place to live in, and with the privilege of walking with God at sunset each day. In return God asked them to live their lives in obedience to God's ways. All of this speaks to the loving provision of a generous Creator.

Part of the generosity of God was the freedom of choice given to them: they were free either to choose to obey their Creator, or to ignore God's will and live according to their own selfish desires. Eve chose to ignore God, and instead chose a path that promised that she could become God's equal (*Genesis 3:5*) – and in so doing she “*exchanged the truth about God for a lie*” (*Romans 1:25*).

Here is one truth of this story: We lose our intimate loving relationship with God when we choose to do what we know God does not want us to do. *Romans 12:1-2* reminds us that our whole life should be lived as an offering to God, which means that we think and act differently from other people: “*Do not conform to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God's will is – his good, pleasing and perfect will.*” God's will is more important, and God's love more valuable, than any other desire.

Eve failed to heed God's warning not to eat from the tree of knowledge of good and evil (*Genesis 2:16-17*). Maybe she didn't realize the full consequences of her actions, or maybe she rationalized her decision. There is no sin in being tempted; it is acting on it that is the problem. Paul expresses concern that we might walk the same path as Eve: “*But I am afraid that as the serpent deceived Eve by his cunning, your thoughts will be led astray from a sincere and pure devotion to Christ*” (*2 Corinthians 11:3*). The good news of our faith is that God “*will not let you be tempted beyond what you can bear*”, and when you are tempted God “*will also provide a way out so that you can endure it.*” (*1 Corinthians 10:13*).

Eve's Legacy: Eve learned the hard way that God holds us responsible for our choices. She had to carry the knowledge of her failure, and bear the consequences of her actions. There have been many people who blame Eve for the sin in our world – as if God has made her personally responsible for every person's sin ever since the beginning of time! This denies the freedom of choice we have each been given to choose our own actions. The truth is that when we look further into her story we learn that God's love for Eve was not dependent on her sin or its terrible consequences: God loved Eve regardless of her past actions. For this reason this story does not end in defeat. God redeems Eve: the story offers the promise that the offspring of Eve will bruise the head of the serpent (*Genesis 3:15*). Eve is not discarded because of her sin. She becomes part of the promise of a new beginning. Many years later Paul would reflect on this: *The God of peace will soon crush Satan under your feet* (*Romans 16:20*). In Paul's mind the promise birthed by Eve has become a reality in Jesus. Eve is given a second chance, and her life becomes part of God's plan to resist evil. Eve is re-created to shine.

Let us hold to the words of John - that the light of Christ will overcome the darkness of our sinful world. “*The light shines in the darkness, and the darkness has not overcome it*” (*John 1:5*). With him we have the assurance that we too can shine in the darkness despite our sins.



Listen to “My Story”

YouTube: Big Daddy Weave - "My Story"

Lyrics:

If I tell you my story, you would hear hope that would not let go. And if I told you my story, you would hear that love never gave up. And if I told you my story, you would hear life but it wasn't mine. If I should speak, then let it be of the grace that is greater than all my sin. Of when justice was served and where mercy wins. Of the kindness of Jesus that draws me in. Oh to tell you my story is to tell of you. If I told you my story, you would

hear the victory over the enemy. And if I told you my story, you would hear of the freedom that was won for me. And if I told you my story, you would hear life overcome the grave. If I should speak, then let it be of the grace that is greater than all my sin. Of when justice was served and where mercy wins. Of the kindness of Jesus that draws me in. Oh to tell you my story is to tell you this is my story this is my song, praising my saviour all the day long.



1. Have you ever justified or rationalized giving in to temptation by saying:

Everybody is doing it: no one is perfect, 'God will forgive me', 'I might as well do it', 'God wants me to have a little fun', 'I didn't know it was wrong', but how can something that feels so right, be so wrong?, Any other reason? **What happened?**

2. How do you feel when you give into temptation?

Guilty, helpless, frustrated, avoid thinking about it and hope God isn't watching, enjoy the moment, say sorry and pray for forgiveness.

What can you do to ensure you are not in this same situation again?

3. Have you had the opportunity at a second chance?

Share a story of how you had a chance to correct something from the past.

4. Do you trust yourself to make better choices?

Why do you doubt or trust yourself?



We need the Word of God if we are going to fight temptation. What promise of God (Bible verse) are you going to memorize this week? Search for a few and see which one resonates with you.

Monday | Corinthians 10:13 *No temptation has overtaken you except what is common to humankind. And God is faithful; he will not let you be tempted beyond what you can bear. But when you are tempted, he will also provide a way out so that you can endure it.*

Tuesday | Matthew 26:41 *'Watch and pray so that you will not fall into temptation. The spirit is willing, but the flesh is weak.'*

Wednesday | Timothy 6:9 *Those who want to get rich fall into temptation and a trap and into many foolish and harmful desires that plunge people into ruin and destruction.*

Thursday | James 1:2-3 *Consider it pure joy, my brothers and sisters, whenever you face trials of many kinds, because you know that the testing of your faith produces perseverance.*

Friday | James 1:14 *Each person is tempted when they are dragged away by their own evil desire and enticed.*

Saturday | Proverbs 28:13 *Whoever conceals their sins does not prosper, but the one who confesses and renounces them finds mercy.*

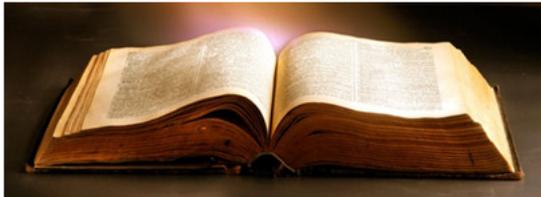


Week 2:

Sarah's Stress (Trust)



“We all make mistakes, have struggles, and even regret things in our past. But you are not your mistakes. you are not your struggles, and you are here NOW with the power to shape your day and your future.” **Steve Maraboli, Unapologetically You: Reflections on Life and the Human Experience**



Bible readings:

Genesis 11: 29-30
Genesis 16:1-5 & 15-16
Genesis 17: 15-22
Genesis 21: 1 – 7



Sarah is remembered as the wife of Abraham. Her name was originally Sarai (Hebrew שַׂרַי) which means “my princess”. This term of affection was probably given to her by her father, expecting that when she became a wife and mother, her name would change to the adult form of Sarah (שָׂרָה) - the Princess. However this became a source of pain, because she was unable to conceive children and thus prove her womanhood.

Anyone who has struggled to conceive a child can relate to her desperation and heart-sore. But it wasn't only the waiting that was hard, she had to live with the cultural stigma that she was “cursed” because she couldn't have children. Sadly many women still live with the stigma of infertility today. Although God promised Abraham a son (*Genesis 15:4*), it seemed as if this wish was not to come true. When Sarai reached old age she believed she could no longer conceive and decided to make her own plan. She was tired of being shunned and pitied, the pain was unbearable, and she couldn't wait any longer. Sarai planned a “surrogate” child through her servant Hagar, who bore a son named Ishmael (*Genesis 16:1-2*). It seemed to be the only solution at the time – but it was not what God had promised them (*Genesis 17:15-16*).

Sarah's story is one we can all identify with. Patience is a difficult spiritual gift to master. We either take the bull by the horns (like Sarah) and action what we want, or we get despondent and stuck, losing all hope that God's purposes for our lives will ever happen. We hate waiting for anything: waiting for a job, to have children, to find a partner, to be healed, or to find friends. Despite God saying, “*Nothing is too hard for him*” (*Genesis 18:14*) and that “*he has plans of hope for us, to prosper and not harm us*” (*Jeremiah 29:11*), we still insist on fixing the challenging situations in our lives all by ourselves. When nothing happens we lose faith and start thinking that God is against us, and so move further and further away from obeying God. We even start to blame God when His divine provision and care seem distant.



The joy of this story is that Sarai, the perpetual girl-princess, became Sarah, the mother of Isaac and the Princess of the descendants of Abraham (*Genesis 17:15*). The shamed, shunned woman has her dignity restored to her. Here is a reminder that the plans of God happen at the right time. God is not bound by earthly limits - we are. Proverbs 3:5 warns us not to lean on our own understanding, but to trust God with all our heart. God knows what we need, but we might not get what we want at this exact moment. Neither does God always provide and care for us in the ways we demand. Sometimes what we want is not the right thing for us. What we perceive as blessings may not be what God has planned for our lives, and instead God might bless us with a much richer, more rewarding experience than we can ever imagine.

Sarah's Legacy: The story of Sarah teaches us that God will honour his promises. God's plans are fulfilled, despite our doubts and fears. God wants us to come to prayer in trust and faith. As we are waiting for things we deeply desire, we enter into a journey of faith. Giving our lives to God means trusting God with all we are and have, our material resources, our families, even our deepest heart's desires. We need to believe that God created us to bless and love us. Paul reminds us: "my God will meet ALL your needs according to the riches of his Gory in Christ Jesus" (Philippians 4:19)



Listen to "Waiting here for you" by Martin Smith YouTube

Lyrics:

If faith can move the mountains, let the mountains move. We come with expectation. Waiting here for you, I'm waiting here for you. You're the Lord of all creation and still you know my heart. The author of Salvation, you've loved us from the start. Waiting here for you, with our hands lifted high in praise. And it's you we adore: singing Alleluia. You are everything you've promised. Your faithfulness is true. And we're desperate for your presence, all we need is you. Waiting here for you, with our hands lifted high in praise And it's you we adore. Singing Alleluia. Singing Alleluia. Alleluia, singing alleluia, alleluia.



1. Have you ever pushed for something to happen only to regret it later?
What happened?

2. Are you in the habit of consulting God before you make decisions?
How has that changed the outcomes?

3. Read Proverbs 3:5-6: "Trust in the LORD with all your heart and lean not on your own understanding; in all your ways submit to him, and he will make your paths straight."

- (a) What does it mean to you, to trust God with all your heart?
- (b) What is the difference between passive trust and active trust?
- (c) What does it mean, "God will make your paths straight"?
Please give some examples.



We need the Word of God if we are going to trust God. What promise of God (Bible verse) are you going to memorise this week? Search for a few and see which one resonates with you.

Monday Mark 9:23 *'Everything is possible for one who believes.'*

Tuesday Isaiah 12:2 *Surely God is my salvation; I will trust and not be afraid. The LORD, the LORD himself, is my strength and my defense; he has become my salvation.'*

Wednesday Psalm 37:7 *Be still before the LORD and wait patiently for him; do not fret when people succeed in their ways, when they carry out their wicked schemes.*

Thursday Proverbs 8:34 *Blessed are those who listen to me, watching daily at my doors, waiting at my doorway.*

Friday Micah 7:7 *But as for me, I watch in hope for the LORD, I wait for God my Saviour; my God will hear me.*

Saturday Romans 8:6 *The mind governed by the flesh is death, but the mind governed by the Spirit is life and peace.*

Week 3: Miriam's Malevolence (Envy)



“Some mistakes... just have greater consequences than others. But you don't have to let the result of one mistake be the thing that defines you. You have the choice not to let that happen.” [Jojo Moyes, Me Before You](#)



Bible reading:

Numbers 12
Micah 6:4



Miriam is the daughter of Amram and Yocheved – and the sister of Aaron and Moses. We first get to know Miriam as a child, when her mother asks her to look after Moses as he lay in a basket in the river reeds. This speaks to the type of character that Miriam had: strong, resilient and serving. Miriam's first recorded selfless act was to save her brother's life, but she also became a leader for the Israelites as an adult. She was a much loved prophet of the people (*Exodus 15:20*). The children of Israel even called a fresh water rock in the desert after her: *Miriam's Well*. So how did she end up punished, embarrassed and sequestered, with a terrible skin disease?

The Backstory: Miriam and her brothers Aaron and Moses were descendants of the Israelite people, who had found a home in Egypt. The Bible records that, because the Children of Israel had grown numerically, their culture and way of life became a threat to their Egyptian hosts. The Egyptians enslaved them and put them to work, and then as their numbers continued to grow, the Egyptian Pharaoh ordered that all newborn male Hebrew children be killed. When Moses was born his mother therefore hid him in the river reeds and asked his sister Miriam to watch out for him. Moses' life was spared by his sister watching over him in the bull-rushes at the river, and the longing for a son by an Egyptian princess saving him from that same river. He spent 40 years in the Royal palace, living as a prince of Egypt. He witnessed the brutality meted out against his people, and killed an Egyptian while saving a Hebrew slave from a beating. He fled to the desert for 40 years, and then returned saying that God appointed him to free the Israelites. Finally, after much wrangling, Pharaoh released the Israelites. Moses, Aaron and Miriam led a rabble of undisciplined slaves out of Egypt towards their Promised Land. “*Then Miriam the prophetess, the sister of Aaron, took a tambourine in her hand, and all the women went out after her with tambourines and dancing*” (*Exodus 15:20*).

Miriam's resentment: At the moment of affirmation of her leadership, we encounter a story of jealousy from Miriam – as recorded in The Book of Numbers, Chapter 12. In the absence of explanation in the Bible, we can only speculate as to what gave rise to this. It is possible that her jealousy towards her younger brother grew gradually as she compared her life with his. She was the one who saved his life at the river – and then watched him leave with a princess. She was the one who struggled in slavery – while Moses lived a life of luxury in the royal palace as a prince. She spent a lifetime suffering in Egypt – while Moses disappeared into the desert. And then he comes back as a liberation hero, while she had borne the brunt of the pain. Maybe she couldn't stop seeing Moses as her *little brother* and wanted to take charge of him. What can be deduced is that although Miriam was popular and loved in her own right, she let her resentment of Moses grow. It is possible that she was tired of walking in his shadow, and so, when Moses

seemed immune to breaking the laws of the Israelites by marrying a foreigner from Cush, it becomes her breaking point. Miriam (and Aaron) exploded with a barbed comment about the special relationship that Moses had with God: “*Has the LORD indeed spoken only through Moses? Has he not spoken through us also?*” (Numbers 12:2). And just like that, the otherwise exemplary life of Miriam was marred by jealousy. She decided to question the unique relationship that God had with Moses, and God punished her with leprosy. She is banished to the outside of the camp and Israel can’t leave whilst she is sick. Moses then intercedes with God on her behalf, and she is healed within a week.



Something happened to the protective sister that turned her brother into a rival. Whatever the reason, Miriam’s story resonates with our lives on so many levels. We all have moments when we are tempted to be jealous of the successes of others. We all are tempted to become bitter and resentful of someone else. It always starts with a comparison, where we ask the question: “Why can’t I have what they have?” This can be seen at home as toddlers compare the love and attention given by parents to each sibling; it continues at school, where we compare ourselves academically and on the sports field; and then as we get older we look closely at the job titles, income levels, house size and worldly success of our peers. The truth is, this steals the joy from our lives. We should never compare ourselves to others. God deals with us all in different ways. He loves each one of us and has a plan for our life. Celebrate who God made you to be. You were created to Shine! The most productive, fruitful exciting life you can live is one in which you know God is working through you to reach other people for himself.

Miriam’s legacy: The good news in the story of the life of Miriam is that she does not remain stuck in her place of jealousy. She accepts God’s correction of her life, and the whole clan chooses to wait for her to recover. It is clear that she is not rejected, but accepted by the people as a leader. Miriam has been remembered in history, not for her moment of jealousy, but rather as the most senior of all the female prophets in Israel. An interesting comment is to be found in the story of Miriam’s death (Numbers 20:1-2). The Talmud describes a gift that each of the leaders brought to the clan – Moses brought Manna, Aaron brought the Clouds of Glory, and Miriam brought a Well of Water. Jewish tradition teaches that such was her stature, that when she died - the water dried up! Whatever the actual events are, it is beyond dispute that she is remembered as the spiritual mother of the people of God. Like Miriam, we too can recover from our jealousy and bitterness and become a shining light for God.



**Listen to: Change my heart oh God
You Tube (lyric video)**

Lyrics:

Change my heart oh God. Make it ever true. Change my heart oh God. May I be like you x2. You are the potter. I am the clay. Mold me and make me. This is what I pray. Change my heart oh God. Make it ever true. Change my heart oh God. May I be like you.



1. Have you ever regretted words spoken in anger?

What did you do to rectify it? Did it work?

2. What is your attitude towards the people that seem to have more than you?

- (a) Do you see a wrong attitude you should let go of, or a Godly attitude you should develop?
- (a) Is there someone in leadership you resent or are jealous off? Do you undermine him or her by gossip? What can you do to correct this?
- (b) How do we know when we are giving constructive criticism and when it is destructive jealousy? Please discuss with examples.
- (c) What are you grateful for? Make a list and discuss one with the group that stands out for you.



We need the Word of God if we are going to trust authorities in our lives. What promise of God (Bible verse) are you going to memorise this week? Search for a few and see which one resonates with you.

Monday Proverbs 3:11 *My son, do not despise the LORD's discipline, and do not resent his rebuke, because the LORD disciplines those he loves, as a father the son he delights in.*

Tuesday Job 5:2 *Resentment kills a fool, and envy slays the simple.*

Wednesday Ecclesiastes 4:4 *And I saw that all toil and all achievement spring from one person's envy of another. This too is meaningless, a chasing after the wind.*

Thursday Proverbs 14:30 *A heart at peace gives life to the body, but envy rots the bones.*

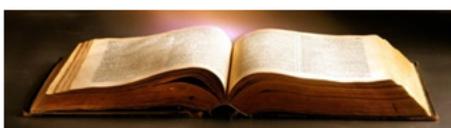
Friday Romans 1:29 *They have become filled with every kind of wickedness, evil, greed and depravity. They are full of envy, murder, strife, deceit and malice. They are gossips.*

Saturday 1 Corinthians 13:4 *Love is patient, love is kind. It does not envy, it does not boast, it is not proud.*

Week 4: Rahab's Reputation (A New Identity)



“Good judgment comes from experience, and experience comes from bad judgment.” **Rita Mae Brown, Alma Mater**



Bible readings:

Joshua 2
Joshua 6:20-25



Rahab's story is part of each one of our stories. It's a story for those of us who feel forgotten and uninvited, for those who feel that their past disqualifies them from a life with God, for those searching for renewal, and for those that feel worthless and lost and would like to be found. Rahab represents our past mistakes and how when we choose God, we are healed and redeemed to a new life.

The Backstory: The Children of Israel were camped in the Jordan valley, opposite Jericho. Joshua sent two spies to assess the military capacity of Jericho. They found refuge in Rahab's house – which was built into the city wall. She is described in Joshua 2:1 as a prostitute (Hebrew *אִשָּׁה זֹנִיָּה*). while the historian Josephus adds that she was an inn-keeper. An inn, with prostitution as a business on the side, would have provided the perfect cover for the spies. But then they are spotted, and the search for them begins. Instead of turning them over to the authorities, Rahab shows a hospitality that echoes the Jewish values of protecting the stranger (*Leviticus 19:33-34*). Here we see her living up to the promise of her name: the

name *Rahab* comes from the root-verb רחב and means to be large or wide. While used mostly to indicate the spaciousness of land or territory, this word is also to be found in the colloquial phrase for a large heart (*Psalms 119:32, Isaiah 60:5*). This is a story of Rahab of the large, hospitable heart. And this is the moment that Rahab sheds her sinful past and allows herself to begin again. Instead of being known as Rachel the Prostitute, she becomes known as Rachel of the Wide Open Heart. Rachel turns away from her sinful past and allows God to lead her into a new future.

The truth of our faith is that God is always busy in the background, resetting our lives to give us more chances at redemption. What an amazing God that keeps on inviting us to turn to him. The parable of the lost sheep, coin, and son (*Luke 15*) show us how God rejoices every time the lost is found, or when we choose to start afresh. All of us have pages in our book of life that we would rather tear out – pages that we would hate others to read. God offers us release from our past. When we turn away from our sin, God promises to forgive our sin and remember it no more (*Hebrews 8:12*).

We need to grab these opportunities with both hands if we want to live life to the full – without regrets, shame or guilt. We need to trust God and step beyond our past (like Rahab) if we want our future to succeed. Paul teaches that the forgiveness of Jesus allows us to become a new person (*2 Corinthians 5:17*).

None of us deserve God's love because we all fall short. But in his grace, God sees our potential. Rahab was a prostitute but God saw her as courageous, valuable and worthy. Every one of us is part of God's story. He has a special role and purpose for every single person on this earth. No one is excluded. No one is unable or unworthy to receive God's redemptive power. When we accept that we are forgiven, we draw closer to God, stepping into possibilities and opportunities we could never have dreamed up for ourselves.

Rahab's Legacy: Rahab is remembered in history for more than the hospitable heart she showed to the Jewish spies. The genealogy of King David – and thus the family tree of Jesus (*Matthew 1:5-6*) – shows that Rachael married Salmon, and they became the parents of Boas, who married Ruth and in turn became grandparents to King David. In this way the prostitute recovers her integrity as a grandparent to King David, and an ancestor to Jesus. Some have cast doubt on this story – possibly because it is difficult to believe that Jesus could have a prostitute in his family tree! But it is in the nature of Jesus to turn our lives from darkness to light, and it is therefore something to be celebrated (and not hidden) that someone like Rahab can become a respected grandmother to the Saviour. Just as Rahab became a shining light in history, so you too are created to shine. Let go of your mistakes in the past, and develop a new legacy: as a light for Jesus.

Poem: Our Greatest Fear

Our deepest fear is not that we are inadequate.
Our deepest fear is that we are powerful beyond measure.
It is our light not our darkness that most frightens us.
We ask ourselves, who am I to be brilliant, gorgeous,
talented and fabulous?

Actually, who are you not to be?
You are a child of God.
Your playing small does not serve the world.
There's nothing enlightened about shrinking so that other
people won't feel insecure around you.

We were born to make manifest the glory of
God that is within us.



It's not just in some of us; it's in everyone.
And as we let our own light shine,
we unconsciously give other people
permission to do the same.

As we are liberated from our own fear,
Our presence automatically liberates others.

—**Marianne Williamson**



Listen to: "Melo Pelo" a Sesotho Standard Methodist Hymnal 181 (F. Coillard)

Find it on the BMC Worship CD!

Lyrics:

Verse 1

'Mele, pelo, le moea (My spirit, heart, and soul)
Botho kaofela (A consecrated offering)
Ke o beela tsona (I give to Thee)
Ke li tella uena (Thine evermore to be)

Chorus

E, sehlabelo sa ka (My all is on the altar)

Ke 'na ka sebele (I am all Thine own)

Jesu, Moren'a ka (Jesus, my Lord)

U se amohele! (Receive me as thine)

Verse 2

Ha ke hopola uena (When I turn to Thee)
Na nka qenehela'ng? (Will Thee be merciful)
Tse ntle ha ke na tsona (Nothing appealing I have)
Tse ka u kgahlisang (That can gratify Thee)

Verse 3

Matla, leruo, bocha (Now, Lord, I yield my members)
Hlalefo le tsohle (From sin's dominion free)
U se ke ua li khesa (For warfare and for triumph)
U li amohele (As weapons unto Thee)

Verse 4

Ho phela hohle ha ka (Oh, blissful self-surrender)
Nyene le bosiu (To live, my Lord, by Thee)
Ke ho beetse uena (Now, Son of God, my Savior)
Ha ke ho re letho! (Live out Thy life in me)

Verse 5

U bue hle, Monghali (I'm Thine, O dear Lord Jesus)
Le 'na o ntaele (Washed in Thy precious blood)
U nthome Mosebetsi (Sealed by Thy Holy Spirit)
Ke u sebeletse (A sacrifice to God)



1. Do you believe God has forgiven you, and that your slate is clean?
What would it take to “release” you from your past or a false identity?

2. We all carry negative labels. We choose to believe something about ourselves. Which word below do you believe resonates with your life story most? Why?

Addict, abandoned, stupid, unlovable, unfaithful, quitter, failure, ugly, jealous, depressed, abused, anxious, resentful, angry, fearful, shallow, and lost.

3. If these (above) are the themes of your story up to now, what is your biggest challenge today to change them for the future?

4. What would you look like if you shone for God?



We need the Word of God if we are going to place our lives in God's hands. What promise of God (Bible verse) are you going to memorize this week? Search for a few and see which one resonates with you.

Monday Proverbs 3:13-18 *Blessed are those who find wisdom, those who gain understanding, for she is more profitable than silver and yields better returns than gold. She is more precious than rubies; nothing you desire can compare with her. Long life is in her right hand in her left hand are riches and honour. Her ways are pleasant ways, and all her paths are peace. She is a tree of life to those who take hold of her; those who hold her fast will be blessed.*

Tuesday Matthew 5:16 *In the same way, let your light shine before others, that they may see your good deeds and glorify your Father in heaven.*

Wednesday 2 Corinthians 3:6 *He has made us competent as ministers of a new covenant – not of the letter but of the Spirit; for the letter kills, but the Spirit gives life.*

Thursday Ephesians 4:22-24 *You were taught, with regard to your former way of life, to put off your old self, which is being corrupted by its deceitful desires; to be made new in the attitude of your minds; and to put on the new self, created to be like God in true righteousness and holiness.*

Friday Hebrews 8:13 *By calling this covenant 'new', he has made the first one obsolete; and what is obsolete and outdated will soon disappear*

Saturday Isaiah 43:19 *See, I am doing a new thing! Now it springs up; do you not perceive it? I am making a way in the wilderness and streams in the wasteland.*



SOURCES CONSULTED

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