

Who Am I in Christ

This is an exercise in understanding our relationships with Our Father, Ourselves and Others in our Lives. It is not intended to be a list of our faults, but a way to explore who we are in Jesus Christ.

If we look for the bad in ourselves and others, no matter how small, we will also find it. We judge others by our own standards.

If we look for good in ourselves and others, no matter how small, we will find it. We judge others by our Fathers standards.

It is only by accepting and Loving ourselves for who we are, and accepting and Loving others for who they are that we can fulfil our purpose in Jesus Christ.

To Love our neighbour as our self is to Love, honour and respect each other as we Love, honour and respect ourselves. To do unto others as we would have them do unto us. This is not vanity or pride, but a Love and peace in our heart and a good will to ourselves and others.

If we cannot be Patient with ourselves how can we be Patient with others?

If we cannot be Kind to ourselves how can we be Kind to others?

If we cannot be Humble with ourselves how can we be Humble with others?

If we cannot be Accepting with ourselves how can we be Accepting with others?

If we cannot be Forgiving with ourselves how can we Forgive others?

If we cannot be Honest with ourselves how can we be Honest with others?

If we cannot be Enduring with ourselves how can we be Enduring with others?

You can share with someone you can trust.

Please be Honest and without Judgement with yourself and others.

Don't be surprised when others see you differently to how you see yourself.

<u>Patient</u>	Your Comments 0-10 ____	Other's Comments 0-10 ____
<u>Kindness</u>	Your Comments 0-10 ____	Other's Comments 0-10 ____

<u>Humble</u>	Your Comments 0-10 ____	Other's Comments 0-10 ____
<u>Accepting</u>	Your Comments 0-10 ____	Other's Comments 0-10 ____

<u>Forgiving</u>	Your Comments 0-10 ____	Other's Comments 0-10 ____
<u>Truthfulness</u>	Your Comments 0-10 ____	Other's Comments 0-10 ____

<u>Enduring</u>	Your Comments 0-10 ____	Other's Comments 0-10 ____