

# RE:FLECT

Who &  
what  
influences  
me?

Think of a time when you experienced something that made you feel annoyed or angry.

How did you re:act and how did you feel after re:sponding that way?

Have you ever wished that you'd re:sponded differently to something and did that change how you would re:act to the same situation in the future?

Sometimes our 'go to' re:actions and feelings are not actually what we want them to be. We can blame it on human nature, but is human nature something we can change and / or control?

I guess we should define human nature hey?

**Human nature:** The natural characteristics and behaviours shared by humankind including ways of thinking, feeling and acting.

But don't take it from me. Have a look on google about what the nature of humanity / human nature is and write your own definition.

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Read **Genesis 1:26-31** and fill in the blanks for **V27**.

'So God created \_\_\_\_\_ in \_\_\_\_\_, in the \_\_\_\_\_ of \_\_\_\_\_ he created them; male and female he \_\_\_\_\_ them.'

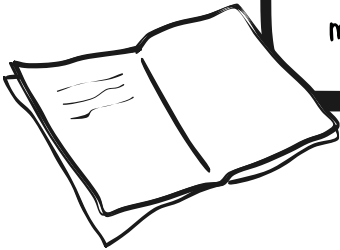
? What do you think it means to be made in God's image?


*(Looks, thoughts, actions, emotions, character etc.)*

? If humans were made in God's image (and by image, we focus on character or nature), how much do you think our character / nature re:flects God's?



A new girl joined my class, and we became friends. We spent a lot of time together, often hanging out after school and had a lot of fun. There was a group in our class who were known as 'the popular group', but they weren't all very nice. (Maybe you know the kind?!) After some months, we were on our way home and were saying goodbye at the corner where we normally did. She excitedly said she had some news. I listened eagerly but was immediately sad when I heard it. She said, 'I've been accepted into the popular group!' After that, she stopped hanging out with me and over some time mostly stopped talking to me. She wasn't mean like the others were, but she changed based on who she spent time with.



- ? Can you **re:**late to being influenced by others? Share some experiences.
- ? Have YOU been the influence on someone else?
- ? Was it a good or less good influence? 

Write a number next to the following things in order of what influences you the most.

Others' opinions     Laws     Peer pressure     Your values     Possessions     People     Social media

Read **John 7:37-39** and fill in the blanks for **V38**.

'Whoever \_\_\_\_\_ in me, as Scripture has said, rivers of \_\_\_\_\_ will flow from within them.'

- ? What could it mean to have a river of living water flowing through your life and what could that look like?

Read **Hebrews 12:14-15** and fill in the blanks for **V14**.

'Make every effort to live in \_\_\_\_\_ with \_\_\_\_\_ and to be holy; without \_\_\_\_\_ no one will \_\_\_\_\_ the Lord.'

- ? Have you ever thought about what YOUR human nature looks like?
- ? If it was a garden, would it be wild, overgrown, neatly trimmed, peaceful? Describe your nature.

Read **2 Corinthians 5:14-21** and fill in the blanks for **V19**.

'that God was \_\_\_\_\_ the world \_\_\_\_\_ in Christ, \_\_\_\_\_ counting people's sins \_\_\_\_\_ them.'

- ? This verse mentions **re:**conciliation, forgiveness and letting God influence our lives. How would YOUR world change if you **re:**flected God's loving and forgiving character?

## CIRCLES OF INFLUENCE

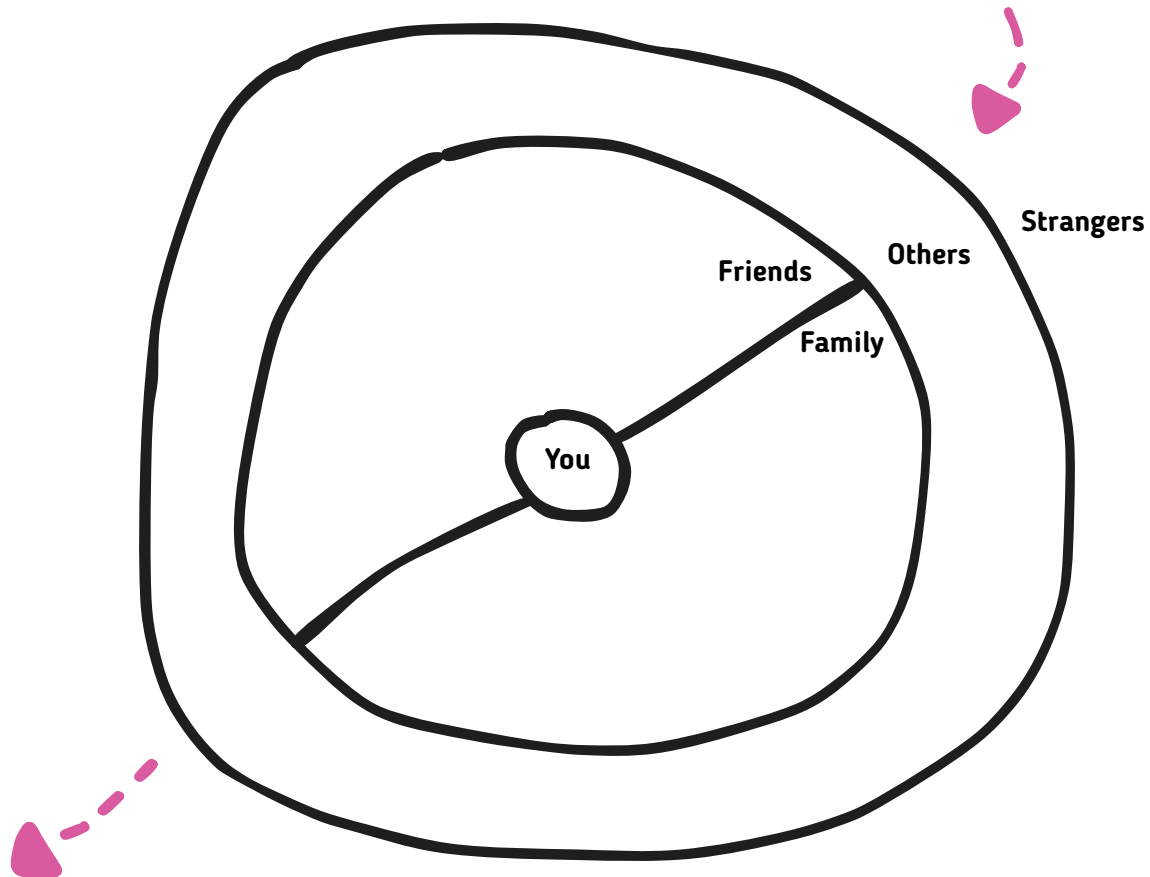
Every single person you have in your life has an influence on you in one way or another. The people you spend the most time with are those who have the biggest impact on you – the things you say and do, the clothes you wear, the interests you have and SO much more.

The idea is that you become like the people you spend the most time with.

**Re:**lationship matters! And **re:**member, you are an influence on others too!

The people in these circles can change over time as life changes, but right now, who are YOUR closest people?

- Write up to 5 of your closest people in each section of the circle below.



Now let's get REALLY honest with ourselves.

Think about every name you wrote and **WHY** they made it into your circle.

You don't have to answer these next questions out loud if you don't want to, but do answer them to yourself. Ready?

- ? Who am I most like and what characteristics am I **re:**flecting?
- ? Who might be a less good influence in my life and what will I do about that?
- ? Who is drawing me closer to God?
- ? Is God on my list and do I *want* to have Him in my circle?

We started by talking about how humans are created in God's image (character and nature) and what that might look like.

However, we don't seem to **re**:flect that image very well these days.

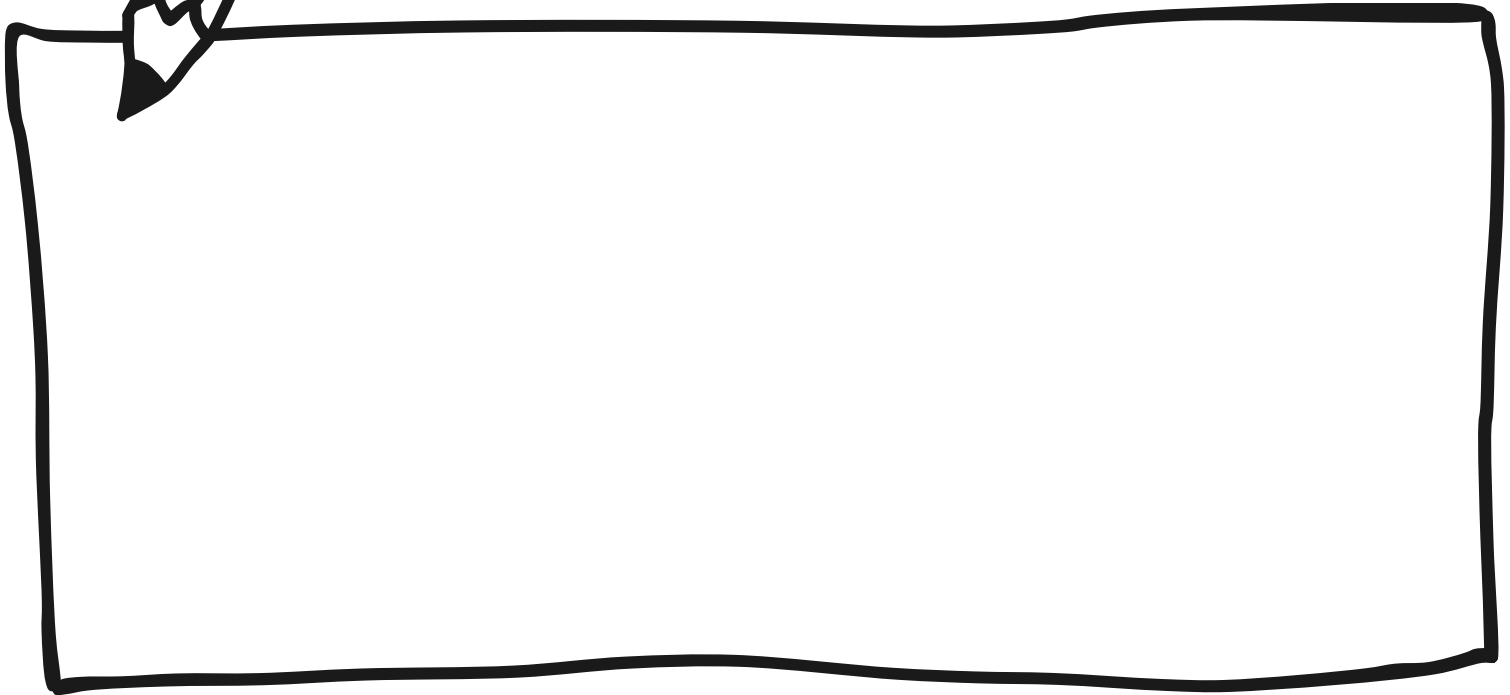
? Can human nature be changed, and what are some ways in which that could happen?

? How would you describe God to your friend who doesn't know much about Him? *(It's good to have an answer ready, so really consider this question!)*

? What do you think is the original purpose God had intended for humanity?



PICTURE



*Draw something to represent your thoughts and feelings after this moment together. Or, if you are not thrilled about drawing, go back through today's gathering and use a colour or symbol, underline or circle the words that stood out to you.*

*Is there a theme in what you noticed?*



## SONG

The Blessing - Kari Jobe

## QUOTE



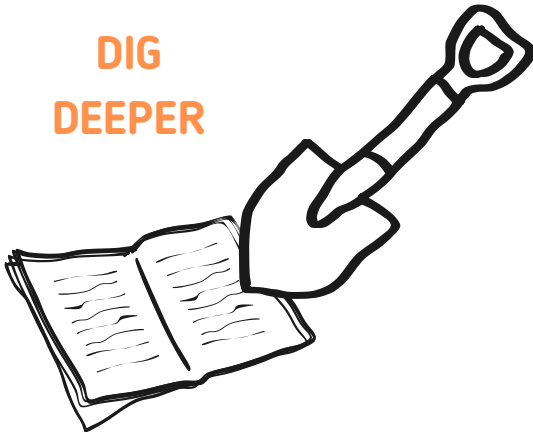
If we are committed to becoming like Jesus, we are on our way.

We aren't where we want to be, but we aren't where we were.



- Anonymous

## DIG DEEPER



Extra verses to extend the exploration!



1 John 4 (the whole chapter is gold!)

Acts 17:24-31

Psalm 51 (this is a nice prayer)

## PONDER

- In what ways do you feel like your character / nature **re:flects** God's well or accurately?
- In what ways would you like your character / nature to **re:flect** God's in a better way?

## WORD

Summarise this time together in 1 word or sentence.

What is something you want to **re:member**?

**Use this word now in a short prayer between you and God.**

