LEVEL GROUND
mennonite church

Sunday, February 19, 2023 - *"A Question of Identity"* Mark 5:1-20

Reflection Questions

1. If Jesus were to ask you, "What is your name?" What would your answer be? In what ways have you been able to connect with your identity as God's beloved? In what ways have you been pulled away from that identity?

2. In Romans Paul writes that "nothing will be able to separate us from the love of God in Christ Jesus our Lord." Why, then, do we sometimes feel like we are removed from that love? In the midst of the joys, sorrows, abundance, and deprivation of life how can we maintain an awareness that this connection is always there?

An Exercise for the Week

Take some time now and throughout the week to sit with Jesus. Allow his voice to speak to you and his love to restore your God given identity as His beloved.

Daily Practice:

Read the words from Ephesians 1:4-6, repeating them softly to yourself several times.

"Long before he laid down earth's foundations, he had us in mind, had settled on us as the focus of his love, to be made whole and holy by his love. Long, long ago he decided to adopt us into his family through Jesus Christ."
Ephesians 1:4-6

After this read Romans 8:38-39,

"For I am sure that neither death nor life, nor angels nor rulers, nor things present nor things to come, nor powers, nor height nor depth, nor anything else in all creation, will be able to separate us from the love of God in Christ Jesus our Lord."
Romans 8:38-39

And close your time with the following short prayer:

"God, scripture says that your love for me is sure and solid. Help me to trust that nothing, no worry or fear that I have, can separate me from your incredible love for me. Thank you for loving me so completely and for being such a sure foundation for me to build my life on."