



4 But God is so rich in mercy, and he loved us so much.

5 that even though we were dead because of our sins, he gave us life when he raised Christ from the dead. (It is only by God's grace that you have been saved!)

6 For he raised us from the dead along with Christ and seated us with him in the heavenly realms because we are united with Christ Jesus.

7 So God can point to us in all future ages as examples of the incredible wealth of his grace and kindness toward us, as shown in all he has done for us who are united with Christ Jesus.

8 God saved you by his grace when you believed. And you can't take credit for this; it is a gift from God. 9 Salvation is not a reward for the good things we have done, so none of us can boast about it.

10 For we are God's masterpiece. He has created us anew in Christ Jesus, so we can do the good things he planned for us long ago.

Ephesians 2:4-10



### 4. Acceptance

The sense of acceptance is temporary and fragile. so we go round the cycle once again.



# the cycle of grief



## 2. Identity

Our sense of significance is dependent on what we achieve, so we push on.



Am I cycling in a world of grief, driven by a desire to perform in order to feel worthy of acceptance. Is my identity in based in what God says about me, or do I listen and react to the world and it's values?



### 1. Achievement (activity)

We achieve to provide ourselves with an identity.



### Praver

Father, help me to live by the identity you have given me. May I be true to my real self and true to you as I live this day to the full. Jesus help me to give myself away to others, being kind to everyone I meet. Spirit help me to love the lost, proclaim Christ and do the good works you have planned for me to do. May your way lead to contentment and peace.

Amen



## 1. Acceptance

Grace (Ephesians 2:4-5)



# the cycle of grace

Resources constantly renewed through dependence on God

2. Sustenance

(Ephesians 2:7)



## 3. Identity

Sense of significance (Ephesians 2:6)



In loving, obedient ministry (Ephesians 2:10)

