



THE JOURNEY GUIDE

God says you were created uniquely and with a life in mind that you would enjoy. Join us on a six-week journey to find a simple answer to the question, "Who am I, really?"

crossroads.net/IAmJourney

WELCOME TO THE I AM JOURNEY

Week 1: Level 1 of 5

I Am is a six-week investigation. Each week, go to the weekend message or watch it online, then do the individual challenges in this guide and go to your small group.

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Doing **I Am** with a small group is a critical part of the journey. Go to crossroads.net/iamjourney to find a group.

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Over the next six weeks you will complete a series of experiments to assess the real you. It might feel uncomfortable at times, but all you have to do is commit to being honest. This tool will guide you through questions, writing prompts and challenges. Observe curiously. Explore boldly. Find out more about how and why you were created.

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Select one:

I Am _____

- a. **Excited.** I'm always looking for ways to grow.
- b. **Intrigued.** A deeper look at myself could be interesting.
- c. **Nervous.** Not sure I want to know any more stuff about me.
- d. **Bored.** I already know exactly who I am.

I Am _____

- a. An Ohio resident
- b. A Kentucky resident
- c. A resident of a place that's better than OH or KY
- d. A resident of a place that's worse than OH or KY
- e. A vagabond

I Am _____

- a. More Rock & Roll
- b. More R&B
- c. More Country
- d. More EDM
- e. More NPR

I Am _____

- a. Most likely to lead a revolution.
- b. Most likely to be 'randomly selected' for screening by the TSA.
- c. Most likely to win the lottery.
- d. Most likely to make a mess.
- e. Most likely to inspire a worldwide fashion trend.

Who do you believe you are? (Yes, that's a hard question this early in the journey. Just do your best.)

Have you ever considered the odds of your existence?
Go to this URL: visual.ly/what-are-odds

Spend two minutes looking at the graphic and then answer the following question:

What came to mind after looking at the graphic?

Good job. Now you know how things will flow. Each week will start with the weekend message. It's critical that you watch the weekend message or some things in this guide just won't make sense. And you'll probably miss some sweet surprises. Attend live or stream if you can.

THE WEEKEND MESSAGE

Week 1: Level 2 of 5

If you missed the weekend message, go to crossroads.net to watch it now.

THE CREATION OF YOU

Week 1: Level 3 of 5

*The Lord God made all kinds of trees grow out of the ground—trees that were pleasing to the eye and good for food. **Genesis 2:9***

God took great pleasure in making the trees. He made the trees for a purpose, to provide food. Ever had maple syrup? Uh huh. He could have stopped there but he also made the trees beautiful. Whenever God creates, he does it right.

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Close your eyes for just a moment and picture a vineyard. Take care to note a couple of specific things you imagined and then move on.

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Which one of these descriptions is closer to what you imagined?

- Hundreds of neat rows of vines rolling over hills with sunshine and color amidst a sweeping landscape.
- The vines up close and/or the actual grapes. Perhaps also the trellis system, barrels, presses, wine bottles or wine.

*So God created man in his own image, in the image of God he created him; male and female he created them... And God saw everything that he had made, and behold, it was very good. **Genesis 1:27,31***

Like the vineyard, God created you for beauty and function. **Which aspect of yourself do you tend to think of first?**

- My physical characteristics or beauty
- My function or purpose

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*For you formed my inward parts; you knitted me together in my mother's womb. I praise you, for I am fearfully and wonderfully made. Wonderful are your works; my soul knows it very well. My frame was not hidden from you, when I was being made in secret, intricately woven in the depths of the earth. **Psalms 139:13-15***

And like the trees, God's original design for you was careful and intentional.

Which part is hardest to believe?

- a. God exists at all.
- b. I was created by God.
- c. The creation of me brought God pleasure.
- d. God is still delighted at the thought of me.

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Why is this hardest to believe?

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He has saved us and called us to a holy life-not because of anything we have done but because of his own purpose and grace. This grace was given us in Christ Jesus before the beginning of time. 2 Timothy 1:9

And, like the trees, you were created in a specific way for a specific purpose.

Which part is hardest to believe?

- a. God created me specifically, with care and intent.
- b. I have an assignment that God designed me to complete.

Why is this hardest to believe?

There is power in our prayers. Before you go on, pray this prayer out loud (even if it's a whisper-and even if you don't totally believe it.)

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God, help me to stay on this journey. Show me who You are and who I am to you. Help me trust You. Amen.

RULE. CREATE. INCREASE.

Week 1: Level 4 of 5

In the weekend message we learned about God's design for us. Created in His image, we're collectively assigned to rule, create and increase.

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What's one thing that stood out to you from the weekend message?

Why did that stand out?

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Then God said, "Let us make mankind in our image, in our likeness, so that they may rule over the fish in the sea and the birds in the sky, over the livestock and all the wild animals, and over all the creatures that move along the ground." So God created mankind in his own image, in the image of God he created them; male and female he created them. God blessed them and said to them, "Be fruitful and increase in number; fill the earth and subdue it. Rule over the fish in the sea and the birds in the sky and over every living creature that moves on the ground."

Genesis 1: 26-28

If this were all you knew about creation, what would you say is the purpose of humans?

So what about you? Were you primarily created to rule, create or increase? What does your gut say right now?

I think I Am _____

- a. designed to rule
- b. designed to create
- c. designed to increase

Why did you say that?

What's the best part of your job? Explain.

(Your "job" is whatever you spend the most amount of your time on during the week, other than sleeping.)

What's the worst part of your job? Explain.

What's something you do (like a hobby, activity, etc.) that brings you life or gives you energy? Explain.

What's your favorite way to help a friend? Explain.

Flip back through your answers to the last few questions.

Do you notice any themes? Does anything stand out?

Based on all of the answers you just gave, which way are you leaning now? Think of this as a hypothesis, not a final answer. If you need to review your answers feel free to swipe back a couple of cards.

I Am _____

- a. designed to rule
- b. designed to create
- c. designed to increase

--

Nice work. One level to go and then you will be ready for your group.

TRUE TALENT INDICATOR

Week 1: Level 5 of 5

In the New Testament portion of the Bible, God outlines another way that he has purposefully created us.

In *Ephesians 4:11-13*, God outlines five "gifts" or "talents" that he specifically gave to people. They are:

Apostles: These are the innovators. The entrepreneurs that are always coming up with something new.

Prophets: These are the futurists, or the strategists. That guy that always seems to know what's going to happen next or why things happen the way they do.

Evangelists: These are the promoters. The people that can't help but tell you about the awesome thing they experienced.

Pastors: Think "coach." These people care deeply about others and helping them develop and grow.

Teachers: These are the trainers. These folks love helping people understand how things work.

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For help in determining which of these talents is your primary gifting, we created a 10-minute assessment tool.

Take the True Talent Indicator here:
crossroads.net/truetalentindicator

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Based on your assessment results, and just your gut, which of these five talents do you believe is your primary gifting from God?

I Am _____

- a. A coach (Pastor)
- b. A futurist (Prophet)
- c. A promoter (Evangelist)
- d. A innovator (Apostle)
- e. A trainer (Teacher)

Remember what you answered because this will come up later in the **I Am** journey.

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There are all kinds of personality tests out there designed to help you know more about yourself: Myers-Briggs, DISC, StrengthsFinder, even BuzzFeed quizzes that tell you things like you should be in Slytherin or live in Alaska. While no test is perfect, there can often be some truth to be mined from the results.

If you have ever taken a personality test, whether it's listed above or not, what are some words or phrases that you remember from the results? If you have never taken a personality test, just write, "freedom from personality tests."

Now quickly turn that into an **I Am** statement. Don't worry about whether it's true or not. You'll get back to this next week. (Examples: I Am a leader, I Am a shoulder to cry on, I Am an entrepreneur, I am a travel junkie, I Am disciplined to a military standard.)

I Am _____

Well done. You're almost there. Teaming up with a group is crucial for an optimal **I Am** experience. You will learn together, encourage each other, and maybe build some friendships. If you haven't connected with a group yet, do that ASAP. It's a big deal.

crossroads.net/IAmJourney

Great work. Your **I Am** journey is underway.
On to your Week One **I Am** Group.

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GROUP CONTENT (WEEK ONE)

LEADER, READ OUT LOUD:

Welcome to the **I Am** group experience!

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Leader, read out loud:

Let's get started with quick introductions. Pass the guide around the room. Each person gets 15 seconds to answer the next question.

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Leader, read out loud:

Introduce yourself by filling in the blanks.

I Am __ (name) _____.

I Am from _____.

And, I Am _____.

Timer: 15 seconds per person

--

Leader, read out loud:

Great work. Now let's hit the ground rules for our group. Each of the following statements is your commitment to be a good groupie.

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One: I Am going to be a great listener. Everybody say that together: "I Am going to be a great listener."

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Two: I Am going to be honest. Everybody together: "I Am going to be honest."

Three: I Am keeping our group stuff in the vault for no one else's ears. Say it: "I Am keeping our group stuff in the vault for no one else's ears."

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Four: I Am promising to share stories, not advice. Together now: "I Am promising to share stories, not advice."

--

Five: I Am committed to preparing for each group session. Let's say it: "I Am committed to preparing for each group session."

--

Leader, read out loud:

Six: We are ending this group on time! Everybody together: "We are ending this group on time!"

--

Great job. Here is how the **I Am** group works. You'll be asked to answer a series of questions, either as a group or individually. Each question has a timer. Some questions have a single timer for the entire group, some questions have a timer for each group member.

Okay, let's do this.

[Pass the guide to the person wearing the most layers.]

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Layers, read out loud:

Tell the group one totally random thing about yourself. You will have 1 minute per person.

Timer: 60 seconds per person

Thanks Layers: Pass the guide back to the leader.

Before we get started, one more important question with two minutes discussion time for the whole group.

Would you rather fight one horse-sized duck or 100 duck-sized horses?

Timer: 2 minutes

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This week, we examined the idea that we are intentionally created by God. And, that we each have an assignment or purpose. Let's talk about it. Take five minutes per question to discuss as a group.

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What's your first reaction to knowing that God specifically and intentionally created you?

Timer: 5 minutes

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How do you feel about knowing an assignment or purpose has been hardwired into you?

Timer: 5 minutes

--

This week we took the true talent indicator. Each person take one minute and share your number one result and whether you think it is true or not. It's OK if you're not sure right now. No discussion. Go fast.

Timer: 1 minute

--

Two people in the group take the next 2 minutes and say what stood out most to you about the concepts of ruling, creating and increasing.

If no one volunteers then 2 people will be volunteered to answer.

Timer: 2 minutes

Nice work. Now let's play "What's Your Deal?"

Remember, God created humans to do three things; Rule, which means creating order out of chaos; Create, which means bringing new ideas to life; and Increase, which means creating abundance. So let's find out who our Rulers, Creators and Increasers are.

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LEADER, EXPLAIN THE GAME

How to play:

First, assign three sections in the room or circle as the Rule, Create or Increase Section.

Next, everyone has 10 seconds to move to where they think they belong. Even those that are uncertain need to pick one. If you are in a virtual group, tell people to hold up one finger (not that one) for Rule, two fingers for Create, and three fingers for Increase.

Go.

--

Once the group is divided into three groups, take no more than ten minutes as a group and everyone go around the room and introduce yourself one more time with this statement:

I Am _____ and I Am in the _____ section because I _____.

Timer: 10 minutes

--

Now that we've heard people's explanations, if anyone would like to change their answer and move to a different circle, now's the time, but you have to explain why you are moving.

If anyone else has the device then pass it back to the leader now.

LEADER, READ OUT LOUD:

Everyone go around the room and quickly name what comes to mind when you think of a masterpiece. For example, maybe it's your favorite song of all time, an amazing piece of art or the first time you saw Niagara Falls. Whatever comes to mind. 2 minutes as a group: Go.

Timer: 2 minutes

--

Now, we are going to take 5 minutes as a group and discuss the ideas that most stand out to us from this verse.

Ephesians 2:10 says: *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.*

I'm going to read it out loud one more time before we start. Listen and be ready to share anything that strikes you.

Ephesians 2:10 says: *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.*

Timer: 5 minutes

Way to engage. Here's a quick prayer before we go.

God, thank you for creating each person in this group. Help us to know more about who you created and why. Stay present. Help us to learn and grow together. Amen.

That's it for our first **I Am** group.

Make sure you hear the weekend messages. And don't put off the individual work for next week until you're driving here because you will not be able to finish it.

Everyone together, say "I am good lookin'!"
"I am good lookin'!"

See you next week!

--

THE WEEKEND MESSAGE

Week 2: Level 1 of 8

If you missed the weekend message, go to crossroads.net to watch it now.

PERFORMANCE. POSSESSIONS. POSITION.

Week 2: Level 2 of 8

This week in your individual time you'll consider different ways you might fill in the blank: I Am _____. Some of them may be encouraging and exciting, others may be a bit of a downer. For now, focus on exploration; resist the urge to edit or hone in on any one statement.

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But first, if you had to live the rest of your life with the trends and style of only one decade, which would you choose?

50's	80's
60's	90's
70's	00's

--

What is one thing that stood out from the weekend message?

Why did that stand out?

In the weekend message we learned that we all adopt false identities to some level based on our performance, our possessions, or our position. **To which false identity are you most susceptible?**

- a. Performance
- b. Possessions
- c. Position

--

Why do you feel you are most susceptible to that false identity?

Now, look at that as an I Am NOT statement. Fill in the blank:

I Am NOT my _____

--

Great. Now make it personal. Whether you answered performance, possessions, or power, what is the thing in your life that best represents that for you? Enter it below in a new I Am NOT statement. For example, if you answered "performance," a personal answer could be "my sales numbers" or "my parents' approval." If you answered "possessions," you might make it personal by saying "my net worth" or "my house." If you said "position," you could say "my nationality" or maybe "my title." Now you do it:

I Am NOT _____

--

This week you have five challenges to complete before you meet with your small group. Make time for this. *(It will likely require at least an hour.)*

--

Say a simple prayer asking God to help you focus and to guide your thoughts (even if you're not sure you believe in prayer). Spend **one minute** doing that now, then continue.

VINTAGE YOU CHALLENGE

Week 2: Level 3 of 8

Think about your past. Consider a time when you really managed or protected your image.

(Examples might include: Changing grade schools and making a new name for yourself, that goth phase in high school, fresh out of college and ready to be respected as a young professional.)

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What time period comes to mind? *(If nothing comes to mind, think about high school)*

What was the image you were managing or protecting?

What were your tactics to manage that image?

Find a photo of yourself from that time in your life. You will need to share that photo at your next small group meeting. *(If you can't find a photo, bring an image that represents the image you were going for. No excuses, Google image search it right now.)*

Keep that photo handy. Now on to Challenge 2.

IMAGE OBSERVATION CHALLENGE

Week 2: Level 4 of 8

Everyone has an image. Your Lululemon pants scream fitness. Your well-edged lawn says you have an attention to detail. These things aren't necessarily bad or good, they're just evidence of the image we project. Let's get started. (No judgment here. Just facts.)

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From the list below, choose one area to investigate.
(If one stands out, choose it.)

My social media (Insta, FB, Twitter, Pinterest, etc)

My car

My calendar (where I spend my time)

My closet

My house (specifically areas others see)

My yard

My garage

--

Go there now.

Now it's time to investigate. Here are some tips:

Making good observations:

1. Note the obvious.
2. Engage, notice small details.
3. Be accurate.
4. Be objective.
5. Be attentive to observing—do NOT analyze or judge.

Start with the obvious. **What stands out? What's there?**

What is definitely NOT there? (*examples: nothing fancy, political or green.*)

Take one more pass. Consider the small details.

What do you notice? (Categories, patterns, names.)

Put yourself in the shoes of a stranger. If all they knew about you was what they observed in this area of your life, what's a positive I Am statement they could make about you? (Maybe "I Am detail-oriented," or "I Am a leader," or "I Am the funny one.")

I Am _____

What's an I Am statement they could make that might hurt a little? (It might have something to do with performance, possessions or position.)

I Am _____

--

Good work. Three more challenges to go.
Do the next one now.

WHAT OTHERS SAY CHALLENGE

Week 2: Level 5 of 8

Like it or not, other people have a perception of you. Consider the next prompt for at least a minute before you jot down as many responses as you can.

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What are words that other people have used to describe you?

Now look at that list in the form of I Am statements.

Which statement is most encouraging?

Why is that statement encouraging?

Let's look at that list again:

Which statement is most discouraging?

Why is that statement discouraging?

Good. Three down, two more to go.

THINGS I ALWAYS SAY CHALLENGE

Week 2: Level 6 of 8

For this challenge you'll need to speak to at least three people who know you pretty well. (*friends, spouse, family, kids, colleagues, not Siri, etc*)

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Ask each person this simple question: **What are things that I always say?**

Capture responses here:

--

Based on your findings, what is a unique I Am statement that you can make that feels good? (Example: You always say, "It is what it is," so you might say I Am "a realist.")

I Am _____

What's another I Am statement you can make that hurts a little? (Example: You always say, "It is what it is," so you might say I Am "insensitive.")

I Am _____

--

One more challenge to go.

PERSONAL VALUES CHALLENGE

Week 2: Level 7 of 8

Our lives are driven by values we may or may not be aware of. For this final challenge, try to identify some of those values.

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Decide which values on the following lists are core to how you live your life. (The ones that most dictate large and small decisions you make everyday).

You will be asked to choose a value from each of the next six lists.

Choose 1:

Authenticity
Beauty
Courage
Learning/Knowledge
Future generations
Generosity

Choose 1:

Achievement/Ambition
Diversity
Family
Health
Love
Serving others

Choose 1:

Bravery
Commitment
Forgiveness
Integrity
Kindness
Thrift

Choose 1:

Compassion
Faith
Friendship
Hospitality
Justice
Trustworthiness

Choose 1:

Boldness
Community
Efficiency
Honesty/Truth
Perseverance
Respect

Choose 1:

Creativity
Financial Stability/Job security
Fun/Humor
Humility
Loyalty
Wisdom

Look at your Top 6 personal values. **Now, from this list, select your top 2.** (Even if it kills you to choose).

--

Think about a good thing that comes from having those values. Now turn that into one statement starting with "I Am" and type it below.. (For example, if your values are "authenticity" and "bravery," you might say "I Am a risk-taker," or "I Am real with people."

I Am _____

Now turn those into **another** I Am statement:

I Am _____

--

Nice job. Next up is a quick recap of your challenges. Walk through it now as a way to prepare for your group meeting.

A QUICK RECAP

Week 2: Level 8 of 8

This section acts as a recap of your challenges. It may come in handy to jog your memory during your group.

--

First, make sure you have an old photo of yourself to share. You'll be asked to talk about it in group.

--

In week one you considered that God created you for a specific purpose. **Where are you currently on that question?**

I Am _____

- a. designed to rule
- b. designed to create
- c. designed to increase

You also took the True Talent Indicator. You answered (Page 8):

I Am _____

--

You were asked about results from personality tests you took in the past. You then turned those into an I Am statement. You answered (page 9):

I Am _____

--

This week you learned about common false identities that we are all susceptible to, but that really do not define the real you. You then personalized it and answered (page 14):

I Am NOT _____

This week you investigated one area of your life and wrote these I Am statements (page 16):

I Am _____

--

You considered what other people say about you and these stood out (page 16):

I Am _____

--

You asked others about your catchphrases and you wrote (page 17):

You thought about your personal values and wrote (page 19):

I Am _____

--

Here are all your I Am statements:

I Am _____

--

And here's your I Am NOT statement:

I Am NOT _____

--

Wow, that's a lot of good work.

So, who are you really? You probably want an answer now, but you'll have to be patient and keep pushing onward. Only God can tell you who you really are. You can't get there on your own. If you try, you may be like the girl during American Idol tryouts who is convinced she is the next Adele.

So, to avoid that awkwardness, next week you'll go to God with all of this data to start to uncover who you really are.

Well done. You're now ready for group. Don't forget your photo.

GROUP CONTENT (WEEK TWO)

LEADER, READ OUT LOUD:

Welcome back everyone. Let's get started.

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Just a quick refresher: We'll be asked to answer a series of questions, either as a group or individually. Each question has a timer. Some questions have a single timer for the entire group, some questions have a timer for each group member.

--

As a reminder, here are our small group ground rules:

- I Am a listener.
- I Am honest.
- I Am able to keep it in the group.
- I Am here for stories, not to give advice.
- I Am prepared.
- I Am outta here on time.

--

Leader, invite God into your time, quickly pray for your group.

(Here's a prayer you can read if that's helpful)
God, please be a part of our group tonight. Give us insight into who we really are. Help us to see how you made each one of us to reflect something amazing about You. Thank you. Amen.

--

As a warmup, take four minutes as a group and each person answer this question:

What is one fad you totally got into?

Timer: 4 minutes

Pass the guide to the person with the most obscure fad infatuation.

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Weird Fad Person: Read out loud:

As a group, discuss the term "image" for three minutes. What is it? Take a group vote: positive, neutral, negative?

Timer: 3 minutes

--

This week you were asked to bring an old photo of yourself to the group. The photo represents a time in our lives when we were really protecting or managing our image. It's time for show and tell. Everyone present their photo and then tell one "image management" story from that time in your life. We'll each get two minutes and I'll start.

Timer: 2 minutes

--

Pass the guide to the person with the best story. The person reading this gets to choose.

--

Read out loud:

Image management isn't just for middle school. Next, go back around the circle and share an "image management" story, but this time tell one that happened recently.

Each person gets two minutes.

Timer: 2 minutes

--

Pass the guide to the person who is wearing the most accessories.

Aggressive Accessorizer, read out loud:

In the weekend message, we learned that everyone is susceptible to false identities that fall under performance, possessions, or position. In the individual work we then personalized those into I Am NOT statements. Each person share your personalized I Am NOT statement (examples: "I Am NOT my boss's approval," or "I Am NOT my Star Wars collection") and explain why you wrote that statement. Two minutes per person.

Timer: 2 minutes

--

Pass the guide to the person with the the coolest shoes.

--

Sweet kicks, read out loud:

This week we did challenges and wrote a bunch of I Am statements. Share with the group one thing that surprised you or challenged you. The group should feel free to ask clarifying questions.

Everyone has three minutes. Go.

Timer: 3 minutes

That's it. Less reading, more helping host clean.

See you next week!

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THE WEEKEND MESSAGE: MEET I AM.

Week 3: Level 1 of 5

If you missed the weekend message, go to crossroads.net to watch it now.

A QUICK REVIEW

Week 3: Level 2 of 5

Which best describes how you feel right now?

I Am _____

- | | |
|------------|------------|
| a. Good | e. Glum |
| b. Gleeful | f. Ghastly |
| c. Giddy | g. Gassy |
| d. Guarded | |

--

What was one thing from the weekend message that stuck with you?

--

Review the last two weeks of your individual work.

Find all of your I Am statements (page 20) and rewrite them here:

I Am _____

And your I Am NOT statement (page 20):

I Am NOT _____

--

Keep this stuff top of mind and keep moving.

WRESTLE WITH THE BIBLE

Week 3: Level 3 of 5

Before you can go any further towards truly understanding who you are, you must first deeply understand who God is and how you relate to him. He is the great I AM. He is the only one who can tell you who you truly are. But before He can do that, you need to spend some time exploring your relationship with him, whether you've known him for decades or are just now thinking about who he is.

God had the idea of you before he ever began to create you. He knows who he made.

--

Choose a Bible verse below at random.

1. *But now, O Lord, you are our Father; we are the clay, and you are our potter; we are all the work of your hand.* **Isaiah 64:8**

2. *"For I know the plans I have for you," declares the Lord, "plans to prosper you and not to harm you, plans to give you hope and a future."* **Jeremiah 29:11**

3. *He chose to give birth to us by giving us his true word. And we, out of all creation, became his prized possession.* **James 1:18**

4. *Through him all things were made; without him nothing was made that has been made.* **John 1:3**

5. *The Earth is the Lord's, and everything in it, the world, and all who live in it.* **Psalms 24:1**

6. *How many are your works, Lord! In wisdom you made them all; the earth is full of your creatures.* **Psalms 104:24**

7. *Listen to me, descendants of Jacob, all you who remain in Israel. I have cared for you since you were born. Yes, I carried you before you were born. I will be your God throughout your lifetime— until your hair is white with age. I made you, and I will care for you. I will carry you along and save you.* **Isaiah 46:3-4**

8. *Even before he made the world, God loved us and chose us in Christ to be holy and without fault in his eyes.* **Ephesians 1:4**

--

What stands out for you in this verse?

Read it again. Dig deeper. Why do these words resonate with you?

--

Nice work.

Before you move on to the next part, make sure you can be alone and uninterrupted for around 15 minutes. If that's not now, schedule a 15-minute block on your calendar for a time that will work. And you'll need to be close to a mirror.

ENCOUNTER I AM

Week 3: Level 4 of 5

Now let's try to meet with God personally. Pray this simple prayer as you begin.

Lord would you actually meet with me today? Show me what's true about how you made me. Amen.

--

This song is another prayer set to music. As you listen ask God to sort out the truth and show it to you. Find the song here: crossroads.net/IAmJourney/materials and click on the corresponding week/level.

--

What came to mind as you listened to that song?

--

Now listen to the words of *Psalms 139*. Watch the video at crossroads.net/IAmJourney/materials

Psalms 139

For the director of music. Of David. A psalm.

- 1 You have searched me, Lord,
and you know me.
- 2 You know when I sit and when I rise;
you perceive my thoughts from afar.
- 3 You discern my going out and my lying down;
you are familiar with all my ways.
- 4 Before a word is on my tongue
you, Lord, know it completely.
- 5 You hem me in behind and before,

- and you lay your hand upon me.
- 6 Such knowledge is too wonderful for me,
too lofty for me to attain.
- 7 Where can I go from your Spirit?
Where can I flee from your presence?
- 8 If I go up to the heavens, you are there;
if I make my bed in the depths, you are there.
- 9 If I rise on the wings of the dawn,
if I settle on the far side of the sea,
10 even there your hand will guide me,
your right hand will hold me fast.
- 11 If I say, "Surely the darkness will hide me
and the light become night around me,"
12 even the darkness will not be dark to you;
the night will shine like the day,
for darkness is as light to you.
- 13 For you created my inmost being;
you knit me together in my mother's womb.
- 14 I praise you because I am fearfully and wonderfully made;
your works are wonderful,
I know that full well.
- 15 My frame was not hidden from you
when I was made in the secret place,
when I was woven together in the depths of the earth.
- 16 Your eyes saw my unformed body;
all the days ordained for me were written in your book
before one of them came to be.
- 17 How precious to me are your thoughts,[a] God!
How vast is the sum of them!
- 18 Were I to count them,
they would outnumber the grains of sand—
when I awake, I am still with you.
- 19 If only you, God, would slay the wicked!
Away from me, you who are bloodthirsty!
- 20 They speak of you with evil intent;
your adversaries misuse your name.
- 21 Do I not hate those who hate you, Lord,
and abhor those who are in rebellion against you?
- 22 I have nothing but hatred for them;
I count them my enemies.
- 23 Search me, God, and know my heart;
test me and know my anxious thoughts.
- 24 See if there is any offensive way in me,
and lead me in the way everlasting.

What stood out when you heard those words?

--

Now listen to the words of Psalm 139 again. Keep your ears open for something that surprises you.

--

What surprised you?

--

For the next few minutes, you're going to need to:

1- look into a mirror

2- be alone.

Arrange those circumstances before you begin (even if it means going into the bathroom and shutting your roommate or kids out in the hallway with a stern warning of "You don't want to be in here. Trust me.")

When you're all set, keep going.

--

When we begin to agree with God (I AM, Our Father) then we can start to truly know who we are. Check out an example of how it could look to agree with your father who you really are by clicking on the corresponding video at crossroads.net/IAmJourney/materials

What did you feel as you watched?

--

You are going to read Psalm 139 again. This time it has been rewritten as a series of "I Am" statements. Read it OUT LOUD while looking at your own reflection in the mirror.

Psalm 139

I Am observed.
 I Am known.
 I Am worth noticing.
 I Am understood.
 I Am planned-for.
 I Am made for intimacy.
 I Am guided.
 I Am touched by God.
 I Am not God.
 I Am in need.
 I Am running.
 I Am never going to escape Him.
 I Am pursued.
 I Am held.
 I Am led.
 I Am hiding.
 I Am found.
 I Am seen.
 I Am thoughtfully made.
 I Am a story being written.
 I Am accounted-for.
 I Am a seeker of God.
 I Am on God's side.
 I Am anxious to know.
 I Am longing to be known.
 I Am made for eternity.
 I Am open to God.

Read it out loud a second time before you move on. (Seriously, one more time.)

Which I AM statement from the list was easiest to believe? (select only one).

Which statement do you most want to be true? (select only one)

Why do you want that to be true?

--

Psalm 139 was written by a guy who believed God knew him. Sometimes it's very hard to believe that. Which words are hard for you to believe?

You have searched me...

You know me...

You perceive my thoughts from afar...

You are familiar with all my ways...

You know it completely...

You lay your hand upon me...

You are there...

Your hand will guide me...

You created my inmost being...

I am fearfully and wonderfully made...

All the days ordained for me were written in your book before one of them came to be...

--

Tell God why that's hard for you to believe. Give God your push-back. He can take it.

If God knows you like *Psalm 139* says, what does that mean for who you are?

Choose another Bible verse below at random.

1. *But now, O Lord, you are our Father; we are the clay, and you are our potter; we are all the work of your hand.*

Isaiah 64:8

2. *"For I know the plans I have for you," declares the Lord, "plans to prosper you and not to harm you, plans to give you hope and a future."* **Jeremiah 29:11**

3. *He chose to give birth to us by giving us his true word. And we, out of all creation, became his prized possession.* **James 1:18**

4. *Through him all things were made; without him nothing was made that has been made.* **John 1:3**

5. *The Earth is the Lord's, and everything in it, the world, and all who live in it.* **Psalms 24:1**

6. *How many are your works, Lord! In wisdom you made them all; the earth is full of your creatures.* **Psalms 104:24**

7. *Listen to me, descendants of Jacob, all you who remain in Israel. I have cared for you since you were born. Yes, I carried you before you were born. I will be your God throughout your lifetime— until your hair is white with age. I made you, and I will care for you. I will carry you along and save you.* **Isaiah 46:3-4**

8. *Even before he made the world, God loved us and chose us in Christ to be holy and without fault in his eyes.* **Ephesians 1:4**

--

Your homework this week is to memorize this verse. Make a post-it, write it on your hand. Whatever helps you say it out loud at least 7x/day! This is God's word for you.

SOLITUDE CHALLENGE PREP

Week 3: Level 5 of 5

Finally you need to start prepping for next week's solitude challenge. This might be the most important part of the I AM Journey.

You were made to hear God's voice. An antennae straight to God was hardwired into the heart of every person ever made. Lots of times we label a moment as an epiphany, a revelation, or maybe just unusually peaceful... when we're really experiencing the presence of God.

--

The book of James says that "every perfect gift comes down from... the Father"; that means that every good thought—or feeling—or insight you've ever enjoyed was actually authored by God.

Can you think of a specific one? Can you remember a time that you actually felt a peace, a moment of clarity, a powerful "oneness" with something you couldn't see, something that may have been the voice and presence of God himself? Choose a specific memory that fits that description. Describe it below. What happened?

You're going to need a computer with an internet connection and some headphones.

Where will you go?

Good work this week. You're now ready for your group. Be on time. Everyone likes that.

Group leaders, you need to get (and prepare) the game for this week's group meeting. The game is critical to the group experience. Do it now because there is printing and cutting involved.

To get the game, go to crossroads.net/cardsforhumanity

GROUP CONTENT (WEEK THREE)

LEADER, READ OUT LOUD:

And we're back.

Quick warm up question. Ten minutes for the group. Go around and everyone answer: What is one good thing that happened to you this week?

--

This week we will spend most of our time playing the *Cards FOR Humanity* game. But before we get to that, let's do a quick review of the individual work.

Each person take two minutes and answer this question as best you can, 'If God knows you as well as *Psalms* 139 says he does, what does that mean for who you are?'

Timer: 2 minutes

--

Well done everyone. One of the ways that God tells us who we are is through other people. He created us to live in community. So for the rest of our time together we're going to tell each other who we think they are by playing *Cards FOR Humanity*. Everyone repeat after me, "I Am game for playing this I Am game."

Now put the guide away and get out the game.
Good luck. And remember to wrap it up on time.
Even if you think it's going well and people want to stay
all night, they secretly dig ending on time.

--

THE WEEKEND MESSAGE: THE GRACE OF I AM.

Week 4: Level 1 of 4

If you missed the weekend message, go to crossroads.net to watch it now.

RECAP CARDS FOR HUMANITY

Week 4: Level 2 of 4

Your group played Cards FOR Humanity during week three group time. You were told to walk away with the card that most resonated with you. **Which card did you take?**

I Am _____

--

Why did you take that card?

Now rewrite that card into an I Am statement that uses **your own words to capture the reason you kept that card.** Example: If you kept, "A Jedi Knight," you could write "A defender of good," or "A highly disciplined person who you'd want to go into battle with," or "A little green goblin-like creature with backwards English." Probably not that last one.

I Am _____

--

Good job. Last week you were asked to identify a location to go to for the solitude challenge, a place where something good happened, a moment of peace. A place where you may have previously heard from God.

Go to that location with at least 20 minutes of protected time before starting the next level. And be sure to take a computer with internet connection and headphones.

SOLITUDE CHALLENGE

Week 4: Level 3 of 4

This is the Solitude Challenge. For the best experience, go to: crossroads.net/IAMJourney/materials and click on Solitude Challenge.

Make sure no one will bother you for the next 20 minutes or so. Put in your headphones and complete the experience.

Click Solitude Challenge Part 1

--

Well, this is where it happened. At least, this is a workable simulation of that moment when you heard God's voice. It's a precious thing when God speaks, however He does it. It should be remembered with gratitude and awe. Try to rewind and think about what was happening when God spoke to you in this place, how you felt. What was the weather like that day? Even what you were wearing. **What was important about that day? Record it below:**

--

It's often helpful for us to go back to see how God has spoken to us in the past, because that can be an indicator of how we hear Him best--or how He'll speak again. So coming back to this place is a way of signaling, "Hey God-I want that connection with You again". Jeremiah 33:3 says "Call to me... and I will answer you..." It's really that simple: "Call to me... and I will answer you..." He goes on to say that when He answers, He'll show us incredible things we couldn't have imagined.

Take a minute, and, using the Most Simple Language you can, ask God to speak to you during this time.

--

Now let's turn our attention straight to God. Psalm 100 says that we come into God's presence with thanks, and into His courtyard with praise. ...So, take one minute and **thank God** right now for 2 things happening in your life today.

--

Now, take another minute and **praise God** for two of His qualities that mean the most to you right now: that could be his faithfulness, His mercy, His protection, His provision, His justice, His kindness, His peace... whatever your life currently reflects. Praise Him! He deserves it!

--

Great. Now then: On the **I Am** journey, we've been considering who we really are, who God made us to be. On that note, we're gonna pause and talk about somebody who the Bible says was there when you were made. He is your Advocate, and through Him alone we can have peace with God. Do you know who it is? It's Jesus. Yeah, Jesus. We haven't talked a lot about Jesus so far in this journey, but as we spend this time with God, we have to bring Jesus into the conversation.

Jesus is the absolute best example we have of someone who walked this earth and found His identity solely in Who God said He was. He lived in that identity since childhood, and His Father said "I'm so proud of You" as a result. Jesus is not only our living example in that way, but because of His living sacrifice, we can have these kinds of interactions with God. He is the Way.

Now, we want to hear from Him directly, so let's purposefully posture ourselves as worshipping servants. That means, "I want to hear from God, for His sake, not just mine. Jesus is the King, He's the Master. He's... God. We want Him to speak so that we can do His will, NOT so that we can more successfully do ours. God spoke to the prophet Ezekiel and said "...receive into your heart all My words that I speak to you, and hear with your ears." God WANTS you to hear Him, and to humbly receive His guidance.

--

Click Solitude Challenge Part 2

As you stay in this conversation with God, know that He has very specific, totally loving things to say to you. He knows you inside and out.

--

Click Solitude Challenge Part 3

--

I AM God. And I do love you. I designed and created you to reflect My beauty and character everywhere you go. Despite what the world tells you, you are not...

Insert your I Am Not statement from page 20

You are my treasured child, and I see you independently of all that. I specifically made you for relationship with Me, and I want to understand Who I have uniquely created you to be. I'm proud of the time you've spent so far exploring your life, and I'm glad you've been listening for My Voice along the way.

Regardless of whether you feel it or not, you can confidently say,

Insert your Psalm 139 statement from page 27

Because you are. By Me. I have been watching you since before you were born, and my interest in you will never wane, regardless of what you do.

I know that you are full of hopes and worries about who you are. You believe you were (page 6):

The True Talent Indicator said I made you into a (page 8):

--

Let's talk about those. Give all of your hopes and fears, to Me. I can handle them.

And I have much more to show you than that. As we keep walking together, and you walk out your destiny in Me, I'll be talking to you a lot more about who you really are.

--

God is the only one who can truly tell you who you are. Over the past weeks of the I Am Journey you wrote a lot of I Am statements, and one I Am NOT statement, about yourself. Here they are again. Now ask God to speak to

you specifically about these statements. Which are true? Which are lies?

As you listen to God, don't do a lot of evaluating. Let your thoughts flow freely. Control doesn't help us follow God's promptings. Think of this as a spiritual brainstorm session, where you receive freely now, and analyze later. Consider these statements and let God speak to you about them. Capture anything that comes to mind. Take as long as you like. Then move on.

--

Fill in your answers from previous weeks (pages 23, 27 & 31):

I Am _____

I Am NOT (page 23) _____

Now, ask God, is there something I Am that you want me to more fully pursue? Is there something you made me to be that I am not seeing?

Something God says is true about me that I need to more fully pursue.

Finally, ask God to reveal to you anything in your life that is preventing you from fully realizing who He made you to be. What is standing in your way? Record anything you hear.

What is preventing you from fully realizing who God made you to be?

--

Hearing God is about surrender and sensitivity. It's a skill that many of us don't realize we ever had. Children hear God easily; they don't criticize and evaluate every impression they have. Any time you want to hear from God, you can surrender to Him, then wait, being sensitive to anything He sends your way. Checking our impressions against the Bible and a Jesus-seeking community is always good practice for checking our work, but for now, let's trust that what you've been feeling and hearing through this journey was indeed from God—which is an amazing thought, by the way.

Let's take a few minutes and simply thank Him for talking to us. For making Himself knowable to us. For giving us this awesome antenna into His heart—then using it to speak His words to us!

Click and listen to the song in Solitude Challenge Part 4.

Read the prayer prompts below and use them to have a conversation with God: speak to him, then listen for him to speak to you.

God it's amazing that You speak to me.

Why would you let someone like me know You?

Give me a picture of your glorious power.

I honor Your greatness, Jesus, and revere You as the Majestic King of All.

I want to walk in Your ways. How can I follow You TODAY?

God, put a statement of worship in my mind (like "Jesus is Worthy" or "God is Supreme Above Everything")-- I'll pray it back to You.

--

As you consider what Jesus may be revealing today, record any other thoughts or reactions.

Thoughts and reactions:

Hey- great job giving this experiment a good chunk of time today. When you take time like this and give it to experiencing God, He just loves it. That act, in itself, IS worship—because you're giving God priority in your life. You're giving Him the place He deserves. And when God is given room, He comes close. He sits down, and makes Himself comfortable. Jesus, the King, fights on our behalf. He blesses us. And perhaps best of all... He speaks, and tells us who we really are.

Stay in this moment as long as you'd like. If you'd like,

respond to this time with God by writing out a prayer to Him right now.

Prayer to God:

And that's it. Thanks for putting this time aside. Be thinking about these things heading into the rest of this week's work. There is a short individual level left where you will record some of your experiences from this solitude challenge, and then another great group time. And always keep pursuing The Great I AM.

Nice work. This concludes the Solitude Challenge. You should do the next level right now while it's fresh.

--

SOLITUDE CHALLENGE REACTIONS

Week 4: Level 4 of 4

Great job doing the solitude challenge. You will only realize who you really are and what you are really capable of when you spend focused time in a conversation with the Creator. Before your next group time, you need to record a couple of quick reactions to anything you heard from God during the solitude challenge.

--

What is one I Am statement you can now make that you believe God says is true about you, but you are not fully pursuing in your life?

I Am _____

What is preventing you from fully pursuing that I Am statement? (Examples: Spending too much time on something else? Focusing your energy on something that leads you away from that thing? A life situation that is distracting you?)

--

You're now ready for your group. You will need your last two answers for group time so be sure to bring your guide with you. High five.

GROUP CONTENT (WEEK FOUR)

LEADER, READ OUT LOUD:

Welcome back group!

--

Leader, pray and ask God to encourage everyone tonight with the truth of who they really are.

Then you're ready to begin.

--

Go around the circle and everyone say one type of clothing or accessory that you would like to wear if you could pull it off.

Three minutes total for the whole group. Go!

Timer: 3 minutes

--

This week we did the solitude challenge. Let's share general reactions. Two minutes per person. Where did you go and how did it go? The person with the oldest car goes first.

Timer: 2 minutes

--

Now, each person share the one I Am statement you can now make that you believe God says is true about you, but you are not fully pursuing in your life, and a little about why you answered that way. Also, share the thing that you believe is standing in the way of your pursuit of that I Am statement. Three minutes per person. The person who most recently cried goes first. Pass the guide back to the leader when everyone is done.

Timer: 3 minutes

When we find stuff that's blocking us from living the full life that Jesus has for us, then we have a simple thing to do. It's called "repentance." According to God, repentance is simply turning away from something and walking in a new direction. Pass the guide to your left and have the next four people each read one verse out loud.

--

Read out loud:

*From that time on Jesus began to preach, "Repent, for the kingdom of heaven has come near." **Matthew 4:17***

--

Read out loud:

*I have declared to both Jews and Greeks that they must turn to God in repentance and have faith in our Lord Jesus. **Acts 20:21***

--

Read out loud:

*Repent, then, and turn to God, so that your sins may be wiped out, that times of refreshing may come from the Lord. **Acts 3:19***

--

Read out loud:

*Peter replied, "Repent and be baptized, every one of you, in the name of Jesus Christ for the forgiveness of your sins. And you will receive the gift of the Holy Spirit. **Acts 2:38***

Give the guide back to the leader

Leader, read out loud:

We are going to practice repentance. We are going to break up into pairs and tell God the thing that has been preventing us from fully pursuing who he made us to be. And we are going to ask God to help us turn the other way.

(Leader, give more explanation for how this exercise will work based on what you heard in the leader training video.)

Now pair up and do it. When everyone has gone at least once, come back together as a group.

--

Leader, read out loud:

Great work team. Repentance is a huge step towards knowing God and understanding the real you. Will someone please pray for Jesus to get all this stuff out of the way?

Here's a prayer to read if you need it:

Jesus, we want to live the full life that you have for each of us. We want to be and do things that feel like who we really are. We understand we need you. We understand there may be things in our way. Please help us to move on from here. Amen.

--

One last thing for this meeting. At next weekend's services, there will be the opportunity to get baptized. Anyone in this room who has not been baptized as an adult should consider whether it is time for them to do it.

(Leader, explain a bit about what baptism is and how it works. If you need help, read this document to folks: <https://www.crossroads.net/baptism/baptism-faq/>)

Is anyone considering getting baptized this weekend? Feel free to share what you're thinking.

So good.
Hopefully you're all leaving feeling encouraged.
Repentance is a good thing.
You're on the right track. Bon Voyage.

--

THE WEEKEND MESSAGE: THE DECISION

Week 5: Level 1 of 4

If you missed the weekend message, go to crossroads.net to watch it now.

REACTIONS TO THE WEEKEND

Week 5: Level 2 of 4

If you had to live out the rest of your life at one age, which age would you pick?

- a. 6
- b. 16
- c. 36
- d. 56
- e. 76

Who would win in a rap battle?

- a. Wonder Woman
- b. Darth Vader
- c. Abraham Lincoln
- d. You
- e. Cookie Monster

What is one thing that stood out from the weekend message?

Why did that stand out?

Boom. Go on. Do another level now.

ASSIGNMENT AND NEXT STEP

Week 5: Level 3 of 4

This week you will ask Jesus what he wants you to do.

Last week you said this statement is true about you but you are not pursuing it (page 36):

You also said this is standing in the way (page 36):

Now, let's go deeper with Jesus and explore the next step he wants you to take.

The Lord makes firm the steps of the one who delights in him; through he may stumble, he will not fall, for the Lord upholds him with his hand. Psalm 37:23-24

Imagine Jesus saying those words to you. **What does that mean to you?**

Go here crossroads.net/IAmJourney/materials and listen to the song. Take some time to just be still in the presence of Jesus.

Now say a prayer asking Jesus to direct you toward your next step. Use the sample prayer below, if you like.

Jesus, I trust that you're ahead of me. Please quiet any distractions. Show me what step to take next. Help me to move in faith. May You provide clarity and certainty. Amen.

--

Spend at least five minutes in silence, listening for what Jesus wants to say to you.

--

What came to mind during your quiet time and prayer?

What's your current assignment from Jesus? What does He want you to pursue? Be specific. (Don't write, "I'm not sure." Even if you're not sure, just write what you think it might be.)

What's the first step you need to take toward your assignment? (This must be something you can do in the next seven days. Not sure? Ask I AM.)

--

In order to live out this new assignment, Jesus needs to be with you. Choose the statement that feels most like who or what you need Him to be right now. Jesus said he is....

1. the one who feeds and sustains you
2. the one who will show you where to go
3. the one who protects you from your enemy
4. the one who knows you
5. the one who brings things back from the dead
6. the way to your future life
7. the source to meet your need

--

Look at the number you chose and match it to the verse on the next page.

Read His I AM statement and promise to you, found in the Bible.

- 1 *Then Jesus declared, "I am the bread of life. Whoever comes to me will never go hungry, and whoever believes in me will never be thirsty." **John 6:35***
- 2 *When Jesus spoke again to the people, he said, "I am the light of the world. Whoever follows me will never walk in darkness, but will have the light of life." **John 8:12***
- 3 *Therefore Jesus said again, "Very truly I tell you, I am the gate for the sheep. 8 All who have come before me are thieves and robbers, but the sheep have not listened to them. 9 I am the gate; whoever enters through me will be saved.[a] They will come in and go out, and find pasture. 10 The thief comes only to steal and kill and destroy; I have come that they may have life, and have it to the full. **John 10:7-10***
- 4 *"I am the good shepherd; I know my sheep and my sheep know me— just as the Father knows me and I know the Father—and I lay down my life for the sheep. **John 10:14-15***
- 5 *Jesus said to her, "I am the resurrection and the life. The one who believes in me will live, even though they die; and whoever lives by believing in me will never die... **John 11:25-26***
- 6 *Jesus answered, "I am the way and the truth and the life. No one comes to the Father except through me. If you really know me, you will know my Father as well. From now on, you do know him and have seen him." **John 14:6-7***
- 7 *Remain in me, as I also remain in you. No branch can bear fruit by itself; it must remain in the vine. Neither can you bear fruit unless you remain in me. "I am the vine; you are the branches. If you remain in me and I in you, you will bear much fruit; apart from me you can do nothing." **John 15:4-5***

What stands out to you in this promise?

This is a promise that Jesus made to you. Bank on it. Take it with you as you pursue your assignment and next step.

One more level.

NAME A FRIEND

Week 5: Level 4 of 4

In addition to directly interacting with us, Jesus also puts people around us to help.

The Bible says:

*Two are better than one, because they have a good return for their labor: if either of them falls down, one can help the other up. But pity anyone who falls and has no one to help them up. Also, if two lie down together, they will keep warm. Both how can one keep warm alone? **Ecclesiastes 4:9-11***

Name a straight-shooting friend who can remind you of where you're headed. If you are married, this is ideally not your spouse. You need an outside voice here. If you don't have someone, write, "Jesus, give me a friend who can tell me the truth about the real me."

What is one specific thing this friend could do to support you in pursuit of your assignment?

Remember this for later.

--

Great job.

At group this week you will share your assignment. It'll be great.

GROUP CONTENT (WEEK FIVE)

LEADER, READ OUT LOUD:

What's up, Group? Let's get started.

--

Leader, invite God into your time, quickly pray for your group.

(Here's a prayer you can read if that's helpful)
"God, thanks for this group. Please be close up and personal as we process what's next for us. Help us to encourage each other with your truth and grace. Remove distractions.

Amen.

--

Let's start with reactions to the weekend experience and baptisms. What did you think? And, if you got baptized, tell the story.

Take ten minutes as a group to discuss.

Timer: 10 minutes

--

Good talk. This group rocks. Your challenge this week was about asking Jesus what's next for you. What assignment does He have for you? What is the specific and tangible step He's asking you to take?

Pass the guide to the leader.

--

Leader, read out loud:

Time to play Chip Council (also known as "Crap on the Table"). Each person will need between 3 and 10 items they can set on the table. Grab cash or coins from your

wallet, chips from the chip bowl, or toilet paper squares (new). Anything. Once everyone has their stuff, we'll get started. Go.

--

Leader, read out loud:

How to Play Chip Council

Each person in the group will take a turn sharing their assignment and their next step. Everyone else is a part of the Chip Council. Each Chip Council member will lay down an amount of chips that indicates how much they affirm the proposed next step as the right next step.

No chips = Not sure it lines up. (Be prepared with a question.)

One chip = Unclear or unsure. (I have a question.)

Three or more chips = Go for it!

Ten chips = Can I buy stock in that?

Everyone picks up their own chips after each turn. No taking someone else's crap!

Remember, each person is sharing what they believe Jesus is calling them to do next. And they should be specific.

The Chip Council's job is to consider things like: Does it line up with Jesus' character? Does it line up with the speaker's I Am statements and truths. Is it too vague or too daunting? Can it be accomplished in the next seven days? Etc.

No more than five minutes per person.

Give the guide back to the leader

--

Let the Chip Council begin. Everyone take a five minute turn, answer the question and discuss:

What is your assignment and next step?

Timer: 5 minutes

--

Leader, read out loud:

Strong work, people. Just so we're clear, let's quickly go around one more time and everyone say their next step. No interrupting or feedback. Go.

--

Leader, read out loud:

In 1 Thessalonians chapter 5 verse 11, the Apostle Paul wrote:

Therefore encourage one another and build each other up, just as in fact you are doing.

Leader, read out loud:

Look around at your fellow groupies. Together, we have all been uncovering our true selves. Each person tell someone else in the group why they are thankful for them. Everyone gets a turn. Everyone gets affirmed once. And these should be really short, like one sentence.

Timer: 5 minutes

--

Leader, read out loud:

Good job, gang. Now some housekeeping. Next week is our last I Am group and it should be a celebratory meal. Let's figure out the details now. Who is bringing what? (make a list)

Nice work. We've just eliminated (or guaranteed) the possibility of six different forms of brownie, and no salad.

Leader, say a quick prayer for the group that they would be encouraged in their steps.

See you next week!

--

THE WEEKEND MESSAGE: THE TEAM

Week 6: Level 1 of 4

If you missed the weekend message, go to crossroads.net to watch it now.

CHIP COUNCIL RECAP

Week 6: Level 2 of 4

You've spent a lot of time over the past six weeks talking about yourself. Yet no matter how disciplined you are, life change depends on the support of people around you. This week, we're going to look at how the right group of people can help you live into the real you.

But first, let's pick up where you left off last week.

--

ENGEL SCALE GOES HERE

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During your small group chip council, you discussed a "next step". In six words or less, capture that step here:

Your challenge this week, before your next group, is to take that step.

--

Be sure and take that step. You won't be reminded or prompted again, but you will be asked in your small group about how it went.

--

Remember that straight shooting friend you named in week 5 (page 42)?

Text that person right now and ask them to hold you accountable this week.

--

Fantastic. Keep going.

IT'S DANGEROUS TO GO IT ALONE

Week 6: Level 3 of 4

Which team is the best team?

- a. Team Cap
- b. Gryffindor
- c. Han and Chewie
- d. The Goonies (because they never say "die")
- e. Dory and Nemo
- f. The Stranger Things Kids

--

It's dangerous to go it alone. The Bible is loaded with examples of people who achieved what God was calling them to go after because they had a team of people around them, all working together.

Simply put, you need a group.

--

A "group" is an ongoing team of people, with an identified leader, that meets regularly and is moving towards three things:

- Spiritual Growth (UP)
- Community / Family (IN)
- Mission / Purpose (OUT)

Check out the corresponding 2 minute video to see how it all works. crossroads.net/IAMJourney/materials

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Based on that definition, do you have a group outside of this six-week journey?

- a. I don't have a group like that outside of this journey group.
- b. I have a group that meets, but not sure if it has all three components (UP, IN, OUT).
- c. I have a group that has all three components.

Find a quiet place, and take five minutes to listen to where God might be leading you around groups. Ask Him, "God, how do you want me to approach the issue of groups in my life? Who should I be in a group with? Should I lead a group? How should my current group change or evolve?" Whatever you need to ask Him, do it.

--

Write down anything you heard God tell you about groups.

Before you show up for your last **I Am** Journey group meeting, take a minute to consider what your next step around groups should be. Here are the options and where you can find more info.

I would like to stick with my current I Am Journey group if others are interested.

Great. Ask them privately to be in an ongoing group, but don't fret if they have other plans. Everyone only signed up for six weeks, so give them some grace if they need to bow out. Just keep asking God to guide you.

I want to try a different group after the journey.

Great. Go to: crossroads.net/groups/search to visit the Find A Group tool.

I think I would like to step-up to lead a group.

Outstanding! Go to: crossroads.net/groups/create to apply to lead a group.

I want to keep going in my current (non-journey) group.

Good for you. Continue to build that team around you. And consider leading a group at some point. You can find more information about leading at crossroads.net/groups

I want to keep leading my current (non-journey) group.

Well done. Go to Leader Resources on your Groups Dashboards at crossroads.net/groups/mygroups for suggestions on what to do next.

I am interested in checking out an Onsite Group.

Cool. Go crossroads.net/onsitegroups for more information on Onsite Groups.

I don't know what I'm going to do after this journey.

That's OK. It can be intimidating. Check out the Find A Group tool crossroads.net/groups/search just to see what's available. There's probably the perfect group for you.

--

Well done. Next.

DREAM A LITTLE DREAM

Week 6: Level 4 of 4

Remember the I AM statement you wrote in week 4 that you do not believe you are not fully pursuing (page 36):

I Am _____

--

Sit quietly for a minute or so and dream with God about your life two years from now. You've been living into that image, pursuing that mission. What's different?

What has changed about your calendar (the way you spend your time)?

What has changed about your budget (the way you spend your money)?

Change like this will inevitably affect your relationships. Some will grow, some will fade.

What relationships are different? How are they different?

Over the past six weeks you spent a lot of time with God.

Focused time with God is critical if you are to reach the full potential of who he created you to be.

How will you have focused time with God after this journey? Be specific.

And finally, who do you believe you are?

--

Great work. Seriously. Always remember there is a God who is good and created you for a purpose. Before you go, listen one more time to what your creator says about you. crossroads.net/IAmJourney/materials

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Say the following words out loud: "I Am Done."

One more group time. Go celebrate (and be sure to complete your next step towards your assignment before you gather. And don't forget the chips if you're supposed to bring them.)

GROUP CONTENT (WEEK SIX)

Congrats to you, Leader, for leading this group!
Well done and thank you.

This meeting is all about celebration.
Enjoy the meal and some great discussion celebrating
your group's commitment and vulnerability.
Hang out and swap stories as long as you like.

You. Are. Fantastic.

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Here are some questions to throw out to your group during dinner. Use them as you see fit. Or add your own.
You're the boss.

Everyone committed to taking a specific step this week. How did it go?

How do you plan to engage with God going forward?

What's been the best part about this journey?

What's been the hardest part about this journey?

How do you see community playing a role in continuing the journey of knowing God?

How have you most changed?

Name someone else in the group whose journey you would like to celebrate and why.

