**Soul Reset**

January 16, 2022

Luke 3:21-23

**OPENING PRAYER:**

Dear God, as we begin this new year, we have a fresh desire to reset our souls. Today we begin by remembering who we are in your eyes. May we hear the words of the scriptures come alive in our hearts, minds and spirits. May we build each other up and encourage each other. Amen.

*Quote*

*“Solitude is listening to the voice who calls you the beloved. It is being alone with the one who says, `You are my beloved, I want to be with you. Don't go running around, don't start to prove to everybody that you're beloved. You are already beloved'. That is what God says to us.” Henri Nouwen*

**BREAKING THE ICE:**

Introduce yourself to the group as your best friend would introduce you. How is this different than what you usually say about yourself?

**WRESTLING WITH THE WORD:**

**Read** Luke 3:21-23

* What can you learn about Jesus from what the voice from heaven has to say about him?
* What does God affirm about Jesus in this passage?
* “Beloved” is used many times in the New Testament. It is used in the stories of Jesus’ baptism and the transfiguration. How is this significant?

**NEXT STEPS:**

* How have the holidays affirmed or challenged the way you see yourself?
* What do you find most challenging or hard to accept about the way God sees you?
* What ways does God name you as a beloved child?

**CLOSING PRAYER:**

Gracious God, in baptism you call us beloved. Thank you for the opportunity to reset that identity in ourselves. Help us to go forth holding on to this new way of looking at ourselves. Now give us fresh eyes to see others as your beloved too. In Jesus’ name, Amen.