

'And I am **sure** of this, that he who **began a good work** in you will bring it to **completion** at the day of Jesus Christ'

– Philippians 1:6

## **Real Change**

Welcome to Real Change – a weekend adventure in becoming more like Jesus!

In our sessions together it will help to have some small aspect of your life you would like God's help to learn more about and grow in. You can expect to make some progress but not to get to the end!

Don't pick something huge and vague like "pride" or "parenting" or "anxiety". Pick something small and specific like "driving in a traffic jam, I usually get cross with other drivers" or "I get really stressed when I drop something – it does my head in!" or "I'm finding it hard to go to bed at a sensible time" or "I spend a lot of time looking for clothes/tools/new kit online and other important things are not getting done."

It's OK to ask other people for ideas! See if you can come to the first session with an idea of the bit of your life you are interested in...

## **Session 1: HEAT**

A train journey

All of us have “Heat”

### **Jeremiah 17:5-14**

What is your “Heat”?

God understands the heat

God uses the heat