

## TAKING AUTHORITY OVER MY SITUATION

This workshop is designed around the scriptures of Genesis 1:26-31 (for all ages) and inclusive of Genesis 2:19 for older teens and adults only (family values re sexual behavior). It is designed to teach about the authority God bestows upon each human being to take authority over the earth, both in the naming and caretaking of all creatures, INCLUDING ourselves and our bodies. The goals of the lesson are intended to be met as discourse unfolds within the group according to the contextual framework of the chosen scriptures of focus.

### PURPOSE:

1. To address our tendency to create labels and assumptions over the definitions we determine for ourselves. In this we create our own ideas and ideologies about what happens in the world around us and the people in it. However, we (humans) are also vulnerable to misinterpretation of what our observations actually indicate. Thus, we are flawed in our nature, and must rely on the Gospel for how to view and review our existence and purpose in life. The discussion is prompted by above verses and connecting dots to our own psychological functions as individuals and how we must cooperate to have a healthy society together.
2. To introduce a framework within the context of biblical learning to discover our best features and empower our own ACTUAL AUTHORITY as is endowed by birthright to each individual person God created, but is not FULLY POWERFUL until we are connected to the Holy Spirit through our Belief in the ultimate salvation the Christ Jesus actually allows for our own cells/and selves. In this part of the discussion, we develop the topic within the framework of how our spiritual beliefs actually impact our eternal souls, that our eternal souls once aligned with Christ alive in us, we have authority over our ultimate health and well-being. The main idea is develop a personal relationship with the Spirit of Christ as a REAL advisor to ourselves so that we, by faith, may know the authority that Christ exactly empowers to each of us to be physically, emotionally, and mentally WELL regardless of any present circumstance, obstacle, or "situation," we might be facing.

## Session Goals

- ★ Introduce a Conceptual Framework for reading the Bible to see how it can be a positive guide for our best health and well-being as individuals with real, measurable impacts to our cells, and ourselves.
- ★ To support each attendee to begin a healing journey related to a personal walk with Christ, how the interpersonal relating to Christ does impact our physiological functions and processes, and enhances all of our well-being (physical, emotional, mental, and spiritual).
- ★ To educate participants about the vulnerabilities we all face when we are making our decisions based on our own misinformation or misinterpretations of the facts, and to address how knowing the scriptures can help us mitigate this tendency to be vulnerable.
- ★ God gave us authority in the above story so that we do not have to be vulnerable to the veiled guises of the enemy.