



## **GAP Gracepoint Online - 9th Jan 2022 - Head. Heart. Hands. Resource**

*Hello GAP Family! This resource is designed to help you further understand this week's video lesson which can be found on YouTube on the GAP Gracepoint Online channel. You can do this as a family or as a reflection by yourself. Please work through each section– Head, Heart and Hands at your own pace. Enjoy!*

### **Head:**

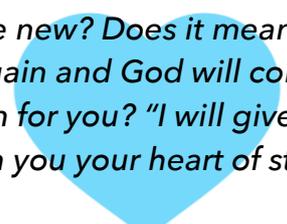
*In today's lesson we looked at 2 Corinthians 5:17. \*Reread this scripture now. This scripture reminds us that we can become "New" when we trust in Jesus and ask Him to help us become new creations. This scripture also promises us that even if we have done bad things in the past or sometimes continue to make mistakes or mess up even if we don't intend to, God can take all that stuff away and make us new. We get an opportunity this year to have a new start, start again fresh and have a new beginning– All we have to do is ask God. God will also give us a new heart when we ask Him.*



### **Heart:**

*Think about the following questions:*

- What does it mean to be made new? Does it mean that we will never mess up again or if we mess up, we can try again and God will continue to give us a new start?*
- What does Ezekiel 36:26 mean for you? "I will give you a new heart and put a new spirit in you; I will remove from you your heart of stone and give you a heart of flesh."*
- God reminds us in Isaiah 43:18-19, that He is doing new things. Sometimes, at the beginning of a new year we can feel like we need a fresh start - we don't want things to just stay the same as they were the past year. God invites us to ask Him to make us new. Will you?*



### **Hands:**

- Spend some time praying and asking God to help you understand what it means to be made new.*
- Perhaps spend some time outside enjoying the newness of a new year and a new season... what does new look like/ smell like/ feel like?*
- Or perhaps you want to do a little "spring clean" in your room or home with your family to begin the new year. What does "new" look like? What can we learn from this? What does it mean about when God makes us new?*

