



ST. GERTRUDE
CHURCH

The Fridge Sheet: Identity

When you were baptized, you became a new creation in Jesus Christ. God, the Father, adopted you—re-establishing a covenant relationship with you—as his son or daughter, and restoring you as his "image and likeness" in the created world. Because you are a son or daughter in the Son, how God sees his Son is now how he sees you, and what he says about the Son, he says to you. This month, we want to invite you to remain in, or to "rest" in your identity as a son or daughter by listening to the words of the Father to the Son, and then by applying them to yourself. Then, you'll bring your needs and desires before the Father and pray the prayer that is appropriate for a son or daughter of God to pray: the Our Father. We encourage you to do this daily for a week. It will take 1-2 minutes each day. Here are the steps:

1. Say this line out loud, quietly and in a prayerful place: "And a voice came from heaven, 'You are my beloved Son; with you I am well pleased'" (Luke 3:22).
2. Next, say aloud: "I am your beloved son/daughter, _____ (state your name); with me, you are well pleased."
3. Tell your Father your desires and your needs. Then, pray the Our Father.