

Called to be!

Irenaeus is quoted as saying “the glory of God is a human being fully alive, and that life is what Jesus brings us.”



Watch today's video **Called to be!**

‘For it was you, God, who formed my inward parts;
you knit me together in my mother’s womb.
I praise you, for I am fearfully and wonderfully made.

Wonderful are your works; that I know very well’.

Psalm 139: 13, 14

- What are the things in life that give you most energy?
- Are there things that you do in life that drain you?

“I have come that you may have life, life in all its fullness.”

John 10: 10



Something to try

Draw an outline of a person – however rough or beautiful your drawing skills are. If you don’t like drawing, make a list or find another way of doing this.

What do you think are your greatest qualities – don’t be modest, God made you! Write them in one colour.

Ask someone else what they think are your greatest qualities – or more than one person if you can – write them in another colour or style.

What do you notice? How do you feel?

What can you do each day to help you be more fully yourself?

How can you encourage others to be themselves?

You might like to look at the [Exploring our Gifts leaflet](#) to think about where your gifts lie.

God calls... everyone, everywhere



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