

The life I now live in this body, I live in faith:  
faith in the Son of God who loved me  
and who sacrificed himself for my sake.

Jesus, help me understand  
how you live in me, and I live in you

### Chapter 3 (26 - 28)

Through faith in Christ Jesus, you are children of God. When you were baptized, you entered into a special relationship of friendship with Christ. This relationship cancels out old labels like Jew and non-Jew, slave and free, male and female

These old labels have been replaced by a new one hanging around your heart: Made in Christ.

Jesus, help me better understand our relationship

### Chapter 4 (4 - 6)

When the appointed time came, God sent his Son, born of a woman, born a subject of the Law, to redeem the subjects of the Law, and to enable us to be adopted as children of God, brothers and sisters of his Son.

The proof that we are children is that God has sent the Spirit of his Son into our hearts: the Spirit that cries "Abba, Father".

Jesus, help me understand how I have been adopted, how you are my Brother