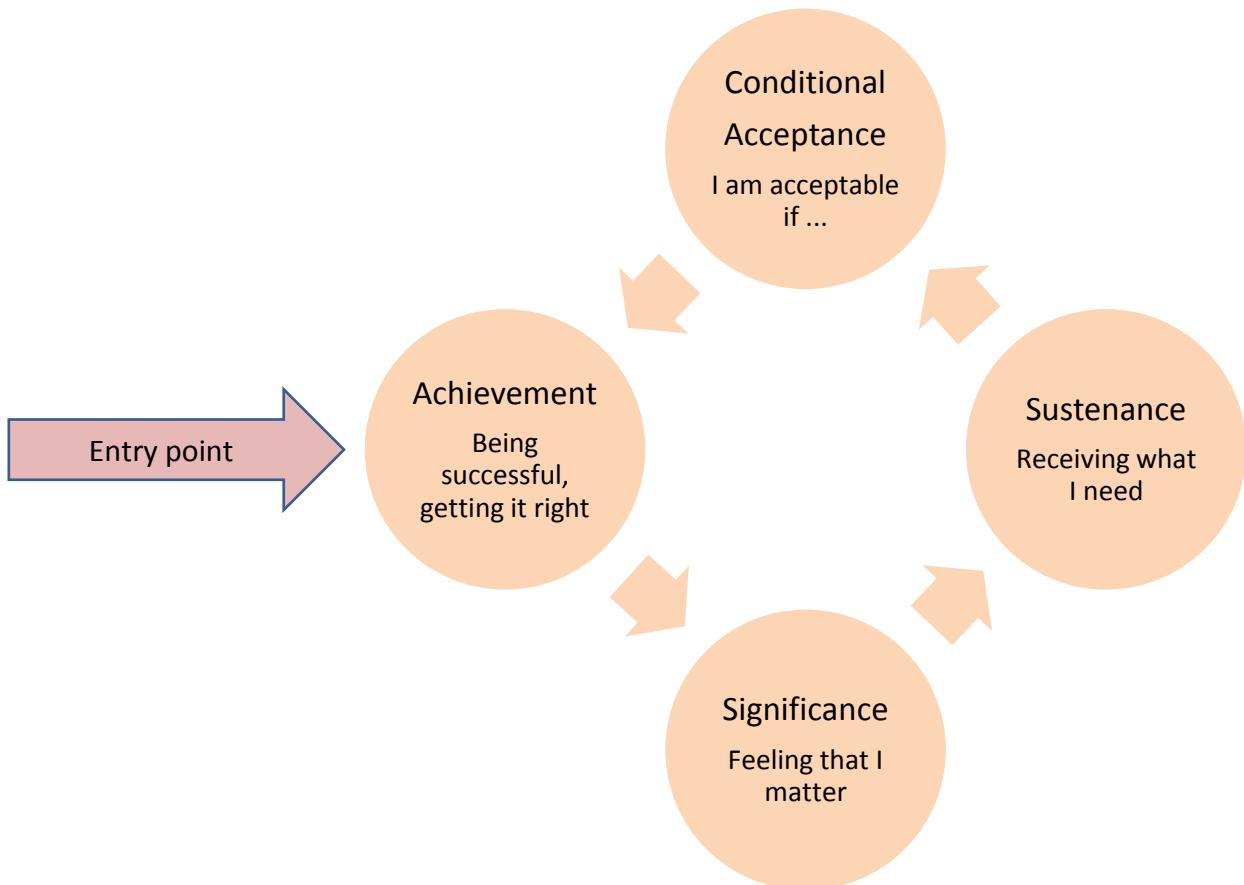


Cycles of Frustration and Grace

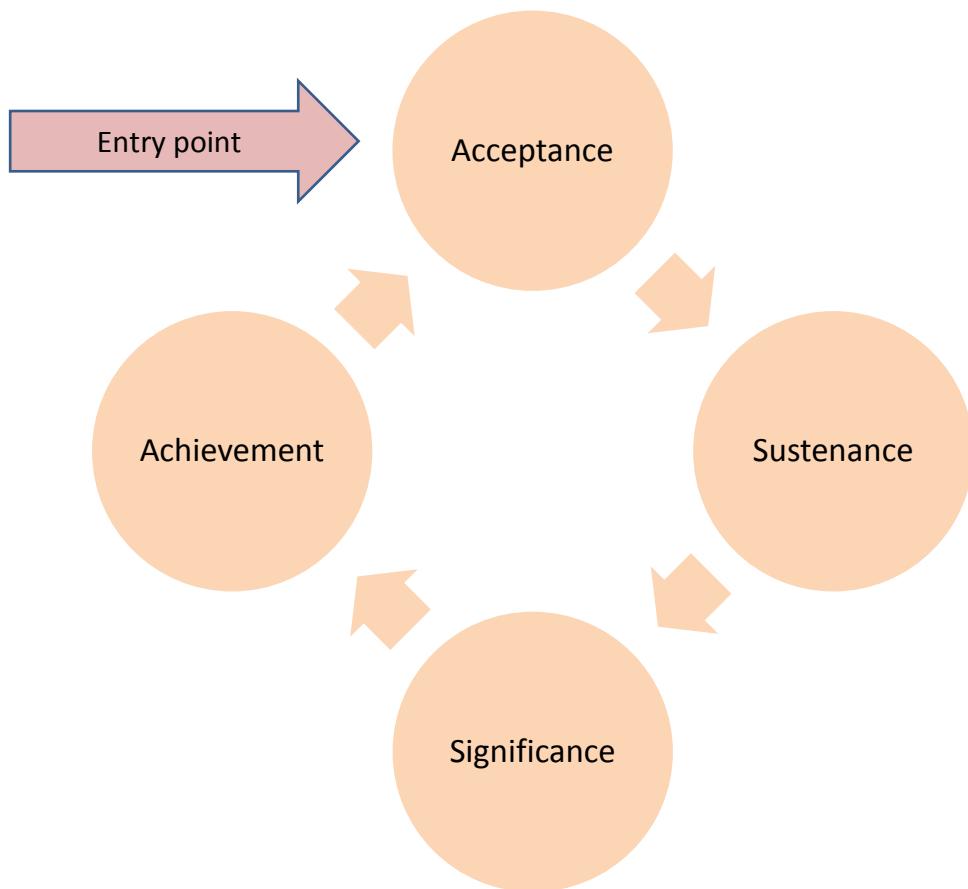
Cycle of Frustration

This cycle is based on the experience that people derive their sense of worth or significance from their achievements (the entry point in the diagram below), which leads to the drive to perform better and achieve more. When things don't go well there can be feelings of failure, a loss of significance and sense of rejection, all of which can contribute to poor self-esteem.



Cycle of Grace

Here the starting point is that before we can achieve, we need to feel accepted; foundational to this is the unconditional acceptance of God. Acceptance enables us to be nourished and sustained and from this base we can achieve.



Acceptance

Christ's response to dependence as a Son and as man is to pray. (*Luke 6:12, 9:28*)

He went up into the mountain to pray. He is found alone, praying. (*Luke 9:18*)

He faces Crucifixion in the Garden praying. He knows that he has constant access. "I knew that you always hear me." (*John 11:42*)

He is the only begotten Son of God the Father. This is his Being. John records that "I saw the Spirit come down from Heaven as a dove and remain on him." (*John 1:32*)

Sustenance

"As the Father has loved me, so have I loved you." (*John 15:9*)

'For the Father loves the son and shows him all He does'. (*John 5:20*)

Christ is given the Holy Spirit and his gifts - love, joy, peace, patience, glory - all without measure. (*John 3:34*)

"I am in the Father and the Father is in me." (*John 14:11*)

"I and the Father are one." (*John 10:30*)

Significance

"I am God's Son." (*John 10:36*)

"I am not alone." (*John 8:16-18, 29*)

He is sent by God, on God's work. (*John 7:18, 28, 29, 33; 6:38*)

"I am the light of the world." (*John 9:5*, see also *3:19, 8:12*)

"I am the living bread that came down from Heaven." (*John 6:51*)

Jesus is the water of life. (*John 7:37*)

'Full of grace and truth.' (*John 1:14*)

Everything is entrusted to him by God. (*Matthew 11:27*)

The Father is glorified in the Son. (*John 14:13*)

Jesus said "I say to all of you: In the future you will see the Son of Man sitting at the right hand of the Mighty One and coming on the clouds of heaven." (*Matthew 26:64*)

Jesus commands men to leave all; "take up your cross, follow me." (*John 1:43, 12:26*)

Achievement

See also John 8:29 and 10:36-7.

He can speak nothing of himself but what he hears from the Father. (*John 8:26, 28, 38*)

"The words I have spoken to you are spirit and they are life." (*John 6:63, 8:51*)

They are everlasting life to believers. (*John 5:24, 40; 14:6*)

He is the bread of life, of eternal life, for all who believe on, and eating, partake of him. (*John 6:33-35, 48-58*)

He is the light of the world, so that those who follow Him do not walk in darkness. (*John 8:12*)

He is to complete the work of redemption God gave him to do. (*John 4:34, 16:5, 17:4, 19:30*)

"I must work the works of him that sent me, while it is day." (*John 9:4, KJV*)

A Personal Meditation on the Cycle of Grace

Acceptance

- I have called you by name; you are mine. Isaiah 43:1
- You are precious and honoured in my sight and I love you. Isaiah 43:4
- Whoever comes to me I will never drive away. John 6:37
- You were chosen (handpicked) before the foundation of the world. Ephesians 1:4-6
- A member of the household of God. Ephesians 2:18-19

Sustenance

- Bring the best robe and put it on him. Put a ring on his finger and shoes on his feet. Luke 15:22
- I am the bread of life; whoever comes to me will never hunger. John 6:35
- My God will meet all your needs according to his glorious riches in Christ Jesus. Philippians 4:19
- Whoever is thirsty let them take the free gift of the water of life. Revelation 22:17

Significance

- Fear not for I have redeemed you, I have called you by your name. You are mine. Isaiah 43:1
- You have not received the spirit of fear but the spirit of adoption. Romans 8:15
- We are God's children, his sons and daughters. Romans 8:16
- No longer servants but friends. John 15:15
- We shall see his face and his name will be on our foreheads. Revelation 22:4

Achievement

- Whoever believes in me, streams of living water will flow from within them. John 7:38
- Whoever believes in me will do what I do, yes, they will do even greater things because I am going to the Father. John 14:12
- I am the vine, you are the branches. Whoever remains in me and I in them will bear much fruit. John 15:5