

The Framing Exercise

There is much confusion today over who we are as human beings.

We and our children live in a world that is broken causing us to all question who we are, from where did I come, what is my purpose, is there any hope, and what happens when I die. Needless to say, those questions, for the most part, have gone unanswered.

By default, we cave into the culture and push on through life in hopes of finding peace and significance through our performance. It is not working!

As parents, many of us have parented our children by stressing the things that need to be done like cleaning room, studying, following house rules without differentiating between doing things and being an awesome person who is loved and honored no matter what. Affirming others for what they have accomplished will most always lead to a performance-based life. What needs to be . for those they are and emphasize that their behavior should reflect the One who loves them.

The framing exercise is to be used by Christians who want to encourage others to understand how God sees them. It is done without preaching or any personal agenda. It is speaking the truth of the Scripture only, through the work of the Holy Spirit in a very powerful way. It is not just memorizing a script, it is speaking truth to someone from your soul to theirs. For many, is a watershed experience and will be for your children as well.

Framing can often times to be used inwardly by all of us. The more we do it, the easier it will be for us to see others, friend or foe, as God sees them. It will be the way we see those who have hurt us. It will be the way we see ourselves, on our worst day.

This framing exercise, learning how to see others as God sees them, is the heartbeat of the biblical worldview. God has commanded us to love one another well including those in our family, our friends and yes, our “enemies”. From a human perspective, that seems like an impossible task. However, when we know who we are from God’s perspective, we begin to understand that all things are possible. Loving those irregular people in our life, including ourselves, is not only possible but extremely important as we live out our life journeys.

The idea behind framing is to see all people the way God sees them; realizing that we are all broken and in need of God’s love and grace is our starting point. The amazing thing about God is that His love for us is unconditional. He loves all those He has created the same way, He shows no favorites. Scripture is very clear on how God feels toward those whom He created. To interject your opinion or your bias or a short sermon is absolutely not what this exercise is about. To frame someone is to first see them as God sees them, and then if prompted by the Holy Spirit, to speak it into them sometimes using your hands as a frame.

As a teacher of Anchorsaway, on the teacher website, under Lessons 1 and 2, a suggested script is written in the presenter notes of the PowerPoint. With PP open, click on View and then click on presenter notes. You can read off these notes from your PP or you can copy them from the PP and paste them on a Word or Pages document.

Framing a Christian “I love you. I have loved you before the beginning of time. I put you together in your mother’s womb. You are fearfully and wonderfully made.¹ You matter to me. I made you different than all people that I have created through time. The iris of your eye, your thumb print, and your DNA are unique to just you. I designed you in my image so that you can reason, be relational and be able to receive my love and love me in return.² Because you believe that I love you so much that I died on a cross to pay in full the price for all your sins,³ past, present and future! Because you believe, I have made you my child⁴ and sent the Holy Spirit to live in you forever⁵. Through the work of the Holy Spirit, you now have access to all that you will ever need to live life to the full: love, joy, peace, patience, kindness, goodness, faithfulness, gentleness and self control.⁶ Through me, as you read my word in the Scriptures, you will learn more of who I am, who you are and what it is I require of you. I do not want your performance as an attempt to earn my love, acceptance or acknowledgement. You already have it all. As my child, I want you to be a light of hope and encouragement to the world who need me.⁷ I want you to love me and to love others by loving and serving them and by being ready and willing to tell them about me.⁸ Yes, I designed you with a purpose to live life to the fullest extent and when you die, you will no longer experience suffering and death, but will live with me in heaven forever.⁹”

Christians are broken people who have the hope of Jesus living in them. Sometimes we forget how God sees us and need to be reminded. Framing Christians and those who are not yet Christ-followers is often just what they need. It is good to frame friends who are struggling with a poor self image or with lies about themselves that are causing them difficulties in life and relationships. Sometimes, I will ask a person if they would like to know how God sees them. Other times I will see someone that is acting out toward me or others and I choose to frame them in my mind so that I can better love them in their brokenness. Be careful not to frame a non-believer as one who has accepted Christ. Your assignment is to frame yourself in the mirror. Yes I know, it is very difficult!

¹ Psalms 139:13-16

² Genesis 1:26

³ John 3:16

⁴ 1 john 3:2

⁵ Ephesians 1:13

⁶ Galatians 5:22-23

⁷ Matthew 5:14-16

⁸ Luke 10:27

⁹ John 3:16

Framing a Humanist: “I know that you don’t know me yet, but I want to make sure you understand a few things about me that perhaps you haven’t heard before. ‘I love you.¹⁰ There has not been a moment in time that I have not loved you. On your best and on your worse day, I love you. I created you in my own image with the purpose of you knowing, trusting and loving me.¹¹ You are not a mistake. You were not formed from random molecules by random chance. You are unique; I have created no one else like you.¹² Even the iris of your eye, thumbprint and DNA are different from all others I have created. You were designed with the purpose of personally knowing me. You are searching for meaning and purpose in a world that can not give those things to you. The love, peace and joy that you are looking for can only be found in me.¹³ The things of this world will not fill the void that is within you. I know your heart. It is broken just like the hearts of all humans who live on this earth. I am your only hope both now and for eternity. Only by believing that I died and rose again to pay the penalty of your sin, will you become free to be the person I created you to be. There is nothing you can do to earn it; it is a free gift from me to you.¹⁴ When you place your trust me, I will become your Savior and you will become my child. I will give you the gift of my Spirit and he will live in you forever.¹⁵ I will be your hope both now and for eternity and when you die, you will spend eternity with Me in heaven.¹⁶ Until that time, I want you to bring hope to a broken world so that when others see you, they will see Me. In this life. Yes, you will have troubles, but know that those struggles are designed to draw you and others closer to me.¹⁷ That is why you will always be able to give thanks because you will know that I will use all things, good and bad, for good!”

¹⁰ Romans 8:35-39

¹¹ Genesis 1:27

¹² Psalm 139:13

¹³ Galatians 5:22-23

¹⁴ Ephesians 2:8-10

¹⁵ Galatians 3:14

¹⁶ John 11:25-26

¹⁷ John 16:33

Postmodern Framing: “I know that you don’t believe in me at this point in your life but I want you to hear a story of how I love you.¹⁸ I have loved you since the beginning of time. On your good days and messy days, I love you. I created you in my own image with love and purpose.¹⁹ Your life is not a mistake. I have created no one else like you. Even the iris of your eye, thumbprint and DNA are unique from all others I have created. You were designed with the purpose of knowing, trusting and loving me. I created you to enjoy an incredible life with me and with others. You don’t have to rely on the culture around you to define you or tell you who you are. There is an unshakable hope and absolute truth to be found in me alone.²⁰ No one in this world can offer the peace, unconditional love, and belonging that you’ve always desired. I love you so much that I died and rose again for the forgiveness of all your sins: past, present and future.²¹ When you believe that I am your God, your Savior, you will become my child and my Spirit will live in you forever.²² When you die, you will spend eternity with me in heaven. Never will I condemn or shame you. I want you to know that you I have plans for you that will give you hope and a purpose for living. I know that the thought of living in a broken world can be depressing. I have come that you might have life and have it to all fullness.²³ When you trust me, I will give you the love, joy and peace that will change the way you live.²⁴ I have designed you to be a light in a broken world so that when others see you, they will see me. Through me, you will be able to give hope to others. Through you, others will put their trust in me. By being my child, your life will not be perfect, you will have troubles. Take heart, in this life, you will have troubles, but know that those struggles are designed to draw you and others closer to me.²⁵ I want you to know that I will never leave you.²⁶ I love you now and forever.”

¹⁸ Romans 8:35-39

¹⁹ Genesis 1:27

²⁰ John 14:6

²¹ John 3:16

²² Galatians 3:14

²³ John 10:10

²⁴ Galatians 5:22-23

²⁵ John 10:16

²⁶ Hebrews 13:5

Framing a Pantheist. “I know that you don’t know me yet, but I want to make sure you understand a few things about me that perhaps you haven’t heard before. ‘I love you.²⁷ There has not been a moment in time that I have not loved you. On your best and on your worse day, I love you. I alone am God not man.²⁸ I created you in my own image with the purpose of you knowing, trusting and loving me.²⁹ You are not a mistake. You were not formed from being reincarnated but rather by my own hands. You are unique; I have created no one else like you.³⁰ Even the iris of your eye, thumbprint and DNA are different from all others I have created. You were designed with the purpose of personally knowing me. I am God and I am the only one who can give you all that you have ever needed. The wisdom, love, peace and joy that you are looking for can only be found in me and not by going deeper into yourself.³¹ The hope of becoming a god will not fill the void that is within you. I know your heart. It is broken just like the hearts of all humans who live on this earth. I am your only hope both now and for eternity. Only by believing that I died and rose again to pay the penalty of your sin, will you become free to be the person I created you to be. There is nothing you can do to earn it; it is a free gift from me to you.³² When you place your trust me, I will become your Savior, you will become my child and my Spirit will live in you forever.³³ I will be your hope both now and for eternity and when you die, you will not have to suffer another reincarnation but rather spend eternity with Me in heaven.³⁴ Until then, I want you to get to know me and begin to trust me. Then you will be a light to a broken world so that when others see you, they will see Me. In this life, you will have troubles, but know that those struggles are designed to draw you and others closer to me.³⁵ I promise that I will never leave you or forsake you.³⁶ You can trust me completely to love and protect you.”

²⁷ Romans 8:35-39

²⁸ Hosea 11:9

²⁹ Genesis 1:27

³⁰ Psalm 139:13

³¹ Galatians 5:22-23

³² Ephesians 2:8-10

³³ Galatians 3:14

³⁴ John 11:25-26

³⁵ John 16:33

³⁶ Hebrews 13:5

Framing a Spiritist: “I know that you don’t know me yet, but I want to make sure you understand a few things about me that perhaps you haven’t heard before. I am God.³⁷ I love you.³⁸ There has not been a moment in time that I have not loved you. On your best and on your worse day, I love you. I created you in my own image with the purpose of you knowing, trusting and loving me.³⁹ You did not reincarnate as a spirit and become a human. You are unique; I have created no one else like you.⁴⁰ Even the iris of your eye, thumbprint and DNA are different from all others I have created. You were designed with the purpose of personally knowing me and living a full life here on earth. The love, peace and joy that you are looking for can only be found in me.⁴¹ Appeasing the spirits in this world will not fill the void that is within you. I know your heart. It is broken just like the hearts of all humans who live on this earth. I know that you think your only hope is that of reincarnation and charitable behavior. With me, I do not seek after your performance for your salvation. I alone am your only hope both now and for eternity. All I require is that you believe with your heart that I died and rose again to pay the penalty of your sin, then and only then will you become free to be the person I created you to be. There is nothing you can do to earn it; it is a free gift from me to you.⁴² When you place your trust in me, I will become your Savior, you will become my child. My Holy Spirit, not just another spirit, will come and live in you forever.⁴³ I will be your hope both now and for eternity and when you die, you will spend eternity with Me in heaven.⁴⁴ Until that time comes, I want you to get to know me through the Bible and other Christians who can answer your questions. In this life, you will have troubles, but know that I have overcome your troubles.⁴⁵ I promise that I will never leave you or forsake you.⁴⁶ You can trust me completely to love and protect you always.”

³⁷ Matthew 9:6, John 1:51

³⁸ Romans 8:35-39

³⁹ Genesis 1:27

⁴⁰ Psalm 139:13

⁴¹ Galatians 5:22-23

⁴² Ephesians 2:8-10

⁴³ Galatians 3:14

⁴⁴ John 11:25-26

⁴⁵ John 16:33

⁴⁶ Hebrews 13:5