



Study Guide—Episode 2, Part 1: Self-CREATION

Genesis 1-2; Moses 2-3; Abraham 4-5

“Come Follow Me” Old Testament Manual

0:00-7:55 "Why Self-Creation?"

7:55-13:30 "God is Your Creator"

13:30-16:18 "Without Form & Void"

16:18-20:35 "Who Do I Want to Be?"

20:35-30:15 "Day 1: Let There Be Light"

30:15-32:50 "Day 2: An Atmosphere of Life-Sustaining Air"

32:50-34:00 "Day 3: ...After Your Own Kind"

34:00-36:05 "Day 4: Seasons of Growth"

36:05-43:00 "Day 5: Bring Forth Abundantly" & "The Transtheoretical Model of Change"

43:00-45:00 "Day 6: Created After His Image"

45:00-52:05 "Day 7: He Sanctified the Day of Rest"

1. Who is creating your life? You? Heavenly Father? Jesus Christ?
 - a. How might you better let Them create YOU?
2. Exercise (13:30), "Envision Your Future vs. Now". If you haven't done this, go back & do it, and then answer the following:
 - a. What do you envision for your future life?
 - b. How does this compare to the life you're living right now?
 - c. What do you need to do to bring these two into union?
3. In what ways do you feel your life is without form? Void? In darkness?
4. What do you need to do, or rather who do you want to *become*, to bring your life more "into the light"?
5. Exercise: Create your "To Be" list.
 - a. Ask, "Who do I want to be? To become? What traits, qualities, abilities do I desire?"
 - b. Write these down, and add to your list often.
 - c. Then, pick one and begin to work on it.

6. Are you letting Him create you after His likeness/image?
 - a. If so, in what ways? If not, what's in your way?

7. Do you take *rest* seriously? Do you "honor" it? Are you replenished through rest and relaxation regularly?
 - a. If so, what replenishes you? How can you put more of this into your daily life?
 - b. If not, what stands in your way? How might you decide to rest and relax more after all your labors and "see that they are good"?

8. Are you keeping the Sabbath Day holy?
 - a. If so, in what ways? If not, why not?

Resources

FB: [Like a Watered Garden Podcast Discussion Group](#)
[Like a Watered Garden Website](#)
[Come Follow Me, Old Testament, Manual](#)
[Pearl of Great Price](#)
[Dr. Christina Hibbert Website](#)
Instagram: [@likeawatered.garden](#)
[@drchristinahibbert](#)
Facebook: [Dr. Christina Hibbert](#)
["Grow With Scriptures" YouTube Channel](#)