



Episode 15 Study Guide: How to Apply the At-one-ment of Jesus Christ in your Life Easter Episode

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| 00:00-09:20 | The Atonement of Jesus Christ in the Old Testament |
| 09:21-14:13 | "At-one-ment origins" |
| 14:14-18:35 | "Everything happened because Jesus said, "Here am I; send me."" |
| 18:36-22:06 | "Because of the Atonement... can be with lost loved ones again" |
| 22:07-29:47 | "With what are YOU 'at-one-ing'? With Christ?" |
| 29:48-41:43 | "The Atonement is about transformation, hope, peace, personal growth..." |
| 41:44-49:30 | "Charity is the pure love of Christ for YOU" |

Study Questions/Exercises

1. Complete this sentence for yourself: "Because of The Atonement of Jesus Christ, I _____." What does the Atonement mean to you in your life?
2. With what are you "at-one-ing" right now in your life? With what do you want to at-one? What might you need to do right now to begin to at-one more fully with your Savior?
3. **Activity:** Read & use the article, "[Easter & the Principle of At-one-ment](https://www.drchristinahibbert.com/easter-the-principle-of-at-one-ment/)" to explore more deeply the principle of at-one-ment.
(<https://www.drchristinahibbert.com/easter-the-principle-of-at-one-ment/>)
 - a. Which of the ideas in this article most resonates with you?
 - b. What might you do to focus on at-one-ing with the principles and feelings and experiences you most desire?
4. How is the Atonement of Jesus Christ about transformation? About your Divine potential? Purpose? About change? About becoming more like Jesus Christ? How might you use this "power of transformation" to become more like Him this week?
5. How might you use the power of the Atonement of Jesus Christ to bring healing into your life? Physically? Mentally? Emotionally? Spiritually? In your relationships?
6. **Exercise:** For those who are struggling to FEEL God's love for you: This week, try the experiment CS Lewis recommends in this quote:

“People are told they ought to love God, but they cannot find any such feelings in themselves. What are they to do? The answer is the same as before: Act as if you did. Do not sit trying to manufacture feelings. Ask yourself, ‘If I loved God, what would I do?’ When you have found the answer, go and do it.”

7. What do you need to “dig through” to excavate the JOY that is living deep in you? What would help you do this work? Reaching out to a friend, faith leader, family member? Asking for help? Finding a good therapist or mental health provider to help you work through the trauma, pain, loss, heartache you haven't yet been able to deal with? What is ONE thing you can do today to begin on this path?
8. How might you be blocking “charity” in your daily life? Or in other words, blocking “the pure love of Jesus Christ...for YOU”? What might you do to better RECEIVE Christ's love FOR YOU? What is one thing you might do to then SHOW Him your love? What is one thing you might do to share His love with others today?
9. **Exercise:** Come Unto Christ.
 - a. Close your eyes. Sit still.
 - b. Place a hand on your chest or belly & take a few slow, deep breaths.
 - c. Imagine Christ is sitting with you.
 - d. What would He say? What might He do? How would you feel?
 - e. Use this exercise each day for a week, seeking to draw nearer to Him.
 - f. *Remember:* “We have to COME unto Christ if we want to beCOME more like Christ.” (C. Hibbert, 2022)

Resources

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[Come Follow Me, Old Testament, Manual](#)

[Dr. Christina Hibbert Website](#)

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