

FOUND IN HIM

The Joy of the Incarnation
and Our Union with Christ

WorkBook

This little workbook is designed to accompany the reading of « Found In Him » written by Elyse M. Fitzpatrick.

I'm so grateful to the LORD that he gave me to discover the Books written by Elyse M. Fitzpatrick. God uses his servant to lead us in wonderful truths.

God used this book to help me to enter in a deeper comprehension of the Incarnation and the “in Christ” so important to live a Holy life.

May God gives you so much joy to enter deeper in the understanding of His Word, the Bible, through this kind of book.

(SDG) Tim

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1 From Beginning to End I'ts All about Him

And beginning with Moses and all Prophets, he interpreted to them in all the Scriptures the things concerning himself.

Luke 24.7

FOUND IN HIM

- 1) Why does Jesus's presence with us matter? How much do you struggle with feeling alone or alienated?

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- 2) What does Paul mean when he writes that Jesus is preeminent? Have you ever thought about Jesus being preeminent in the Old Testament before?

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3) Which one of the Old Testament narrative in which Jesus is present means the most to you? Why?

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4) How does seeing Jesus as the subject of the whole Bible change how you interpret the Bible?

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5) In four or five sentences, summarize this chapter.

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2 Come Adore and Bended Knee

But when the fullness of time had come, god sent forth his Son, born of woman, born under the law, to redeem those who were under the law, so that we might receive adoption as sons.

Galatians 4:4-5

FOUND IN HIM

- 1) The incarnation is utter mystery. How can God be both God and man at the same time without losing his God-ness or his man-ness? Even though it is a mystery (and we should be used to mysteries by now – think of the Trinity), we must not let our incomprehension keep us from finding the comfort that it is meant to bring. What to you is the most comforting part of the incarnation? Why?

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- 2) Martin Chemnitz wrote that Satan's goal is to steal the truth of the incarnation away from us. Why would Satan want us to give up in confusion when trying to think about this? How successful has our enemy been in his quest to desensitize or confuse us about the God-man?

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3) When Jesus was presented at the temple at about six weeks old, two saints, Simeon and Anna, worshiped him. Look up in Luke 2:29-38 the words they used to describe him and think about why they had the response they did.

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4) Mary was told that she was “blessed” above all women but that a sword would “pierce through your own soul” (Luke 2:34-35). In what way does knowing that Mary suffered for her faith, though she was blessed, encourage you today? If you've had children, you know what it is to hold and behold your little baby, to look into his eyes and want the best for him and hope that he will never have to suffer. How does Mary's faith help you today?

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5) Even if it is the middle of summer, why not stop right now and listen to some Christmas music? It might be a good time to fall on your knees.

6) Summarize in four or five sentences what you have learned from this chapter.

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3 Our Perfect Savior

For it was fitting that he, for whom and by whom all things exist, in bringing many sons to glory, should make the founder of their salvation perfect through suffering.

Hebrews 2:10

FOUND IN HIM

- 1) “For it was fitting that he, for whom and by whom all things exist, in bringing many sons to glory, should make the founder of their salvation perfect through suffering” (Heb. 2:10). Respond.

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- 2) What trials or temptations are you facing in your life today? Can you think of time when Jesus suffered in a similar way? How does his suffering console you and give you faith to persevere?

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3) Read Luke 4:17-19, 21. When you think of Jesus's ministry, how do you see him? Do you see him primarily as a liberator or as a rule giver? How would seeing him primarily as a liberator change the way you live?

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4) Summarize in four or five sentences what you have learned in this chapter.

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4 God's Love for Sinners

In this the love of God was manifest among us, that God sent his only Son into the world, to that we might live through him.

1 John 4:9

FOUND IN HIM

- 1) Of the three vignettes presented in this chapter, which one(s) spoke most deeply to you? In which one do you see a personal propensity to fail to recognize Christ's work for you?

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- 2) In what ways do you see yourself in the place of Peter, trying to establish a kingdom or religion of your own?

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3) In what ways do you see yourself as Mary, worshiping the Savior against popular wisdom?

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4) In what ways do you see yourself and the masses in Jerusalem – worshiping and crying out for salvation one day, refusing him and crying out for his death the next?

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5) Summarize what you've learned in this chapter.

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5 O Sacred Head, Now Wounded

Now before the Feast of Passover, when Jesus knew that his hour had come to depart out of this world to the Father, having loved his own who were in the world, he loved them to the end.

John 13:1

FOUND IN HIM

Rather than give you a series of questions to consider, let me encourage you to take time in prayer and reflection to ask the Holy Spirit to comfort and assure your heart in whatever way he would.

- 1) Consider the words to this old hymn, as you think of his great love for you:

Jesus, Refuge of the weary,
Object of the spirit's love,
Fountain in life's desert dreary,
Savior from the world above.
O how oft Thine eyes, offended,
Gaze upon the sinner's fall;
Yet upon the cross extended,

Jesus may our hearts be burning
With more fervent love for Thee;
May our eyes be ever turning
To Thy cross of agony;
Till in glory, parted never
From the blessed Savior's side,
Graven in our hearts forever,
Dwell the cross, the Crucified.

Do we pass that cross unheeding,
Breathing no repentant vow,
Though we see Thee wounded, bleeding,
See Thy thorn encircled brow?
Yet Thy sinless death hath brought us
Life eternal, peace, and rest;
Only what Thy grace hath taught us
Calms the sinner's stormy breast.

2) Summarize what you have learned in this chapter.

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6 Jesus Shall Reign

If Christ has not been raised, your faith is futile.

1 Corinthians 15:17

FOUND IN HIM

- 1) The angels ask, “Why do you seek the living among the dead?” (Luke 24:5). How often do you do that? How many times have you searched for life among lifeless things? How would remembering the resurrection help you differentiate between the two?

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- 2) Consider the words to this great hymn:

Jesus shall reign where'er the sun
Does its successive journeys run;
His kingdom stretch from shore to shore,
Till moons shall wax and wane more.

Blessings abound where'er He reigns;
All prisoners leap and loose their chains;
The weary find eternal rest,
And all who suffer want are blest.

To Him shall endless prayer be made,
And endless praises crown His head;
His name like sweet perfume shall rise
With every morning sacrifice.

Let every creature rise and bring
honors peculiar to our King;
angels descend with songs again,
and earth repeat the loud amen!

People and realms of every tongue
Dwell on His love with sweetest song;
And infant voices shall proclaim
Their early blessings in His name.

3) How often do you think about the implications of the resurrection? In particular, how does Jesus's ongoing life intersect with your life in the nitty-gritty of your day?

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4) How often do you think about the implications of the ascension? In particular, how does Jesus ongoing reign as the God-man, who still bears scars and yet rules from heaven, intersect with your life?

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5) Summarize in four or five sentences what you learned in this chapter.

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7 "I in Them"

Blessed be the God and Father of our Lord Jesus Christ, who has blessed us in Christ with every spiritual blessing in the heavenly places, even as he chose us in him before the foundation of the world.

Ephesians 1:3-4

FOUND IN HIM

1) We have considered our union with Christ in this chapter in several ways. Consider what is precious to you about each one and write out your responses here:

a) We are dead to sin and alive to God:

b) We have eternal life:

c) We have freedom from condemnation:

d) We are freed from the principle of sin and death:

e) We can be assured that we have the love of God:

f) We are his temple, a living building:

2) What is it about the Lord's prayer in John 17, his being *in us*, that is especially meaningful to you? Why?

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3) What is it about our adoption and inheritance that is especially meaningful to you? Why?

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4) Why is Christ's gift of the Holy Spirit precious to you in light of your union with him?

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5) Consider the words of the following hymn and rejoice.

Dear Savior, I am Thine,	Shall from me to His image bright,
By everlasting bands,	And teach His path to tread.
My name, my heart, I would resign;	
My soul is in Thy hand.	Death may my soul divide
	From this abode of lay;
To Thee I still would cleave	But love shall keep me near Thy side
With ever-growing zeal;	Through all the gloomy way.
If millions tempt me Christ to leave,	
They never shall prevail.	Since Christ and we are one,
	Why should we doubt or fear?
His Spirit shall unite	If HE in heaven hath fix'd His throne,
My soul to Him, my Head;	He'll fix His members there.

6) Summarize in four or five sentences what you have learned in this chapter.

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8 He Gave Himself Up for Us

Christ loved the church and gave himself up for her.

Ephesians 5:25

FOUND IN HIM

- 1) “We also rejoice in God through our Lord Jesus Christ, through whom we now have received reconciliation” (Rom. 5:11). How often do you rejoice because of the reconciliation? What would “rejoicing in God” look like in your life?

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- 2) We are united, one with him for “the bodies of Christians are one with the resurrected Christ.” Although this is a great mystery, ask the Holy Spirit to help you understand. How would your life be different if you really believed that you were one like this with the resurrected Christ?

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3) “The eternal Son became our brother; took upon Himself our sin ... paid our debt to the majesty of [unbreakable] law; covered our nakedness with His righteousness; presented us, as those in whose stead He appeared, unblamable and acceptable to the Father; excited the hallelujahs of angels at our exaltation; elevated us to a participation of His own riches, blessedness, and privileges; pitched tents of peace for us around the throne of God; and connected us with Himself by the bonds of eternal gratitude and affection. Such is the edifice which the Almighty reared upon the ruins of sin.” Respond.

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4) Summarize what you've learned in this chapter in four or five sentences.

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9 Chosen, Betrothed, Beloved, and Named

*For your Maker is your husband,
the LORD of hosts is his name;
and the Holy One of Israel is your Redeemer...
For the LORD has called you
like a wife deserted and grieved in spirit...
but with everlasting love I will have compassion on you.*
Isaiah 54:5-6, 8

FOUND IN HIM

- 1) How does thinking about yourself as chosen, betrothed, beloved, and named transform you? Which one of those four words speaks most deeply to you? Why?

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- 2) Being “kept” in his name guarantees both provision and protection. In the Old Testament the name of the Lord is pictured as a strong tower (Ps 61:3: Prov 18.10). Can you think of any other metaphors for his name?

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3) When Christians are said to be “justified in the name” (1Cor 6:11), the implication is that the unchangeable nature of Jesus is the ground of our secure possession of all the blessing he has earned. Respond.

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4) When speaking of his role as “friend of the bridegroom,” John the Baptist said, “The one who has the bride is the bridegroom” (John 3:29). What does the reality of Jesus having you for his bride mean? What does it mean to you particularly?

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5) Summarize in four or five sentences what you've learned in this chapter.

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10 You are Forgiven, You Are Righteous, You are Loved

But people are counted as righteous, not because of their work, but because of their faith in God who forgives sinners.

Romans 4:5 (NLT)

FOUND IN HIM

- 1) Paul wrote, (look at Phil 3:3-11). How did Paul fight his propensity to trust in his own righteousness? What kind of righteousness did he have? How fruitful was he?

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- 2) As you consider the list of the “works of the flesh” in Galatians 5, which ones do you struggle with most? How can recognizing your forgiveness and righteousness in Christ change you?

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3) Summarize in four or five sentences what you have learned in this chapter.

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4) Review all the summaries you've already written at the end of each chapter and summarize them all. What did you learn in this book? What was most meaningful to you? What will you do to try to remember what you've learned?

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