

Who am I now

# METAMORPHIC ROCK

*A metamorphic rock* is a type of rock which has been changed by extreme heat and pressure. It's name is from 'morph' (meaning form) and 'meta' (meaning change). The original rock gets heated and pressured. This causes profound physical and/or chemical change.

2 Cor 5:17

If anyone is in Christ, he is a new creation; the old has gone, the new has come!

## **Ephesians 2:3**

‘in the past all of us lived like them, trying to please our sinful selves and doing all the things our bodies and minds wanted’

## **2 Corinthians 5:17**

‘if anyone is in Christ, he is a new creation, the old is gone, the new has come!’

## **Colossians 1:13**

‘He has rescued us from the dominion of darkness and brought us into the kingdom of the Son he loves’

Romans 5:8

‘while we *were* still sinners, Christ died for us.’

1 John 2:1

‘my dear children, I write this to you so that  
you will not sin.’

Romans 8:1

‘Therefore, there is now no condemnation  
for those who are in Christ Jesus’