

**TEACHING BIG IDEA:**

Jesus is the source of our identity as Christians.

**TEACHING SUMMARY:**

Who are you? It can be a hard question to answer. This teaching looks specifically at how Christians answer the question: what does it mean to identify with Jesus? Before Jesus, people who wanted to be right with God took their identity from following rules. Now, our identity is in following Jesus. We can be tempted to take our identity from our own strength, what people say about us, our past experiences...even from how we perceive ourselves. Focusing our identity in Jesus reveals who God is, provides relief from burdens and allows us to rest.

**TALK IT OVER (DISCUSS ONE OR MORE):**

When you are in a new group of people and you go around the room and respond to the request, "Tell us about yourself." What do you share?

What are the most important things that you put on a résumé? As you ponder, "who you are" what are your strengths? What are you most confident about in your life?

Respond to the quote: "A lie believed as truth will affect you as if it were true." –Craig Groeshel

What temptations might come with defining ourselves by who we perceive ourselves to be? Where do you go to test whether your perceptions are accurate?

Read 2 Corinthians 12:9. How often do you hear people openly acknowledge their 'weakness'? When is it most difficult for you to admit weakness? What makes it challenging? Discuss practical ways to put God's promise into action in the coming week?

Read Matthew 11:28-29. From this verse, how does Jesus perceive us? What are we in need of? Are there promises made here that can affect your life? Talk about a time when you received gentle instruction so that you could learn.

**OTHER SCRIPTURES TO READ:**

- Psalm 139:14
- Ecclesiastes 2:10-11
- Galatians 3:23-28
- Ephesians 2:10