

IDENTITY IN CHRIST ASSIGNMENT GUIDE

In this session, we'll spend time focusing on who God is and who he says we are. We are created uniquely and will more fully reflect Christ when we discover who he is and who he's created us to be.

VERSE

Therefore, if anyone is in Christ, the new creation has come: The old has gone, the new is here!

(2 Corinthians 5:17)

This verse should be used for memorization or meditation until the next meeting.

CONTEXT | 2 CORINTHIANS 5

Paul continues his discussion of eternity, comparing our earthly bodies to living in a tent. He would rather live in the eternal body God has prepared for those who trust in Christ, free from the groaning and burdens that afflict everyone here. With that to look forward to, he preaches with courage that all in Christ are new creations. In Christ, God is reconciling people to himself, not counting their sin against them. Paul encourages everyone to be reconciled to God in this way through faith in Christ.

PRAYER PRACTICE

[The Prayer Practice: Practicing the Way](#)

Practice Week 1: Reach Practice – Talking to God (the Lord's Prayer exercise, pages 13–15)

Write a Prayer Reflection (pages 16–17).

REFLECTION EXERCISES

Complete the *[Label Activity](#)*.

Read the book assigned to your group: *The Gift of Being Yourself* or *The Cure*.

[The Gift of Being Yourself](#) by David G. Benner

Answer the following questions while reading *The Gift of Being Yourself*.

- Chapter 1: In the section “Peter’s Transformational Knowledge,” what parts of Peter’s spiritual transformation experience do you relate with, and what parts do you not relate with?
- Chapter 2: How would you describe your knowing of God (through love) versus your knowing about God (through thoughts and beliefs)? Practice the “Gospel Meditation Exercise” on Mark 10:17–23, and note what stood out to you.



- Chapter 3: What does God see when he looks at you? How is this different from the way you see yourself?
- Chapter 4: How do you experience God's love, and how do you know God's love to be true even when you don't experience it?
- Chapter 5: Spend a few days noticing your patterns of "touchiness and over-reactivity." How does this help you better understand your false self and the things that you cling to over God?
- Chapter 6: How does Jesus connect his vocation and his identity? How does this change your perspective of vocation and identity?

Write a reflection on the book. Use the [LDG Book Reflection Guide](#) as a resource.

[The Cure](#) by Bill Thrall, Bruce McNicol, and John Lynch

Answer the following questions while reading *The Cure*.

- Chapter 1: All of us read the Bible through a filter. Which filter has been your default as you read? Room of good intentions? Room of grace?
- Chapter 2: Describe a time when shame was driving you to wear a particular mask.
- Chapter 3: Reflect on the implication of this truth: "Your view of you is the greatest commentary on your view of God" (page 34). Does this quote resonate with you? Why or why not?
- Chapter 4: How do your unhealthy thoughts about yourself help fuel the "control cycle"?
- Chapter 5: What is an example of forgiveness that has impacted you? Is there something holding you back from forgiving someone right now?
- Chapter 6: Review the "stages of love." What seems the most challenging to you? What seems the most encouraging?
- Chapter 7: "I didn't forget. I made you for this—for the unique influence you have on others. You, my wandering friend, are right on time." What is the unique influence that God has given you?

Write a reflection on the book. Use the [LDG Book Reflection Guide](#) as a resource.