

## IDENTITY IN CHRIST DISCUSSION 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.

### AGENDA OVERVIEW

- Connect | 30 Minutes
- Learn and Apply | 110 Minutes
  - Verse and Prayer Practice | 20 Minutes
  - Reflection Exercises | 90 Minutes
- Pray | 30 Minutes
- Looking Ahead | 10 Minutes

### CONNECT

Spend the first 30 minutes connecting, and use these [Icebreaker Questions](#) if needed.

### LEARN AND APPLY

#### VERSE REVIEW

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

(2 Corinthians 5:17)

#### PRAYER PRACTICE

Discuss prayer practice, and share what you experienced.

#### REFLECTION EXERCISES

1. Discuss *The Gift of Being Yourself* or *The Cure*. If you read *The Gift of Being Yourself*, then discuss the following questions:
  - 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)? Share about your experience with the “Gospel Meditation Exercise” on Mark 10:17–23.



- 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: How did noticing your patterns of "touchiness and over-reactivity" help you better understand your false self?
- Chapter 6: How does Jesus connect his vocation and his identity? How does this change your perspective of vocation and identity?
- Discuss the highlights from your book reflection.

If you read *The Cure*, then discuss the following questions:

- 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 my unhealthy thoughts about myself help fuel the "control cycle?"
- Chapter 5: What's 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?
- Discuss the highlights from your book reflection.

2. Discuss the Label Activity.

- a. How does God see you? How have you experienced a disconnect between who God says you are and who you believe you are?
- b. Share two or three of your foundational beliefs, Scriptures, and truth.
- c. What can you do to start working on some of the unhealthy behaviors and patterns of thinking that stem from your false beliefs?

3. What is your most significant insight from this session, and how will you apply it to your life?



## PRAY

“To pray is to change. Prayer is the central avenue God uses to transform us. If we are unwilling to change, we will abandon prayer as a noticeable characteristic of our lives. The closer we come to the heartbeat of God, the more we see our need and the more we desire to be conformed to Christ.”

—Richard Foster

Conclude your group time by praying out loud for the person to your right (or left).

## LOOKING AHEAD

Review the Assignment Guide for the next session.

