

## 1

# Spiritual Identity—Introduction & Insecurities

## Opening—

Begin your time together with a moment of prayer.

Open as a whole group with the following question:

**If someone asked you to describe yourself to them in 1 minute, what would you say?**

Go around the room so each person has a chance to respond.

Before you start the video, divide people into groups of 2-3 people (you can also put 2 couples together into a group of 4). The questions we ask in this video will be answered in these smaller process groups.

There are 3 segments to this video teaching. Each of the 3 parts of the video are broken up by a question. When prompted, pause the video and answer the question in your process groups as directed, and then continue into the next segment of video.

## Video Teaching—

### 1. Play part 1, then respond to the first prompt:

*In your group share one thing about yourself you don't often share or don't like sharing.*

### 2. Play part 2, then respond to the following prompt:

*Take a moment to write down 3-5 of the most common lies you believe about yourself. Then answer this questions with your group: What lies are you most prone to believe about yourself and what common situations bring these lies to your mind and heart?*

### 3. Play part 3 and respond to the following exercise:

*Reviewing the list on the back of this page, share with your group the top 3 insecurity questions that are true of you (or share others examples of insecurities you face).*

*Next answer this question: How does your insecurity connect to a false identity you are believing in those moments?*

## Closing Discussion—

**Moving from your process groups back into your full group, answer the following questions:**

*Were you able to identify any false beliefs or false sources of identity you're prone to rely on through the discussion you've had with your process groups tonight? If so, share with the group.*

*What is a Gospel truth from God's Word that can speak truth to your insecurity this week? Are there specific scriptures you can meditate on this week to remember this truth (Brainstorm together)?*

**Close your time in prayer for one another.**

## Identifying Insecurities Questions—

- *Do you fret that others are judging you or disapproving of you?*
- *Do you usually fear you will fail, whether in big or little things?*
- *Do you change your behavior or speech around a person or certain people?*
- *Do you rely on others' praise or compliments for your sense of success?*
- *Do you try to be in the know or always have the right answer?*
- *Do you criticize or accuse people who challenge your opinion or methods?*
- *Do you excessively seek the attention of those of the opposite sex?*
- *Do you ever put others down to feel better about yourself?*
- *Do you assume others don't like you?*
- *Do you avoid any circumstances where there is the potential for rejection?*
- *Do you take the responsibility upon yourself to make others happy?*
- *Do you find yourself suspicious of other people's motives (even people you know well)?*
- *Do you find yourself preoccupied with your physical appearance?*
- *Do you take others' joking or banter too personally?*
- *Do you feel uneasy in your own thoughts, always needing to fill your mind with sound or background noise?*
- *Do you often compare yourself to others in areas profession and/or income.*
- *Do you perceive criticism as a personal attack?*
- *Do you feel like you need to prove your skill or value, even among friends and family?*
- *Do you fear others finding out about your sin or struggles?*
- *Do you avoid certain activities because you fear people will judge your abilities regarding that activity?*
- *Do you tend to believe that people intentionally leave you out of things?*
- *Do you make a display of your possessions for others to see or try to hide your possessions from others?*
- *Do you posture or raise your voice when others say something that challenges you?*
- *Do you find yourself comparing your family, marriage and kids with others?*
- *Do you dismiss others opinions when they are not in agreement with your own?*
- *Do you seek the spotlight or places of importance?*
- *Do you avoid associating with certain people fearing how it reflects on you?*
- *Do you doubt God's love for you during hard times or when you are having negative feelings?*

### Personal Reflection Questions—

1. Write down 1-3 instances where you felt insecure this week. See if you can make the connection between your insecurity and the false identity you were believing in that moment.
2. Write down a description of yourself from God's perspective. What would God say about you? What would he speak into your insecurities?

### Group Preparation Questions—

1. As you consider those things currently in your life that give you a sense of well being and value, what first comes to mind?
2. What, in your heart, do you think: If I just had that, then I would feel complete? Bring your answers ready to share in your process groups.