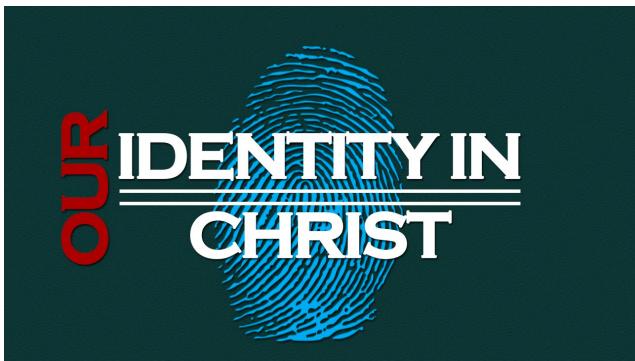


# Identity



*How often have you and I been judge based on our physical features (color, size, shape, gender), our social status, what we own, our job or position in the community or church? In my younger years, I felt my personal worth and happiness depended on what I looked like, talents, abilities, possessions and what others thought of me. I carried this into adulthood and became more and more stressed when I felt I was not living up to my own standards or the standards and expectations of others.*

**Martin Luther King said, “I have a dream that my four little children will one day live in a nation where they will not be judged by the color of their skin but by the content of their character.”**

**Opening exercise: take a piece of paper and answer the following questions:**

**#1)** If you are asked, “who are you,” what is the first thing that comes to mind? Consider listing the top three things that you would say to describe yourself.

**#2)** Now describe how you would feel and what you would do if the things mentioned in question #1 were taken away from you.

Knowing **who** we are and **“Whose”** we are results in freedom from the bondage of lies that many of us believe; that our worth and value depend on things of this world and what others think and expect.

**#3)** How might giving yourself to Jesus Christ as Lord and Savior change (or have already changed) your dependence on things in this world for any sense of hope, meaning, purpose, love, peace and happiness?

**Passages to consider on identity:**

1 Corinthians 6:9-11

2 Corinthians 5:17

Galatians 2:20

Ephesians 1 (note verses 4,5,7,11,13,18)

Ephesians 2 (note verses 4,5,10,19,22)

Philippians 3:20-21

**Some passages that emphasize the freedom we have when we belong to Christ:**

John 8:31-36

Galatians 5:1

2 Corinthians 3:17-18

1 Peter 2:16

**A movie of interest:**

If you have not seen the movie “Overcomer” by the Kendrick Brothers, I highly recommend it. It is very well done, entertaining and also takes a serious look at one’s personal identity.

**#4)** Final question: What will you do to identify and release the hold that things in this world may have on you for identity and freedom that are only found in Jesus (with all the blessings that come with it), and to help others do so?

**Without Jesus, we either fail miserably,  
or succeed even more miserably!**