



# Soul Care: **Identity**

**What were the things your parents said to you regularly?**

-maybe you were told you would never amount to anything and it has become a self-fulfilling prophecy.

**What family slogans do you remember, either spoken or unspoken?**

- "There is always room for improvement."
- "We don't \_\_\_\_\_ in this family."
- "A Smith should never \_\_\_\_\_."

**What are the shaping experiences of your life?**

Pay special attention to repeated experiences, because lies often get reinforced here.

**What do you catch yourself saying to yourself?**

- What are the imaginary conversations you hold in your mind?

**But if we walk in the light, as he is in the light, we have fellowship with one another, and the blood of Jesus, his Son, purifies us from all sin. 1 John 1:7**

**In a moment of quiet reflection with the Holy Spirit ask:**

**How does the performance lie affect your life?**

Do you feel discouraged or depressed by bad performance or criticism? Do you fixate or obsess over criticisms or growth areas that are pointed out? What are you most proud of? What are you most defensive about?

**How does the lie of people pleasing affect your life?**

What makes you defensive? Resentful?

When people disagree with you, do you "power up," voice your opinions more passionately, or tell yourself, "I don't care what people think?"

**Is control an issue in your life?**

Do you seek to control people? Outcomes? How do you feel when you are not in control? Anxious? Fearful? Angry?

**Romans 12:2 Do not conform to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God's will is—his good, pleasing and perfect will.**

You have to hold on to the truth with a relentless resolve in order to shift from a faulty foundation to be grounded in your values as it has been settled on the cross.

Put the lies you have believed in a sentence. Then come up with a truth slogan, or a Scripture, to replace each.

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**To shift our life onto the sure foundation of God's love you need to **DAILY** renew your mind with the truth.**

Do you struggle to experience, beyond knowledge, God's love for you?

**Toxic Shame** is a sense that you are not loveable. That there is something wrong with you. This may be as a result of some identity wounds that have left you with hole in your bucket. Toxic Shame says *God loves other people, just not me*. To break free from toxic shame, you have to repent of pride. You have to confess that you have not believed what God has told you about yourself, that you are deeply loved. It is pride to reject God's love because you feel unworthy. Write out your confession here or in your prayer journal:

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Identity is not something that is achieved by your performance or by your control or by how people perceive you. Identity is a gift that is received from a loving Father who has adopted you because He wanted and chooses you to be in His family.

What steps are you going to take to **ACT IN COURAGE** about the truth of who God says you are?

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Share these discoveries in a safe group you meet with to journey through this series.

*what you believe about yourself is the foundation of your life*