

## Week 1: Identity

**Overview:** You matter more than you think! Your identity is not in what you have or what you do. Instead, your identity is found in how the Father sees you.

**Key Scripture:** Matthew 6: 25– 26

### CONTENT

**Key Takeaway:** Our identity is found only in the Father – we are his children! From the right view of identity comes the trust that the Father sees our every need and will provide.

#### Key Points:

- **The Roadblock:** We too often find identity in temporary possessions and achievements
  - Students often define themselves by:
    - Looks, clothes, popularity
    - Grades, sports, talents
    - Social media approval and appearance
  - But Jesus says, “do not worry about your life” (v.25), which mean your life is worth more than those external things
- **The Truth:** God values you deeply
  - Jesus points to the birds: they don’t hustle, strive, or stress – yet God provides
  - Key phrase: Are you not more valuable than they are? (v.26)
  - Your identity rests in God’s love, not your performance, status, or accomplishments.
- **The Reset:** Choose to see yourself how God sees you
  - You are a child of God - loved, chosen, seen and valued by the Father
  - Identity cannot be achieved – it is received
    - Received graciously as a gift freely given from the father

**Gospel Application:** The Father has already given us His greatest gift Jesus Himself. And when we see our identity clearly in Christ, we realize that every other good gift flows from the Father’s heart with the same generosity. This frees us from the anxiety Jesus speaks about in Matthew 6, because the One who did not withhold His own Son will surely care for every need we entrust to Him.

**Key Question:** When you feel worry and the world telling you that you’re not enough, what is a practical way you can remind yourself of who God says you are?

### APPLICATION

#### Activity Suggestions:

- In whatever way feels natural, take a moment to lift each other up and encourage one another of God's identity for you.

**Community Group Questions:**

1. Do you believe you are valuable?
2. Read Psalm 139. What does God say about you in this passage?
3. After discussing the previous question, do you believe what Psalm 139 says? What would it take for you to believe it instead of just knowing it?
4. How can we better root ourselves in God's identity for us?