

THE JOURNEY IS THE DESTINATION

- GROUP GUIDE -

Chapter 6: Pursue Identity

Identity is a powerful force in our lives. There are many things that contribute to forming our identity. Let's jump into the subject with these questions.

1. If a child is born and everyday for the first 10 years of their lives they were told they are dumb, stupid, and worthless - how big a hit to their identity would it be? Why? Have you ever experienced this or seen someone else experience it?
2. If the child is constantly told, "You are the prettiest," "You are the smartest," "You are the best athlete," "You are the best _____," could this have a negative impact on his/her identity? Why?

"Insecurity, fear, and shame were never intended to be a part of our vocabulary, but when sin entered the picture, they became not only a part of our vocabulary but the lens through which we see ourselves— they became our identity." (p. 99)

**Insecurity, Shame, and Fear - the painful trifecta.
When they are present we are all affected.**

3. When people are insecure - how do they usually react?
4. The three reactions to fear are said to be - fight, flight, or freeze. Which one of the is most typically for you? Explain.

"Before the fall, our greatest asset was being accepted, loved, and welcomed by God. After the fall, it became our greatest need. When we unify in relationship with Jesus, we are grafted back into the family of God—we are welcomed! We no longer need to feel the insecurity that surrounds us every day." (p. 101)

God wants to take away our insecurity, fear, and shame and replace them with being welcomed, safe and significant. It is no surprise that the exact things we lost can be found in the person of Jesus. Check out these amazing verses.

*God is love. When we take up permanent residence in a life of love, we live in God and God lives in us. This way, love has the run of the house, becomes at home and mature in us, so that we're free of worry on Judgment Day—our standing in the world is identical with Christ's. There is no room in love for fear. **Well-formed love banishes fear.** —1 John 4:17-18 (MSG)*

5. The opposite of love is _____ (be careful). Where there is well-formed love there is no room for insecurity, fear, and shame. In your life, have you ever experienced someone's love and acceptance so much that it allowed you to lose your fear or insecurity - you felt safe? Share.

On pages 103-104 there are three verses that establish we are welcomed, safe, and significant because of our relationship with God. Knowing this truth is great, but living it out is much more difficult.

6. What can we do to get the knowledge from our head into our everyday lives? (be practical - try to list a few things around your table).