



FOUNDATIONS

CONVERSATION 1: IDENTITY

ICEBREAKER: BEFORE & AFTER EMOJI 🔥 🌱 💭 🚀 🏠 🔑 🌐 💡

To begin our conversation today, take out your phones and choose one emoji that represents the “old you,” the person you were before you met Jesus. Then pick a different emoji that represents the “new you” – who you are becoming as you are following Jesus.

STUDY: IDENTITY

When you’re new in Christ, it’s normal to see everything through the lens of ‘*How does this affect me?*’ - especially in a culture that constantly pressures us to define ourselves by achievement, appearance, popularity, or performance.

This phase is where we begin to push back against those voices and learn something deeper: your identity isn’t something the world hands you or something you have to create - it’s something God establishes, and you get to learn how to live from it. Once you know who you are in Christ, you can begin taking responsibility for feeding yourself and growing into that identity.

READ: 2 CORINTHIANS 5:17

“Therefore, if anyone is in Christ, the new creation has come: The old has gone, the new is here!”

Paul is showing us that our identity in Christ isn’t something we earn - it’s something God gives. When he says we’re a “new creation,” he means God has actually given us a **new nature**, not just a few new habits. The old version of us no longer gets to run the show. And that’s why identity matters so much: real spiritual growth starts with believing what God already says is true about you. When you know who you are, you can finally grow into it.

- Paul says you’re a “new creation.” What do you think that actually means?
- If God says you’re new, why do you think we sometimes still live like the old version of ourselves?
- What part of your “old self” tries the hardest to pull you back - habits, thought patterns, relationships, shame, something else?
- What’s one “new self” quality God is beginning to grow in you?

ACTIVITY: IDENTITY BUILDER

Look up the verses below and read them slowly. Then, in the box to the right, jot down one clear observation about what the verse says regarding your identity in Christ. After writing your observation, answer the reflection question that goes with each passage.

Galatians 2:20	
Where do you tend to rely on your own strength instead of Christ living through you?	

Romans 6:4-6	
What is one 'old pattern' God is inviting you to leave behind so you can walk in new life?	

Ephesians 1:3-14	
Which word from this passage means the most to you, and why?	

Colossians 3:1-4	
What voices (friends, culture, inner critic) try to define your identity instead of Jesus?	

1 Peter 2:9	
Why do you think it's hard to believe that God has truly chosen you, and what tends to get in the way of accepting that?	

CHALLENGE: IDENTITY HUNT

This week, spend a few minutes each day reading Scripture on your own and make a simple list of everything God says about your identity. You can read anywhere you want in the Bible, but if you need a good place to start, try **Ephesians 1** or **Colossians 3**.

Set a timer and read for at least 15 minutes each day, read slowly, and write down every phrase that describes who you are in Christ. At the end of the week, take this list and reflect on all that God says you are.