Identity

Who God says you are is the foundation of a healthy soul.

TEACHING OUTLINE

1 What Is Identity?

- Identity answers the question: “Who am I, and what gives me value?”
- It shapes how we relate to God, others, and ourselves.
- We live from what we believe under pressure.

2 Why Identity Comes First

- Behavior flows from identity.
- Trying harder does not heal a false identity.
- Transformation begins with believing the truth.

3 Lies That Distort Identity

- People-Pleasing: “My value comes from others’ approval.”
- Control: “I am only safe if I stay in control.”
- Performance: “I am what I do or achieve.”

4 Why These Lies Are Dangerous

- They replace trust in God with fear or striving.
- They create anxiety, shame, and relational strain.
- They distort how we see God and ourselves.

5 Our True Identity in Christ

- We are created in God’s image.
- We are loved, chosen, and accepted.
- Our worth is secure — not earned.

6 False vs. True Identity

- False: I must earn love → True: I am already loved.
- False: I must control outcomes → True: God is trustworthy.
- False: I am my performance → True: I am God's child.

7 Group Discussion

- Which lie do you most relate to right now?
- How has that lie affected relationships?
- What might change if your identity was secure in Christ?

READ MORE

- Soul Care Principle #1: Identity