

## MIND GAMES

*“Overcoming The Lies We Tell Ourselves”*

### Lesson 5      **“Changing Your Mind About Yourself”** *Understanding Your True Identity*

♥ **Group Opener:** *(Choose a question for your life group to discuss.)*

1. What animal best describes you, and why?
2. Recall when some employer or talent scout first discovered you had a special ability. How did they affirm that in you? How did you respond?

### ♪ **Worship and Waiting on God:**

Have someone in your group prepare to lead in worship. Before worship begins pray over the leader and invite the Holy Spirit to use them.

✍ **Group Facilitator** – *It is not necessary to use all the questions. Select ones that will stimulate the most response from your small group.*

1. What is one question that everyone needs to answer? (**Answer:** *Who am I?*)
2. Apart from Christ we have a terrible identity crisis. What are some things that we look to for our identity? (**Answer:** *our appearance, where we come from, who we know, what we do, what we have, etc.*)
3. If we do not find the right answer to this question, what do people do to numb the pain? (**Answer:** *turn to substances, stuff, others, anything to numb the pain of not really knowing.*)
4. Read Philippians 3:1-10. Before Jesus, what did Paul find his identity in? (Phil. 3:4-6)
5. After Jesus, where was Paul’s identity found? (Phi. 3:7-10)
6. Why do you think Paul spoke so much on the subject of the Believer’s identity?
7. What is so important about Paul’s prayers for the believers in Ephesus? (see Eph. 1:15-23 and 3:14-21)
8. Why do so many believers still find their identity in their past? What is the result of this kind of thinking
9. What are some practical steps that we need to take to rebuild our identity? (**Answer:** *1) Refuse to allow the enemies accusing and condemning words to settle in our heart. 2) Focus our attention on who and what we are in Christ – Our position, our current standing, our redeemed state. 3) Build healthy relationships with other believers. 4) Maintain a holy, Spirit-filled walk. Live a godly disciplined life.*)

✓ **Selah (Stop and Think about it):** *(Take the time to make personal application of this section. Have each member share with the group.)*

- If we were to ask you to describe who you are, not what you do, who you know, what you have, what you look like, or where you come from—could you do that? Give everyone a chance to do that.
- Take a moment to go around the room and have each person speak a brief word of encouragement over another person in the Life Group. Have them describe that person and how they have impacted their life. Make sure that each person is encouraged.
- Pray for one another.

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### **Life Group Leaders Information:**

- Encourage your Life Group members to invite a new friend to next weeks meeting.
- Which ones in your group are you personally mentoring. Are there any people in your group who are not being discipled? What do you need to do to make sure that everyone is being discipled, and ultimately discipling others?
- Keep the vision of multiplication before your group. Take time to quote our vision statement.

### **OUR VISION (Habakkuk 2:2)**

The vision of TLC is the advancement of God's Kingdom to every people and nation through the multiplication of disciples. We heartily accept the challenge of the Great Commission, and we understand that this is our destiny and purpose. We dedicate our lives and resources to this end, and we completely commit ourselves to the fourfold strategy of:

**Winning** the lost,  
**Connecting** them to the body of Christ,  
**Teaching** them the whole counsel of God, and  
**Sending** them out to fulfill their destiny as spiritual multipliers.

**To God be the glory!**