

IDENTITY: DISCOVERING WHAT WE REALLY BELIEVE ABOUT OURSELVES

SESSION 1: THE BIG THREE

We all have three basic needs: satisfaction, security, and significance. We will go to great lengths to satisfy these needs—even if we know the way we’re going about it isn’t healthy.

WIN

Grow in an understanding of how our beliefs about ourselves shape our actions

CONNECT

Work together to match the movie characters below with a potential false belief. (We know they’re not real people and there’s no way to really know their false beliefs. Have fun and enjoy guessing as a group.)

| Movie Character | Potential False Belief |
|-----------------------------------|--|
| King T’Challa/Black Panther | I must sacrifice a life for myself in order to stand up for those who feel they have no voice. |
| Katniss Everdeen | I must rid the world of crime so no one suffers like I did. |
| Bruce Wayne/Batman | I must prove myself worthy of following in my father’s footsteps. |
| Queen Elsa (from Disney’s Frozen) | Emotions are unsafe. I must conceal what I feel. |

LEARN

Before watching the video together and discussing the provided questions, we suggest taking a few moments to pray. Pausing to pray provides an opportunity to invite God into your conversation. Here’s a simple prayer you can use to begin your time:

Heavenly Father, Give us eyes to see any beliefs that are preventing us from experiencing the life you’ve made possible for us through Jesus. Amen.

After praying, watch the video for Session 1.



APPLY

1. Choose one of these questions to answer aloud:

- What is one thing that would make you **happier**?
- What is one situation, if it changed right now, that would make you **less stressed**?
- What is something that could make you **feel better about yourself**?

2. We all have deep-seated needs of satisfaction, security, and significance. Does your answer to the above question indicate where you are striving to get one of those needs met? If so, which one and how?

3. It can be difficult to pinpoint what we really believe about ourselves. Is it more challenging for you to acknowledge that you have false beliefs or to identify a specific one?

4. Take at least five minutes to look over the list of false beliefs on the next page. Is there one belief that resonates with you currently or you've believed in the past? Feel free to adapt the wording or write your own.

5. How do you think you came to accept that particular false belief?

6. Read **2 Corinthians 5:17** aloud in your group. How do you think God views your current or past false beliefs?

PRAY

We suggest ending your group time with a brief prayer. Before the prayer, share one thing the group can pray for you in light of this discussion.

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

—2 Corinthians 5:17

IDENTIFYING FALSE BELIEFS

Check each of the following false beliefs you identify with or you tell yourself.

- 1. I must be in control to be safe, secure, or significant.
- 2. I must please other people to be loved or accepted.
- 3. I must overcome and make it; I must be tough and independent to survive.
- 4. To be safe and secure, I must be guarded and not risk intimacy.
- 5. Emotions always represent truth.
- 6. For me to be content, life must be fair.
- 7. I am unworthy of love or acceptance.
- 8. I must be right to be significant or to know I am of value.
- 9. I must be heard to know I am of value.
- 10. I cannot be okay or at peace if those around me are not okay.
- 11. I deserve special treatment from other people.
- 12. I must have respect to know I am of value.
- 13. I must perform/achieve to be accepted.
- 14. What I do makes me who I am.
- 15. My loved ones must change for me to be content and at peace.
- 16. Other people must meet my needs.
- 17. I must get revenge on those who have wronged me.
- 18. I must be protected to know I am safe and secure.
- 19. I must have the approval of other people to know I am of value. Their opinions of me determine my worth.
- 20. I must be in a relationship or married to be satisfied, secure, or significant.
- 21. If I follow the Lord, life will be hard.
- 22. I am a victim.
- 23. My past determines who I am.
- 24. I must meet certain standards to love, accept, and feel good about myself.
- 25. I must have a child to fill my emptiness.
- 26. I must figure out my future to be secure.
- 27. I can't handle this.
- 28. I must be appreciated to know I am of value.
- 29. I do not measure up.
- 30. I'm worthless. I will never amount to anything.
- 31. I am responsible for the happiness of other people, and they are responsible for mine.
- 32. I must fix problems to know I am secure.
- 33. In order to feel worthy, I must not fail.
- 34. I must be the best to know that I am of value.
- 35. I must get my way to be satisfied and content.
- 36. I must earn love.
- 37. Real men do not show they need help.
- 38. I cannot be happy unless my circumstances change.
- 39. I must be understood to have peace and contentment.
- 40. I cannot allow other people to see my flaws. I must be perfect to know I am of value and to be secure.
- 41. The shame of my past is my fault, and I am to blame for the consequences of it.
- 42. I am who I am. I shouldn't have to change.
- 43. I deserve what I have. I worked hard for it.
- 44. I must prove myself to know my worth.
- 45. I must take care of myself.
- 46. Others cannot be trusted.
- 47. I must protect my reputation to feel valued.

Material adapted from Old Beliefs vs New Beliefs by Anne Trippe. Used with permission.

Do you have a false belief that is not listed above? If so, write it out here.

Our false beliefs influence our behaviors and emotions and can ultimately affect our relationship with God. In the next session, we will explore the correlation between your false beliefs and behaviors, and see how God can transform you.

