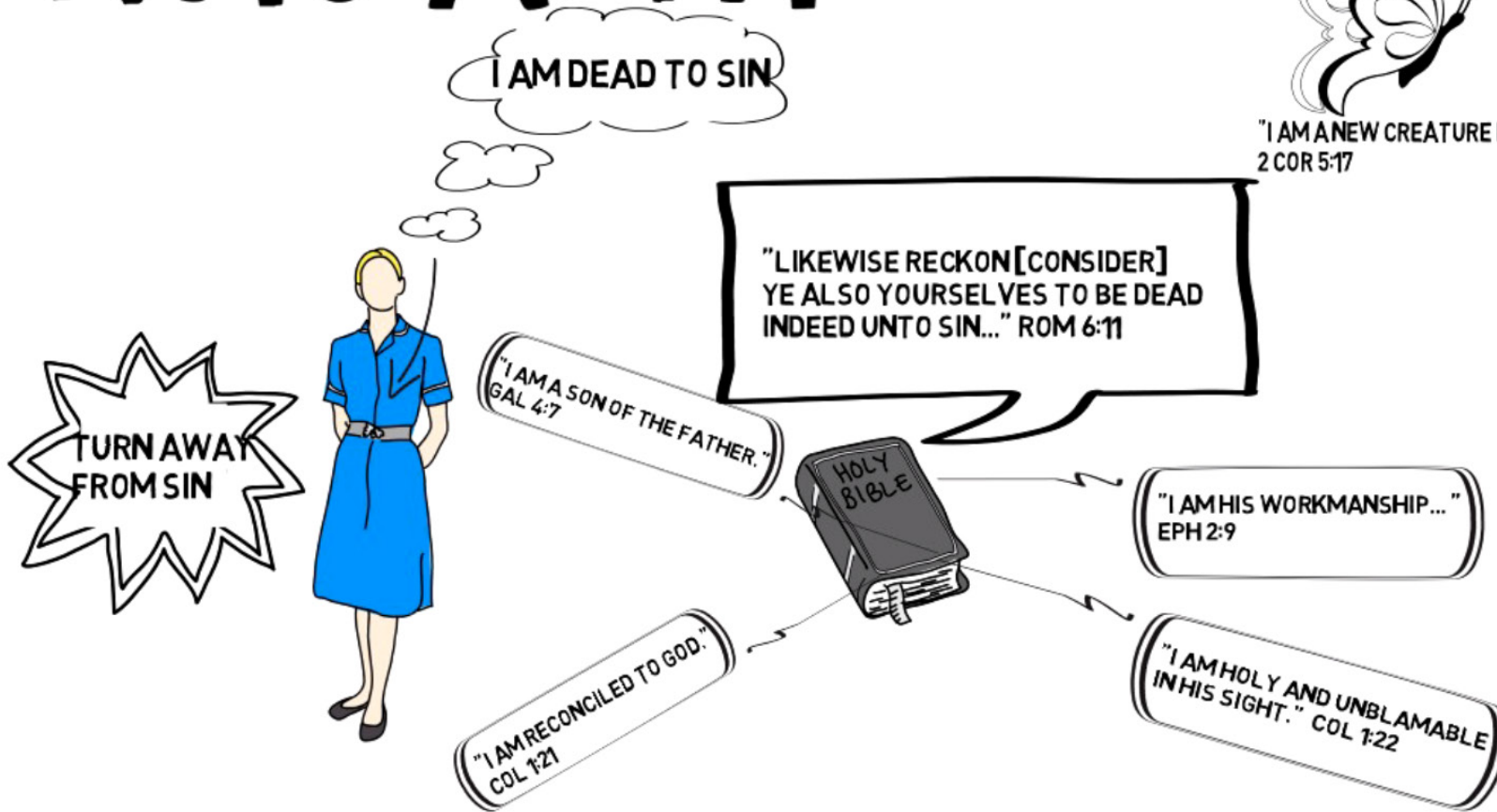


WHO AM I?



"I AM A NEW CREATURE IN CHRIST."
2 COR 5:17



Who am I?

Guilt says, "I made a mistake, I sinned." *

Shame says, "I am the mistake." *

Questions:

1. Can you sense the difference between guilt and shame?
2. Do you feel guilty?
3. Do you feel shame? If yes, what is it that you believe about yourself?
4. If you are a Christian, what is the truth about yourself?
5. Can you relate to the thoughts – feelings – action progression?

Consider:

1. Is it easier to indulge in sexual lust when you believe you are a mistake or when you believe that you are a holy child of God?
2. In order to change your feelings, your thoughts need to change. What are ways to reorient your thinking about yourself?
3. Do you have a hard time believing the identity truths listed on the poster are true about you?

Challenge:

1. Recite the SelfTalk truths to yourself every day.
2. When you are in temptation, remind yourself of your identity in Christ.
3. When you are in temptation, reach out to an accountability partner and have them speak identity truths into your life.

For our next meeting:

1. Report back on your recitation of identity truths. Did you do it daily? Do you have some memorized? Did you question their truth?

* Definitions taken from *Be Broken ministries*.

