

Small Group Notes

Sermon: 3 July 2022

IDENTITY

HEAD ON

SCRIPTURE

Ephesians 2:1-10

OVERVIEW

On Sunday we welcomed guest speaker Andrew Bunt, assistant pastor at King's Church Hastings and Bexhill and a Director for the organisation Living Out.

He explored the topic of identity, defining identity as our 'controlling self-understanding'. The big question everyone has to ask themselves is 'Who am I?', but Andrew argued that the more foundational question to ask is 'How do I find who I am?'

Andrew gave us the three main ways in which people can find their identity:

Others decide

Our identity is based upon how we think other people perceive us. This is an identity based upon wanting others to think well of us - it is ultimately an identity to be 'achieved'.

I decide

This is an identity that's found on what feelings are inside of us, ignoring what anything external has to say, or how it might affect things or those around us.

Andrew explained how these two methods for finding out who we are are not the best, leading to a crushing pressure or unstable foundation to

who we are. Instead, he showed us how the best way to find our identity is by letting **God decide**.

By letting God decide who we are, our identity is something that is received, not achieved. It is a gift from God, and the whole basis for it is the work of Christ. Because this identity is rooted in the unchanging nature of God, it is totally secure and unshakeable, and one that we can truly rest in with no pressure to perform - our identity in Christ is never going to be not true.

QUESTIONS

1. Do you ever find yourself allowing your identity to be decided by others or by yourself?
2. Discuss the three different ways in which we can find our identity. Why is letting God decide so much better than the other two?
3. Read through Ephesians 2:1-10, and discuss what we learn about our old, bad identity and our new identity in Christ.
4. How can we grow in having our 'controlling self-understanding' be based on what God says about us?