

BAGGAGE CLAIM





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5 FACTORS THAT INFLUENCE MY IDENTITY

1. MY CHEMISTRY

"No flaw is sinful or shameful"

A. CHOOSE TO GET HEALTHIER

"You made my body, Lord; now give me sense to heed your laws." Psalm 119:73

"The pain is in my brain"

2. MY CONNECTIONS: RELATIONSHIPS

B. CHOOSE TO DEEPEN RELATIONSHIPS

"Let love be your highest goal." 1 Corinthians 14:1

"I pray that Christ will live in your hearts by faith and that your life will be strong in love and be built on love." Ephesians 3:17

"There is no fear in love. But perfect love drives out fear." 1 John 4:18

The fear of rejection prevents connection

The fear is always worse than the reality

Awkward won't kill me



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3. MY CIRCUMSTANCES

C. CHOOSE TO TRUST GOD

God knows us far better than we know ourselves...

"I will praise the Lord no matter what happens."

Psalm 34:1

I'm a product of my past, but I am not a prisoner of it. And I can be different.

4. MY CONSCIOUSNESS

Feelings aren't facts

D. CHOOSE WHAT I THINK ABOUT

"Don't copy the behavior and customs of this world, but let God transform you into a new person by changing the way you think."

Romans 12:2

change your brain, change your life.

5. MY CHOICES *"The wild card!"*

E. CHOOSE JESUS AS YOUR SAVIOR

"When someone becomes a Christian, he becomes a brand new person inside. He is not the same anymore. A new life has begun!"

2 Corinthians 5:17

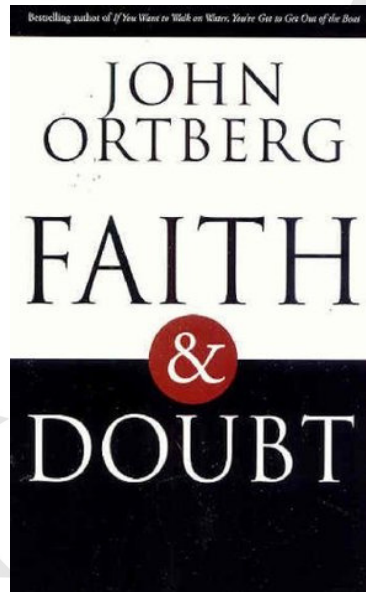
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Week 2: Self Doubt

ADDITIONAL RESOURCES

Book Recommendation

Music Recommendation



FAITH & DOUBT
by John Ortberg



TRANSPERENCY
by Terrance McCoy

Film Recommendation



ON THE WATERFRONT