



Morning, Noon, and Night

Week one - "Identity Theft"

Psalm 139:1-16 and Ephesians 2:10

Bottom line: Who you are and what you do are intimately connected, but they are not the same thing.

1. Have you ever experienced what you would describe as a "burn-out," and if so, what was that like?
2. Do you more often feel like you're doing too much, or that you're not doing enough?
3. In what ways do our calendars and activities define our lives?
4. Read Psalm 139:1-16
 - a. What thoughts come to mind when you hear you are "fearfully and wonderfully made"?
 - b. What kinds of things do you think God knows about you that other people probably don't?
 - c. What parts of you does God care about that often others may not?
5. How would you describe your identity? Your calling? Your job? Take a few minutes and make a list for each and share them with your group.
6. Are there ways you are letting the things you do determine who you are?
7. How does knowing who you are apart from what you do change how you think about yourself and about others?
8. How could starting with your identity as a child of God move you from a burn-out trajectory to an endurance trajectory?