

THE RACE

week 1

Text: Ephesians 5:1-2

Theme: Identity and Love

Big Idea: You're not running for approval, you're running because you are loved.

- **The Hurt: We feel like we have to earn love, even from God.**
- **The Answer: Jesus already gave Himself for you—you don't have to earn what's freely given.**

Main Question:

What changes when you believe God loves you before you run, not after?

Follow-Up Questions:

1. **What's something in your life that makes you feel like you're not enough?**
2. **How do you usually respond when you feel like you're falling short?**
3. **Who in your life has shown you unconditional love, and how did that impact you?**
4. **What does it look like to "imitate God" in your own words?**
5. **How can you remind yourself this week that your identity is secure in Christ?**