



Week 1- "Who Defines You?"

We as humans have an obvious obsession with ourselves. Right in the middle of our world is a person we call "ME" and who we are, how we relate, and how we define ourselves impacts everything we do. In this series, we look at the fascination we have with ourselves and how it impacts the way we see ourselves, others, and our faith.

1. What personality assessments have you taken and how have these assessments helped you gain a deeper understanding of yourself?
2. In what ways have you disagreed with an assessment you have taken?
3. Has self awareness helped you in your relationships with others? Has it ever caused tension in relationships?

Read Romans 12:6-7

4. In what ways have personality assessments defined you? Have they ever caused you to feel "boxed in?" Have other things (people, experiences, etc.) in your life caused you to feel this way?
5. Do you ever struggle with being so focused on yourself that you don't focus on others around you, or God and who He says you are? Why do you think that is?
6. Why do you think some people use their wiring as an excuse for unhealthy behavior? Is this something you wrestle with yourself?

Read Galatians 2:20 and Galatians 4:19

7. Discuss the truth that Christianity teaches that when we put our faith in Jesus, His Spirit enters our lives and Christ is formed in us.

Because of this it is no longer "me" that defines me, it is Christ in me and I don't have to strive to be like Him.

8. Do you think that if we allow our personality type to define us instead of Christ, it will hold us back from being who we are really meant to be? Why or Why not?

9. In what ways does it help you to rest in Christ knowing that He is who defines you?

Understanding ourselves is powerful and important. It is good to know why we do what we do, what motivates us, and the unique gifts we were given. This allows us to have a starting point for how we see ourselves, and to give grace and compassion to others. While self awareness is important, if we allow our personality types to define us then we will fall short of who we are meant to be. But if we allow Christ to define us, we can reach the full potential of who He made us to be.