

# Soul Care

LASTING TRANSFORMATION & FREEDOM

## Actions Flow from Identity

The soul is your inner life: mind, emotions, will, imagination, memories, etc.

Your soul is affected by your identity; what you think of yourself. If your identity, the foundation of your life, has cracks, those cracks are going to show up in your soul, and extend into the rest of your life.

## Holding onto Truth

In order to have a firm foundation for your life, your identity needs to be set in who God says you are. And that means holding onto the truth, and rejecting the lies.

### The Truth

- Your value was settled on the cross

### The Lies

- Your value depends on your performance
- Your value depends on the opinions of others
- You can determine your own value by controlling others

## Rebuilding your Identity

- Ask the Holy Spirit to reveal the lies in your life
- Renew your mind
- Don't just address the symptom, address the cause
- Nothing hidden can be healed

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## DISCUSSION QUESTIONS

### Appetizer

1. Review Sunday's message. What stood out to you? What challenged you? Are there any lingering questions?
2. If other people were asked to sum up your identity in 3 words or less, what do you think they would say?

### Entree

1. Read **Colossians 1:15-23**
  - a. What does this passage say about your identity?
  - b. What are you tempted to add to or remove from this identity?

### Dessert

Break into groups of 3-5 and discuss the following questions with each other.

1. Spend some time in prayer, asking the Holy Spirit to reveal the lies you've believed about your identity.
  - a. What lies have you struggled with in the past?
  - b. Are these lies connected to specific memories or events?
2. How can you help each other claim your true identity?
3. Pray for each other!

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