

# SMALL GROUPS

## Key Scripture References

- Proverbs 23:7 - "For as he thinks in his heart, so is he"
- John 8:44 - The devil as the father of lies
- Ephesians 4:21-24 - Putting off the old self, putting on the new
- 2 Corinthians 5:17 - New creation in Christ
- Luke 21:37 & 22:39 - Jesus' habit of prayer

## Main Takeaways

1. You do what you do because of what you think of you - Our identity drives our behavior
2. The three subconscious questions we ask:
  - What kind of person am I?
  - What kind of situation is this?
  - What does someone like me do in a situation like this?
3. If you want to change what you do, change what you think of you
4. A distorted identity creates destructive habits, which then reinforces the distorted identity (the devil's cycle)
5. A Christ-centered identity leads to Christ-honoring habits, which reinforces your Christ-centered identity (God's cycle)

## Discussion Questions

### Section 1: Understanding Our Identity

1. Why do you think it's easier to believe negative things about ourselves than positive things? Share an example from your own life.
2. The sermon mentioned that "the devil attacks your identity." What are some common lies you've believed about yourself? (Examples: "I'm not good enough," "I'll never change," "I'm just an addict," etc.)
3. Can you identify a time when your view of yourself directly influenced a decision you made? What happened?

### Section 2: Breaking the Destructive Cycle

4. Pastor Mack described how distorted identity creates destructive habits, which then reinforces distorted identity. Can you see this cycle playing out in any area of your life? (Be vulnerable but respect boundaries)
5. Jesus said in John 8:44 that when He tells us the truth, we naturally don't believe Him. Why do you think we resist believing what God says about us?
6. Read Ephesians 4:21-24 together. What does it mean practically to "throw off the old sinful nature" and "put on your new nature"?

### Section 3: Building a Christ-Centered Identity

7. The sermon emphasized starting with "who you want to become" rather than "what you want to do." How is this different from typical goal-setting?
8. Jesus had a habit of going to the Mount of Olives to pray (Luke 22:39). How did His identity as the Son of God shape His habits? What can we learn from this?

9. Complete this statement and share: "I want to become a person who..." (Examples: "is fully present with my family," "reads God's Word daily," "honors God with my finances," etc.)

## Identity Declarations from Scripture

Read these aloud together as a group:

- 2 Corinthians 5:17 - You are a new creation in Christ
- Ephesians 2:10 - You are God's workmanship, created for good works
- Matthew 5:14 - You are the light of the world
- 2 Corinthians 5:20 - You are an ambassador for Christ
- Romans 8:37 - You are more than a conqueror
- 1 Peter 2:9 - You are chosen, called, and set apart

Group Question: Which of these truths is hardest for you to believe about yourself? Why?

## Practical Application

### Individual Reflection

Have each person write down answers to these questions:

1. What is one lie I've been believing about myself?
2. What is the truth God says about me instead?
3. Who do I want to become in Christ?
4. What is one Christ-honoring habit I can develop this week that aligns with that identity?

## Sharing & Accountability

- Have each person share their "who I want to become" statement
- Identify ONE specific habit they will start this week
- Pair up for accountability check-ins during the week

## Action Steps for This Week

Choose at least TWO of the following:

- Daily Declaration: Every morning this week, speak aloud one truth about your identity in Christ before getting out of bed
  
- Lie Replacement: Write down one lie you've believed about yourself. Cross it out and write the biblical truth next to it. Put it somewhere you'll see it daily
  
- Identity Before Action: Before making a decision this week, pause and ask: "What kind of person do I want to be? What would someone like that do in this situation?"
  
- Scripture Meditation: Choose one of the identity scriptures listed above and meditate on it for 5 minutes each day
  
- Habit Formation: Identify one Christ-honoring habit that aligns with who you want to become and commit to doing it daily for 7 days (Examples: Bible reading, prayer time, serving your spouse, etc.)
  
- Accountability Check-in: Text your accountability partner mid-week to share how you're doing with your chosen habit

## Closing Prayer Focus

Break into groups of 2-3 and pray for each other:

- Pray against the lies of the enemy over each person's identity
- Pray for the truth of God's Word to take root in hearts
- Pray for strength to develop Christ-honoring habits
- Pray for transformation, not just behavior modification

## Leader Tips

- Create a safe space: Remind the group that what's shared stays in the group
- Model vulnerability: As the leader, be willing to share your own struggles with identity and habits
- Avoid quick fixes: Emphasize that identity transformation is a process, not an overnight change
- Celebrate small wins: If someone shares progress from last week, celebrate it!
- Follow up: Check in with group members during the week about their action steps

## Additional Resources

- Recommended Reading: "The Power to Change" by Craig Groeschel (referenced in the sermon)
- Memory Verse for the Week: 2 Corinthians 5:17 - "Therefore, if anyone is in Christ, the new creation has come: The old has gone, the new is here!"

## Preparation for Next Week

Ask group members to pay attention this week to:

- Moments when they catch themselves believing a lie about their identity
- Times when their Christ-centered identity led to a Christ-honoring choice
- Areas where they still struggle to believe what God says about them

Be ready to share examples next week!