### Emotions and Thought Life

# Finding Identity in Christ – Lesson

**Lesson summary:** We need to develop a deep understanding of what it means to find our identity in Christ.

#### **COLOSSIANS 3:3-4, 11 (NIV)**

<sup>3</sup>For you died, and your life is now hidden with Christ in God. <sup>4</sup>When Christ, who is your life, appears, then you also will appear with him in glory.

<sup>11</sup>Here there is no Greek or Jew, circumcised or uncircumcised, barbarian, Scythian, slave or free, but <u>Christ is all</u>, and is in all.

## A. Your past identity

- 1. **Family background**: A major part of our identity has been influenced by the family that we were born into.
- 2. **National background**: At the Olympic games, winners often drape the flag of their nation over their shoulders after they have won their event.
- 3. **Ethnic background**: One's ethnic background can sometimes have a huge impact on a person's identity
- 4. **Past life experiences**: Your past experiences often have a major part in determining your sense of personal identity. Including your sinful activities.

Your identity is more than just these 4 areas of influence. The clothes you wear, and your hairstyle can be used to develop your identity. Some people change their identity by joining the army, or changing jobs, or moving to a new location. We develop our identity by:

--what we value

--what we think about

--who we spend time with

#### **EPHESIANS 1:4-5 (MESSAGE)**

Long, long ago he decided to adopt us into his family through Jesus Christ. (What pleasure he took in planning this!)

You can choose to join a new family, God's family, and develop a new identity.

## B. Building a new identity with Christ

- 1. Salvation is the starting point for this new identity with Christ. 2 Corinthians 5:17, Colossians 3:3, Matthew 16:24-25
- 2. We need to begin to value things in life according to the value God places on them. Matthew 6:33, Colossians 3:1-2
- 3. We need to reject the things that go against what God values. We need to resist the temptations to sin that come our way. James. 4:7-8, 1 John 2:15-16, Ephesians 4:17-32

We need to continue to work on developing our new identity as a follower of Christ.

# What are some ways you can deepen your identity as a follower of Christ?