



STUDY GUIDE – January 5, 2020

Message Title: Identity

Teaching Pastor: Dr. Brian C. Hughes

This study guide has been designed for Small Groups in mind, and can be used by individuals as well.

- Review your list from Sunday (or do a new one). You were asked to write, “I Am.....” and list the descriptors about yourself that come to your mind. Take a minute now to share that list with your group.
 - Brian said that we generally use 5 categories to describe ourselves: Roles, Allegiance, Heritage, Appearance or our Past. Do most of your descriptors fall into one of these categories?
- Read the following texts out loud together as a group and after each one, discuss what the Bible is teaching us about our identity:
 - 1 Peter 2:9
 - 1 Cor 12:27
 - Gen 1:27
 - Gal 3:27-28
- Take 3 - 4 minutes and each person write down the things you believe. If someone asked you, “what do you believe?” just jot down some of the kinds of things you would say. Then watch the video.
- **Watch the Video**
- Have your previous goals (or the goals you have now) been Identity based change or Goal Based Change? Talk about that with your group.
- In the video, Pastor Brian expanded on the idea of Thick Beliefs vs. Thin Beliefs. He said “Thin beliefs are the things that matter for adding spice to life, but not for life itself. Thick beliefs are the beliefs that I build my very life on.”
 - Take your list from earlier “what do I believe in” and put them on a spectrum like this:

Thin Belief	Thick Belief
-------------	--------------

 - Where does each belief fall on the spectrum? Discuss this with your group.

- On Sunday, Brian said that ‘real belief in Jesus should lead to fundamental change in the way I live my life’. He said “True belief in Jesus is like ordering your life around that belief, like you do with your belief in gravity or electricity.”
 - Do you order your life around your belief in Jesus like that?
 - Can you point to some evidence of that?
 - Where would you put your belief in Jesus on the Thick/Thin Belief spectrum?
 - Read Matthew 7:24-29. How do you think this teaching applies to this conversation?
 - Have each group member discuss just one way that they are going to focus on taking one more step towards centering their entire life around their belief in Jesus.

- Pray together for each person in the group.

ADDITIONAL MATERIAL as needed:

- Read the following texts together and talk about how they apply to your life.
 - John 1:12
 - 1:Cor 6:19-20
 - Col 2:9-10
 - 1 Cor 6:17
 - Col 3:1-3