

## INTRO

In your group, share something that is true about you.

## IDEA 1

Brian and Ash shared that God alone has the authority to declare the truest things about us: We are family, we are loved, we are pleasing to God. This is our capital “S” self. We also have lowercase “s” attributes that are also true about us. Some good and some not so good.

**What are some of your lowercase “s” attributes?**

**Which ones do you tend to capitalize? Which ones do others capitalize for you?**

**What happens when you base your identity on performance (talents)?**

**What happens when you base your identity on position (roles)?**

## IDEA 2

Many of our identity issues begin with the false idea that “I am loved because ... However, when we accept our true identity in Christ that shifts to, “I am loved, therefore ... It mobilizes us to walk into any room and unleash the power, peace and presence of Christ.

**How have you seen this in your life and in the lives of those around you?**

**How can we keep our identity anchored in the truest thing about us?**

## SPIRITUAL PRACTICE

Sabbath is a time of releasing control and celebrating the One who controls everything. Sabbath is a time for renewing our confidence in the truest things about us. Sabbath is a place where we get to come home each week to hear the truest thing about us.

**Brainstorm with your group what sabbath can look like for each of you?**

**As part of your sabbath today, spend some time speaking truth to each other. Take turns praying for each other by declaring each person's true identity.**

## APPLICATION

Confession allows us to bring to God areas where we have lived into a false identity, but it is also about declaring truth.

**What could it look like to make a daily practice of confessing your truest identity this week?**