

WHO AM I?

Your Identity in Christ

Part 1: Your Identity Crisis

Video Outline

INTRODUCTION

- Lydia – room, social media
- Deon – cut from team, lost himself
- Isabella – email, test scores

DISCUSSION

What are teen problems today?

Suggestions:

- *Breakdown of family*
- *Overwhelmed*
- *Pressure*
- *Anxiety*
- *Social Media*
- *Temptation*
- *Decline in Christianity*

REAL PROBLEM

Identity Crisis – Who am I?

DANGER OF FEELINGS

- I feel unloved.
- I feel guilty.
- I feel worthless.
- I feel lost.

Soon becomes “I am”

DISCUSSION

What are feelings you have struggled with? What is it like when you feel overwhelmed by your feelings and emotions?

DISCUSSION

What are Bible examples of the above?

DISCUSSION

Feelings and emotions are good gifts from God, but Satan can use them against us. Can you think of reasons why our feelings might be dangerous to our faith?

CLOSING