

CROSSFIT

Finding Your True Self: Identity in Christ

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1. Open in prayer.

2. **The cross makes us fit to not view God as religious.**

- During the sermon Maulding had each of us take the "God Is" Quiz.
- Which statements challenged you? Do you find yourself viewing God as religious?
 - The "God Is" Quiz:
 - I enjoy God because He is a loving Father.
 - I know God loves me no matter what happens.
 - God is proud of me just because I am His child.
 - I obey God because He loves me, not so He'll love me more.
 - I feel very comfortable calling God "Dad" or "Papa".
 - I am afraid of God's punishment when I sin.
 - I feel as though I can never please God.
 - I believe I must do the right things to get closer to God.
 - I feel as though God is often disappointed with me.
 - God seems good when good things happen to me.
- Maulding said "God did not create you to be religious but to be loved from the inside and to live through you."
 - Read Genesis 2:7 and discuss why God created us.

3. **The cross makes us fit to not call ourselves sinners.**

- Read Genesis 3:4-5.
 - Satan stole our identity in the Garden of Eden.
 - Name some examples of how we search for our identity in things instead of in Christ.
- Read 1 Corinthians 1:2.
 - Culture tells us that our behavior defines our identity but God tells us that our birth defines our identity.
 - Discuss this scripture and statement.
- Living life, with the mindset that we're saints, will completely change how we love ourselves correctly (inward)!
 - Encourage everyone in the group to read 1 Corinthians 1:2 every morning for the next week and thank God that in Christ, we're called saints.

4. **The cross makes us fit to not focus on right and wrong.**

- Read Genesis 2:9.
 - Discuss the following statements:
 - “The Tree of the Knowledge of Good and Evil is about living by right and wrong which is not what God wants.”
 - “The Tree of Life is about us living dependent on the life of Jesus Christ within us.”
- Read Galatians 2:20.
 - Which question best describes your current life as a Christ-follower:
 - Are you checking off a list of things you’ve done for God?
 - Or are you allowing Christ to live in and through you daily?

5. Soul-tattoo: Take the “7-Day No Checklist” Prayer Challenge.

6. Close in the Soul-tattoo prayer.

Dear heavenly Father,

I admit that I have tried hard to live as a Christian to keep my checklist of right and wrong for way too long. I’m ready to begin depending on Jesus Christ to live in and through me instead. In my mind, I take my checklist and burn it into ashes. Now that it’s gone, Jesus, I ask you to live in and through me for the next seven days. Holy Spirit, please remind me not to go back to my checklist but to rely on Jesus instead. I pray this is the beginning of how I will live the Christian life for the remainder of my life.

By Your grace, amen.