

Christ in You: Alive & Free

Supplemental resources for discussion groups

Chapter 3: United

Process

Where is it most difficult for you to live out of your new, true identity of “Christ in you...you in Christ”? How do those thoughts and feelings line up with the Scriptures you read in this chapter?

For many, the most difficult place they recognize is when they go back home with family. They often experience the feeling of slipping back into old ways of thinking and living and struggle to live in who they are now in Christ.

The workplace has become increasingly antagonistic to Christianity and many are struggling to know how to live out of their identity in Christ in environments that promote values, virtues, and characteristics that don't align with biblical truth.

What lies have you come to believe about who you are? What lies have you internalized?

These often stem from messages you have consistently received in your life from those you care about. Another way to help people process this question is to ask them if they believe anything about themselves that they don't see revealed in Scripture.

Read about your new identity in Appendix 1: Identity in Christ (page 65). Write down which truths combat the lies you've believed about yourself.

Reflect

What is one significant life experience (good or bad) that shaped what you believe about yourself?

This could be something they recently experienced or an event from years ago. If someone is struggling to think of something, ask them about a memory that they have from an interaction with their parents or loved ones that hurt. How have they processed that?

What is one of the biggest hindrances keeping you from embracing your identity in Christ?

Time? Schedule? Relationships? Underlying these reasons, and others, is a belief that God expects more or there has to be more to the Christian life. Maybe it's that we believe we are, at least at some level, what we do. This could connect with the last question from the "process" section in this chapter.

In what ways has this chapter challenged your understanding of what took place at salvation?

For many people, they've understood grace for salvation, and that our sins are forgiven at salvation so we can go to heaven. However, realizing that they've also been "rescued from this present evil age" (Galatians 1:3-4) and that they are a new creation in Christ (2 Corinthians 5:17) and that he is now their Source (Colossians 3:1-4), is something new. This is just an opportunity for people to share what their understanding of salvation has been up to this point and to hear what God is revealing to them as you do this study together.