

House Church Gathering Discussion Questions
Sunday August 2, 2026
“Who Am I? (Identity & Worth)”

Scripture: Psalm 139:13-17

¹³ For you created my inmost being; you knit me together in my mother's womb.¹⁴ I praise you because I am fearfully and wonderfully made; your works are wonderful, I know that full well.¹⁵ My frame was not hidden from you when I was made in the secret place, when I was woven together in the depths of the earth.¹⁶ Your eyes saw my unformed body; all the days ordained for me were written in your book before one of them came to be.¹⁷ How precious to me are your thoughts, God! How vast is the sum of them!

Summary: In a world that often measures our worth by our relationship status, career, or accomplishments, Psalm 139:13–14 reminds us that our identity begins with God. He intentionally created each of us, knows us completely, and declares us "fearfully and wonderfully made." The world tells us to discover ourselves by looking inward or by seeking the approval of others. Scripture points us in a different direction: we discover who we truly are by looking to the God who created us. Because He intentionally formed us and demonstrated His love through Jesus Christ, our identity is secure. We don't have to chase acceptance or build our worth on changing opinions. In Christ, we are already known, loved, and created with purpose. God has a unique purpose for every believer, inviting us to live with confidence, contentment, and faithful service, knowing we are already fully loved and fully accepted in Christ.

Discussion Questions:

1. Where do people your age usually find their identity?
2. Why is social media such a powerful influence on self-worth?
3. What does it mean that God "knit you together"?
4. How does knowing God created you change the way you see yourself?
5. Which biblical identity is hardest for you to believe about yourself?
6. What practical steps can help us stop seeking approval from people and start believing God's truth?