

October 29, 2017

ONE STEP 2017: Identity

(2) How are you doing today?

No really... how are you doing?

Do you feel confident or insecure... proud or lost... accomplished or incompetent.... capable or clumsy... pretty or ugly... special or invisible...

Where are you today? What is affecting you feel today?

(3) Let's get honest now...

The world tells me that I do not have the perfect skin, I am not a perfect size 2, and I don't cook well for my children (ie organic fruits and vegetables with grass fed no hormone beef).

Who are you? What are you telling yourself when no one is listening? What is society telling you that you are? Are you listening?

(4) Our steps this morning are:

Seeker: I feel lost.

Believer: I am stuck in the world's perspective of me.

Student: I am working on a positive self-image.

Leader: I am confident in my identity as a Child of God.

As you can imagine... you may move around these steps quite a bit in your life. Some days you will look within to see your identity... other days your identity will be rooted in the world's perspective. The hope is that you will always look up. WHY?

The answer to "how are you" or "who are you" must ultimately be rooted in something that is durable something that doesn't change. Who you are is not defined by age or stage in life...it is about your source.

(5) 1 John 3:1 (NIRV) – “See what amazing love the Father has given us! Because of it, we are called children of God. And that’s what we really are!”

Psalm 139:13-14 (NRSV) – “For it was you who formed my being; you knit me together in my mother’s womb. I praise you, for I am fearfully and wonderfully made.”

You are a child of God.

The identity of child of God can NEVER, EVER be threatened or taken away. In fact, it is the only identity that can’t.

(6) You are a child of God. And you may feel lost.

You are a child of God. And you may feel down or depressed.

You are a child of God. And you may feel scared.

You are a child of God. And you may feel hopeful.

You are a child of God. And you may feel strong.

Big changes affect our emotional health:

Death in the family, birth in the family

Loss of job, new job, retirement,

Good health, poor health, uncertain health

New school, new classes, new responsibilities

(7) How about you? How are you? Who are you?

Is your inner voice saying “I am awesome” or “I am not good enough”?

How we talk to ourselves and about ourselves greatly affects our emotional health.

(8) Negative self-talk limits you, increases your stress levels and lowers your confidence, whereas positive self-talk guides you to become your very best at everything you do. And over the long term, studies show, self trash-talk is

associated with higher stress levels and even depression. (Psychologist Tamar E. Chansky, PhD)

Be careful how you are talking to yourself because you are listening. (Lisa M. Hayes)

What are you saying to and about yourself? How and who are you?

[Show Video](#) [Kids saying bad things about themselves. (I am dumb, ugly, worthless...)]

What did you think about that? Do like seeing kids say such terrible things about themselves?

Have you ever said those thing to or about yourself?

If you won't accept it with our children, why will you allow yourself to do it?

Speak nicely to yourself... because you are a child of God.

It's a hard truth to realize sometimes. It's hard to let go of those labels that stick tighter than Gorilla Glue to our hearts. It's hard to remember it when it feels like the world is against you. It's hard to define yourself not based on the things you do or don't do.

Instead, we should be saying...

[Show Video](#) [Kids saying good things. (I am wonderful, smart, child of God...)]

(9) You are a child of God. God chose you! When you speak to yourself, you are also speaking to God. When we feel lost, hopeless, or helpless... When we feel depressed, unhappy, or scared... That is the time to remember YOU ARE A CHILD OF GOD. YOU ARE PRICELESS.

(10) Rev. Brad Bailey writes, that we need to "Let the Spirit speak to us... to affirm we are God's son or daughter. Listen to these words which God has spoken and are found in the Scriptures... formed as a letter to your soul.

My Child...

You may not know me, but I know everything about you (Psalm 139:1)

I know when you sit down and when you rise up (Psalm 139:2)

Even the very hairs on your head are numbered (Matthew 10:29-31)

For you were made in my image (Genesis 1:27)

In me you live and move and have your being (Acts 17:28)

For you are my offspring (Acts 17:28)

I knew you even before you were conceived (Jeremiah 1:4-5)

You were not a mistake, for all your days are written in my book (Ps. 139:15-16)

And it is my desire to lavish my love on you (1 John 3:1)

Simply because you are my child and I am your father (1 John 3:1)

I offer you more than your earthly father ever could (Matthew 7:11)

For I am the perfect father (Matthew 5:48)

Every good gift that you receive comes from my hand (James 1:17)

Because I love you with an everlasting love (Jeremiah 31:3)

My thoughts toward you are countless as the sand on the seashore (Ps. 139:17-18)

And I rejoice over you with singing (Zephaniah 3:17)

For you are my treasured possession (Exodus 19:5)

One day I will wipe away every tear from your eyes (Revelation 21:3-4)

And I'll take away all the pain you have suffered (Revelation 21:3-4)

For in Jesus, my love for you is revealed (John 17:26)

He is the exact representation of my being (Hebrews 1:3)

He came to show you that I am for you, not against you (Romans 8:31)

If you receive him, you receive me (1 John 2:23)

And nothing will ever separate you from my love again (Romans 8:38-39)

I have always been Father, and will always be Father (Ephesians 3:14-15)

Will you be my child? (John 1:12-13)

Love, Your Father. Almighty God

Amen.