



“Who’s That in the Mirror?”
...Contentment with My Identity
Psalm 139:13-16; Ephesians 2:1-10
Session Three

The Truth About You – The Good, The Bad, and the Lovely

The _____: Crafted by the _____

The _____: Vandalized with _____

The _____: Recreated to be a _____

True Contentment with my Identity is not found in _____
_____ but in _____.

Discussion Questions:

Icebreaker: Tell one thing you like about the person to your right.
Review your scripture memory. (Philippians 4:11-13)

From Calm My Anxious Heart:

- Re-read Psalm 139:13-16. What is one thing that really touched your heart from this passage?
- How do you discover your spiritual gifts? Why do you think the book mentions "being stretched" to discover them?

From the Large Group Time:

- With which do you struggle more: the way God made you on the inside or the outside? Why?
- How does embracing the idea that we are completely, irreparably messed up apart from God, change your view of yourself? Of others?
- Describe a time when you felt, "This is what I was created for," or "I know this work was prepared for me to do ahead of time."
- Cindy described two "doors" people try to gain access to a relationship with God and get to heaven: "My Works" or "Jesus." Which door would you say you've used? Explain.

For next week:

Every day this week, ask God, "What is my next step with You?" Maybe it's stepping through the "Jesus Door." Maybe there's a new exchange He wants you to make (current sermon series at HCBC).

Read Calm My Anxious Heart, chapter 4, "Content with my Role."

Do the associated homework assignment at the back of the book.

Continue memorizing...

Philippians 4:11b-13 (NIV)

11 ... I have learned to be content whatever the circumstances. **12** I know what it is to be in need, and I know what it is to have plenty. I have learned the secret of being content in any and every situation, whether well fed or hungry, whether living in plenty or in want. **13** I can do all this through him who gives me strength.