

Thrive Lunches

Topic: Identity

Lance Ouellette & Roman Browning

8/24/2

Who Are You? How do you describe yourself to others?

- Name
- Race/ethnicity
- Gender
- Physical characteristic(s)
- Sexuality
- Position in my family
- Primary values (ethical, political)
- Faith • Socio-economic status
- Role (professional/organizational, life stage, hobby/interest, etc.)
- Something I've accomplished or done (positive or negative)
- Alien/outsider/oppressed, Orphan, or Widow?

At my core, what is my identity? And what is it based upon?

Criswell College's Graduate Profile:

- Ambassadors who communicate effectively across various platforms and contexts.
- Cultivators who seek to understand diverse populations and develop purposeful relationships.
- Peacemakers who pursue truth and righteousness through mercy and reconciliation.
- Problem-solvers who think critically, creatively, and collaboratively.
- Professionals who demonstrate competence in their field of study and intentionality in their vocation.

Thrive Lunches

Topic: Identity
 Lance Ouellette & Roman Browning
 8/24/23

APPLICATION:

What do I believe? (Big picture: about life, God, etc.) Do I believe or feel any of the following about myself?

- "I must meet certain standards to feel good about myself."
- "I must be approved by certain others to feel good about myself."
- "Those who fail (including myself) are unworthy of love and deserve to be punished."
- "I am what I am. I cannot change. I am hopeless."
- Romans 12:2

	False Belief	Consequences	God's Answer	Support
The Performance Trap	I must meet certain standards to feel good about myself.	The fear of failure; perfectionism; drive to succeed; manipulation of others to achieve success; withdrawal from healthy risks.	Justification- YHWH has not only forgiven my sins but also has granted me righteousness in Christ. Because of justification, I bear Christ's righteousness, and I am therefore fully pleasing to the Father.	Rom. 5:1
People Pleaser	I must be approved by certain others to feel good about myself.	The fear of rejection; attempts to please others at any cost; overly sensitive to criticism; withdrawal from others to avoid disapproval.	Reconciliation- Although I was previously hostile towards YHWH and alienated from Him, I am now forgiven and have been brought into intimate relationship with Him.	Col. 1:21-22

Thrive Lunches

Topic: Identity
 Lance Ouellette & Roman Browning
 8/24/23

			Consequently, I am totally accepted by YHWH.	
The Blame Game	Those who fail (including myself) are unworthy of love and deserve to be punished.	The fear of punishment; punishing others; blaming others for personal failure; withdrawal from YHWH and others; drive to avoid failure.	Propitiation- By His death on the cross Christ satisfied Father's wrath; therefore, I am deeply loved by YHW	1 Jhn. 4:9-11
Shame	I am what I am. I cannot change. I am hopeless.	Feelings of shame, hopelessness, and inferiority; passivity; loss creativity; isolation; withdrawal from others.	Regeneration- I am a new creation in Christ.	Jhn. 3:3-6

From a Theological and Personally Practical Perspective, for those who are saved:

“As a new creation in Christ, indwelt by the Holy Spirit, and a child of the Heavenly Father, I am deeply loved (propitiation), completely forgiven and fully pleasing (justification), totally accepted (reconciliation), and complete (regeneration) in Christ.”
 -McGee, Robert. *The Search for Significance*.

Ask these questions:

Do I believe this about myself? Do I truly and consistently believe that I'm deeply loved, completely forgiven and fully pleasing, totally accepted and complete in Christ?

RESOURCES:

Here's a resource to help identify certain lies and the truths that can overcome:

- The Performance Trap

