

# THRIVE LUNCH

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## Lunch 1: Who am I ? and the Search for Significance

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LANCE E.L. OUELLETTE 24TH AUGUST OF 2023



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# Personal Identity

My name is Lance. I serve as the Registrar here at Criswell College and my job/responsibility is to be the chief steward of your academic record: to ensure and protect its accuracy, confidentiality, integrity, and security.

I also help with a wide range of services for students, faculty and staff from course registration to graduation and beyond.

I am here to help you THRIVE! (Col. 1:9-12)

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# Purpose

Our “agenda” for this and future Thrive Lunches is to:

- give you an opportunity to more fully know faculty, staff, alumni, and each other;
  - familiarize you with each Program that Criswell offers and the vocational opportunities that each Program provides,
  - provide a context for presenting and/or discussing a VARIETY of topics and subject matter, but especially related to helping you succeed here at Criswell and with your calling beyond college; and
  - present a “Personal Development Plan” model and recommend other tools and resources to help you thrive throughout life.
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# Roman Browning

1) What is one of the earliest positive, happy moments you can remember?

2) Have you ever felt or believed any of the following about yourself (pick one or two that are applicable) and what were the circumstances or events that you found yourself thinking or feeling this about yourself:

“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.”

3) Do you, or have you ever, consider yourself as either a Widow, Orphan, or Alien/outsider/oppressed,?

4) Think back to the days when you were considering what you would do in life after high school. Why did you choose Criswell College?

5) Now that you can look back at your experience as a student, what did you actually get from your experience?

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6) What is your life mission?

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# So, Who are YOU?

- How do you answer this question?



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# Who am I?

- 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?**

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# **Criswell College seeks to help our students graduate and embody our core values as:**

- **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.
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**BUT,**  
**How do I view myself TODAY,**  
**as I am NOW ?**

AND, do I have any goals related to my identity and who I want to become?

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# Let's get real.

# Let's get personal.

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**

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# The Search for Significance

## Common Deceptions vs. YHWH's Truth

	<b>False Belief</b>	<b>Consequences</b>	<b>God's Answer</b>	<b>Biblical support</b>
<b>The Performance Trap</b>	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.	<i>Justification</i> - 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
<b>People Pleaser/ Approval Addict</b>	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.	<i>Reconciliation</i> - Although I was previously hostile towards YHWH and alienated from Him, I am now forgiven and have been brought into intimate relationship with Him. Consequently, I am totally accepted by YHWH.	Col. 1:21-22
<b>The Blame Game</b>	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.	<i>Propitiation</i> - By His death on the cross Christ satisfied Father's wrath; therefore, I am deeply loved by YHW	1 Jhn. 4:9-11
<b>Shame</b>	I am what I am. I cannot change. I am hopeless.	Feelings of shame, hopelessness, and inferiority; passivity; loss creativity; isolation; withdrawal from others.	<i>Regeneration</i> - I am a new creation in Christ.	Jhn. 3:3-6

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# 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.**

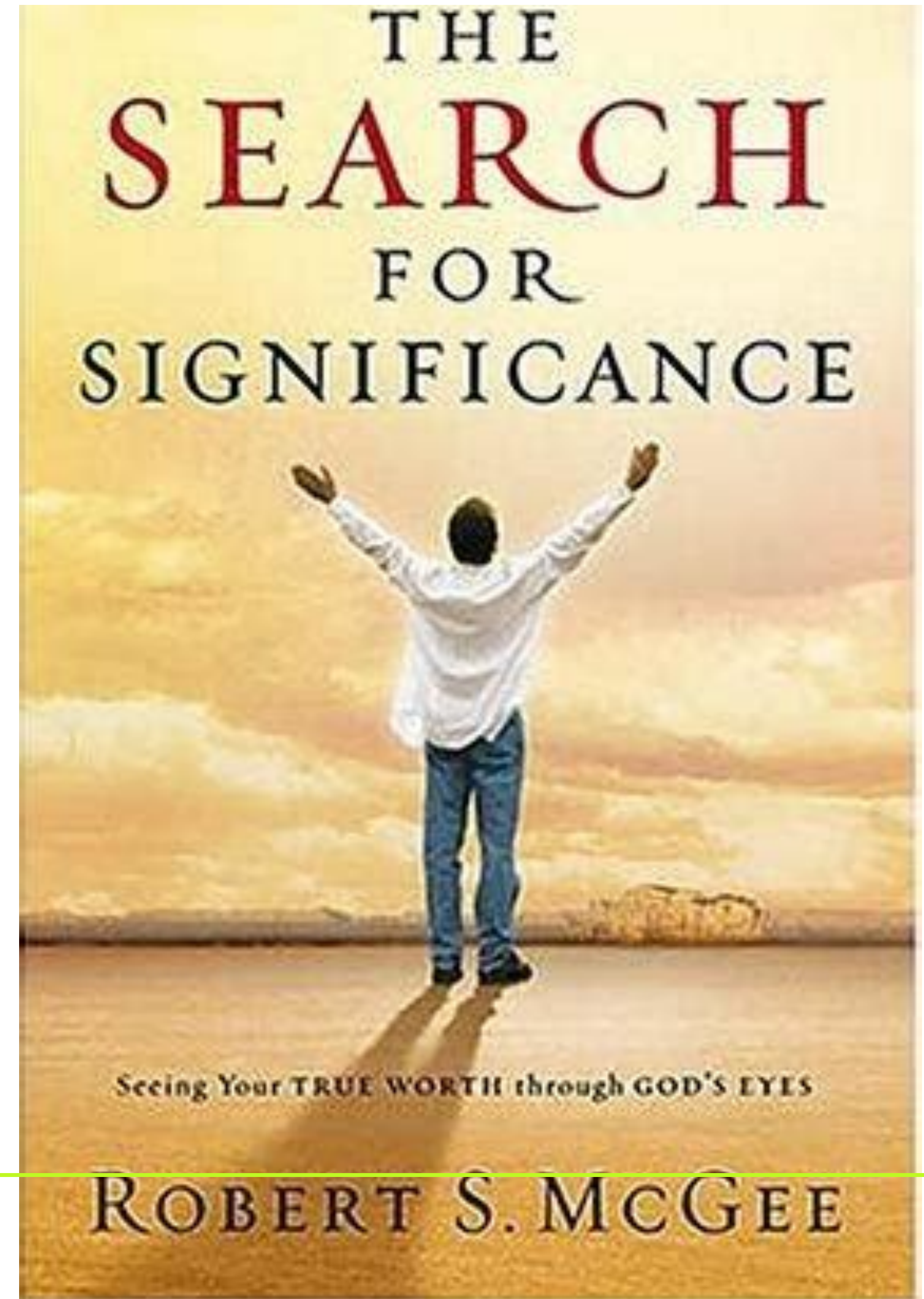


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**Do I believe this about myself? Do I truly and consistently believe that I'm deeply loved, completely forgiven and fully pleasing, totally accepted and complete in Christ?**

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

- The Performance Trap
- Being an Approval Addict
- The Blame Game; and
- Shame



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# Related Resources

<https://barrycreamer.com/>



## Podcast Episodes related to **Identity**:

- Ep.5 “Finding You By Seeing Others”
- Ep.101 “I, We and They”

## Podcast Episodes related to **Change/ Discipleship/Growth**:

- Ep.39 “Control Freaks”
  - Ep.55 “In Bad Faith: Part 1”
  - Ep.56 “In bad Faith, Part 2”
  - Ep.59 “The Skeleton in the Living Room”
  - Ep.62 “I Can’t Unhear That”
  - Ep.64 “A Good Show”
  - Ep.72 “Farm Fresh or Shelf Stable: Part 1”
  - Ep.73 “Farm Fresh or Shelf Stable: Part 2”
  - Ep. 99 “A Journey to Nowhere: Part 1”
  - Ep.100 “A Journey to Nowhere: Part 2”
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Hope you join us at our next lunch in two weeks on Thursday, 7th of September at 11:00a.m. as we speak with Dr. Warstler about the roles of suffering and lament in the life of a Christ-follower.

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