

## Existential Crisis | Week Three

### Introduction

We often try to do enough to shape our identity rather than letting our identity, as presented in the Bible, shape us. Our creator defines us and our path to peace when we stop pushing and start resting in Jesus.

### Conversation Starters (10 minutes)

- How would you describe yourself in one word?
- Do you believe that you live with a restful soul?

### Sermon Notes Review (15 minutes)

Was there anything from the message that stood out, challenged, or impacted you? In this week's message, Chad encouraged us to practice silence and solitude. Which of these do you feel you struggle with most?

### [Watch the Video](#) (5 minutes)

- Prepare to watch the video by opening your Bible to 1 John 3:1

### Group Discussion (40 minutes)

1. What lies are you tempted to believe about yourself? What influences might be warping your definition of who God made you to be?
2. Read [Ephesians 1:3-10](#).
  - What truths about our identity are in this passage?
  - Is there one or two you most need to commit to memory today?
3. Read [Romans 15:5-7](#):
  - Do you accept yourself and others the way Christ accepts you?
  - How can you reframe your thinking in order to accept others like Christ does?
4. Read [Romans 8:38-39](#):
  - When has the truth of God's love helped bring clarity to your identity?
  - Where do you feel stuck regarding God's love in your life?

### Prayer (10 minutes)

Ask each person in the group to pray for the person to their right, specifically for anything warping their view of how God sees them or loves them. You may consider praying a specific verse over them to replace the lies with truth. Ask God to give them the courage to take on his yoke, recognizing their true identity as a child of God.

## Announcements (5 minutes)

- Would you or someone in your group like to build on your foundation in Bible and Theology study this summer? [Check out our upcoming Sun Valley University class here.](#)
- If you want to join a Rooted group this summer or fall, text Rooted to 48000.
- It's not too late to sign up for summer camp! We have camps for all ages, Kindergarten through twelfth grade. Find all the camps available at [camps.sv.cc](#).
- Next week is the last week of group notes for the summer. Group notes will resume the week of August 11. Take this time to rest and gather socially with your group!