

# Counter Current

## Part 4: Who Told You That?

### WEEK OF AUGUST 22, 2021

Culture has a lot to say about who you are and what determines your value. Here's how to go against the current and discover what God says about you.

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#### MESSAGE NOTES AND HIGHLIGHTS

- Read Genesis 3:1-11.
  - "Who told you that?"
  - What does culture say?
  - False identity 1: I am what I do.
  - False identity 2: I am what others think.
  - Becoming the you that God wants you to be is probably going to cost you the you that people think you should be.
  - False identity 3: I am what I have.
  - False identity 4: I am my mistakes.
  - You are not the sum of your mistakes.
  - "...as far as the east is from the west, so far has he removed our transgressions from us." | Psalm 103:12
  - Our value isn't something we earn. It's God-given.
  - You are who God says you are.
  - Press into scripture - Seek to understand it and use it to remind you of your identity.
  - A book to help you with reading the bible - The Deeply Formed Life by Rich Villodas
  - Your presence and proximity to God matter - Spend as much time with God as possible.
  - Be present with yourself - You cannot heal what you hide.
  - Build a rhythm and do these things every day.
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#### DISCUSSION QUESTIONS

1. Which of the four "false identities" do you find yourself most often believing? (I am what I do, I am what others think, I am what I have, I am my mistakes)
2. "Who told you that?" Where and how do you think you're getting that false identity reinforced the most? Is it work, friends, someone from your childhood, advertisements, etc.?
3. Your value, worth, and dignity are God-given, not earned. How should that affect the way you see and treat yourself, and the way you see and treat others in your life?
4. Pressing into scripture, being close to and present with God, being present with yourself: Of those three, which do you most need to develop into a regular, everyday rhythm and habit?