

# make it STICK

WEEK 3  
IDENTITY  
DANNY ANDERSON

If you are to make it stick, you need the right identity.

*“You cannot consistently perform in a manner which is inconsistent with the way you see yourself.” — Zig Ziglar*

*1 Samuel 9:20-21*

*“The biggest challenge to positive change is identity conflict. Good behavior and good habits make rational sense, but if they conflict with our identity we will fail to put them into action.” — James Clear*

Your behavior is the reflection of your self - perception.

Therefore be imitators of God, as beloved **children**. *Ephesians 5:1*  
*Ephesians 5:2-3*

...for at one time you were darkness, but now you are **light** in the Lord. **Walk** as children of light... *Ephesians 5:8*

1. You must discover and believe what God says about you.

For we are God's **masterpiece**. He has created us anew in Christ Jesus, so we can do the good things he planned for us long ago. *Ephesians 2:10*

I praise you, for I am **fearfully** and **wonderfully** made. Wonderful are your works; my soul knows it very well. *Psalms 139:14*

So God created mankind in his own image, in the **image of God** he created them; male and female he created them. *Genesis 1:27*

No, in all these things we are **more than conquerors** through him who loved us. *Romans 8:37*

For God has not given us a spirit of fear and timidity, but of power, love, and **self-discipline**. *1 Timothy 1:7*

2. Start acting like it.

...but his delight is in the law of the Lord, and on his law he meditates **day** and **night**. *Psalms 1:2*

What is your self-perception?

*“Your habits shape your identity, and your identity shapes your habits. It's a two-way street.” — James Clear*

***I am a self-disciplined masterpiece, fearfully and wonderfully made in the likeness of God with the power within to overcome and conquer any obstacle life throws at me.***

## SG | Small Groups

### Group Prep

In preparation for small group, please listen to the Weekend Service message, then answer the following discussion questions.

### Introduction

Zig Ziglar said, “You can't perform in a manner which is inconsistent with the way you see yourself.” We all have limiting beliefs about who we are that keep us from experiencing vision fulfillment in certain areas of life. Maybe you think you're too lazy to work out. Or don't have enough discipline to use a budget. Or you aren't smart enough to memorize a Bible verse. These limiting beliefs are lies, and any version of this thinking is not how God has created you.

### Discussion Questions

1. How do you describe yourself in the “about me” section of your social media profile? If you don't use social media, how would you describe yourself in the “about me” section of your resume?

In your own words, what is identity? After describing yourself, in what would you say you most find your identity?

2. Why is self-perception so important to the process of determining and fulfilling any vision for our life?

Our behavior is the reflection of our self-perception. How do we discover the right perception of ourselves? Read Ephesians 2:10, Psalm 139:14, Genesis 1:27, Romans 8:37, and 1 Timothy 1:7. What truths do we find in these passages about who God has created us to be?

What other passages of Scripture could encourage the members of your group to change their self-perception?

3. In previous weeks, we've discussed having a vision for many different categories of life. Which self-perceptions are you realizing need to change in order to experience vision fulfillment in those different categories?

God (your Creator) has good things planned for you (his masterpiece) to accomplish. Dream a little. Over the next 30 years of your life, what could some of those “good things” be in your:

Relationship with God \_\_\_\_\_

Personal Development \_\_\_\_\_

Career \_\_\_\_\_

Health \_\_\_\_\_

Money \_\_\_\_\_

Friendships \_\_\_\_\_

Marriage/Relationships \_\_\_\_\_

Family \_\_\_\_\_

Adventures \_\_\_\_\_

### Action Step

4. “No single action will transform your self-perception, but as the evidence mounts, your beliefs change.” How do we change our self-perception? What will you do this coming week to begin transforming how you see yourself?

My action step is \_\_\_\_\_.

I will encourage and pray for \_\_\_\_\_ to follow through, and their action step is \_\_\_\_\_.

My memory verse is \_\_\_\_\_.

This coming week, I'm praying for \_\_\_\_\_.

### Outreach: Groups in Action

Ready to clean out your coat closets? Bring in your used adult coats to be donated to Hoosier Veterans Assistance Foundation, who serve homeless veterans or those at risk. Collection boxes will be located by the information desks at each campus.

Thank a veteran for their service by writing an encouraging note to go with each coat donated. There are about 85% men served and 15% women through Hoosier Veterans Assistance Foundation. Drop your notes off at the information desk.

For more details and information, please contact Kerry Carmichael at [kcarmichael@eclife.org](mailto:kcarmichael@eclife.org).