

# This I Believe: Small Group Guide

## Week 3: The Son's Humanity and My Identity

March 8, 2026

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### Opening Prayer & Ice Breaker

**Icebreaker Question:** Share about a time when you experienced a significant loss (in sports, relationships, career, etc.). How did it affect your sense of identity?

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### Sermon Summary

This sermon explores how Jesus' humanity grounds our identity. The Apostles' Creed affirms that Jesus was "born of the Virgin Mary"—fully God and fully human. His incarnation wasn't just for theological purposes; it was for our salvation and identity. In a culture confused about identity, the Bible declares that our core identity isn't something we create or discover—it's given to us by God through Christ.

1. **Jesus' incarnation was humiliating and inexplicable** - The Lord of the universe became a baby, lived as a carpenter, and experienced menial human life.
  2. **His incarnation was necessary for our salvation** - Jesus had to be fully God to bear the weight of justice against sin, and fully human to bear the consequences humanity deserves.
  3. **Our identity is pre-assigned, not self-created** - We don't manufacture our identity through beliefs, accomplishments, or feelings—God assigns it to us.
  4. **Our multifaceted identity in Christ includes:**
    - Forgiven sinner saved by grace
    - Redeemed, adopted son or daughter of God
    - Kingdom difference-maker with purpose
    - Eternally destined person bound to Christ
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### Discussion Questions

#### Understanding the Sermon

1. **Why was it necessary for Jesus to be both fully God AND fully human for our salvation?** How would you explain this to someone unfamiliar with Christianity?
2. **The sermon mentioned that Jesus' incarnation was "humiliating."** What does this tell us about God's love for us?
3. **How does the sermon define identity differently than our culture does?** What's the difference between "I am everything I believe I am" and "I am who God says I am"?

## Personal Reflection

4. **What are some ways you've tried to build your identity on things other than Christ?** (Career, relationships, accomplishments, appearance, etc.)
5. **One teen said, "I struggle when I'm not in the Word... because I'm putting my identity in what the world thinks of me and not what Jesus thinks of me."** Can you relate to this? When do you most struggle with your identity?
6. **How does knowing Jesus experienced humanity—including temptation, loss, and hardship—help you in your current struggles?**

## Cultural Engagement

7. **The sermon addressed how linking identity to belief makes conversation impossible.** Have you experienced this in discussions about gender, race, or other identity issues? How can Christians engage these topics with both truth and grace?
8. **What are some practical ways we can help young people (teens, children) ground their identity in Christ rather than in culture's shifting definitions?**

## Application

9. **The sermon listed characteristics of Jesus' humanity: honest, compassionate, truth-telling with grace, suffering alongside others, obedient.** Which of these do you most want to grow in? Why?
10. **How would your daily life change if you truly lived from the identity of being a "loved and treasured son or daughter of God"?**

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## Closing Reflection Questions

- **What is one thing God is speaking to you about through this sermon?**
- **How can this group pray for you this week as you seek to live from your identity in Christ?**

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## Closing Prayer

Pray together, thanking God for:

- Jesus' willingness to become human for our salvation
- The secure identity we have as God's children
- Freedom from having to create or prove our identity
- Strength to live out who we truly are in Christ

Ask God to:

- Help each person rest in their God-given identity
- Give clarity in a confused culture
- Empower the group to model Christ's humanity to others