

Discipleship Groups — Level 7
WEEK 1
Life Check: Identity

Welcome to this first week of discipleship. I'm so glad you're here. Today we are going to talk about something very important: our identity in Christ.

WHAT IS IDENTITY?

Identity is what makes you: what you think, what you believe, what you've lived, and how you see yourself. And something key is this: the way you see yourself affects your entire life.

1. WHAT WE BELIEVE SHAPES OUR LIVES

When I was a child, I had a complex with my forehead. I always wanted to wear bangs to cover it because I didn't feel good about it. A brother of mine constantly told me that I had a big forehead, and little by little I believed him. That marked me, because when you are a child, the words you hear begin to form what you believe about yourself. But I understood something important: not everything we believe about ourselves is true.

2. AN EXPERIENCE THAT BROUGHT LIGHT

As a young adult, a friend was combing my hair and tried to move my bangs. I told her: "leave it like that, because I have a big forehead and I don't want it to be seen." She looked at me and said, "You don't have a big forehead." At that moment I stopped and thought—it's true! My forehead is perfectly proportioned. There I understood something profound: many times, we believe lies about ourselves that are not true.

3. WORDS FORM BELIEFS

Words are not only heard, but they also enter the heart, soul, and mind. And if we don't confront them with the truth, they can form false beliefs.

That is why the Bible says: *"For as he thinks within himself, so it is."*
— Proverbs 23:7 (NLT)

And also: *"Let God transform you into new people by changing your mind."*
— Romans 12:2 (NLT)

4. ONLY GOD DEFINES OUR IDENTITY

We must not allow others to define who we are. Only God has authority over our identity because He is our Creator.

The Word says: *"I praise you because I am an admirable creation. Your works are wonderful!"* — Psalm 139:14 (NLT)

And also: *"Well, we are God's masterpiece. He created us again in Christ Jesus."*
— Ephesians 2:10 (NLT)

Your courage is not earned. Your value was given by God.

5. THE TRUTH SETS US FREE

"And they will know the truth, and the truth will set them free."
— John 8:32 (NLT)

Freedom comes when we stop believing lies and believe God's truth.

6. THE WORLD WANTS TO CONFUSE OUR IDENTITY

We live in a world broken by sin, and the Bible shows us that there is a spiritual battle for our identity.

Jesus said, *"The purpose of the thief is to steal and kill and destroy; My purpose is to give them a full and abundant life."* — John 10:10 (NLT)

The enemy tries to distort the truth of who we are, sowing confusion and leading us away from God's design.

But the human being is God's most valuable creation, made in his image and likeness. That's why the battle is for identity: because if the enemy confuses who you are, it tries to take you away from your purpose.

The attack is spiritual because it seeks to hurt what God loves. And as women, we can understand this: when something touches our loved ones, we feel that pain deeply. In the same way, God's heart desires to restore His daughters and bring them back to the truth.

7. OUR IDENTITY IS IN CHRIST

When we accept Jesus, our identity changes completely: *"Everyone who belongs to Christ has become a new person. The old life has passed; A new life has begun!"* — 2 Corinthians 5:17 (NLT)

"My old self has been crucified with Christ. It is no longer I who live, but Christ who lives in me." — Galatians 2:20 (NLT)

WHAT DOES IT MEAN TO BE IN CHRIST/TO LIVE WITH CHRIST?

Being in Christ means that our life is now united to Him.

1. We are no longer separated from God
2. Its truth defines who we are
3. Your life is our identity

What He has, we now share by grace

THE INHERITANCE IN CHRIST

In Christ we are not only forgiven, but we are also daughters. And if we are daughters, we are also heirs. This means that we receive by grace:

1. His love
2. Your acceptance
3. Your Peace
4. Your Purpose
5. His Abundant Life

We're not trying to earn God's love... we already have it.

IN THE CHURCH

Sadly, even within the Church, the idea can sometimes creep in that if you have a title, money, influence, or fame, then your identity is "more blessed" or more valuable. In this way, identity in Christ becomes confused with materialism or outward success, and this is not God's truth.

Our identity is not defined by status, accomplishments, or possessions, but solely by Christ.

The solution is to go back to God's Word and renew our minds with His truth. We must remember that our value is in being daughters of God, not in what we have or what we achieve. When we remain grounded in Scripture and Christ, we are protected from comparison and from building our identity on temporal things.

True freedom comes when we fully believe that in Christ we are already complete, we are already loved and we are already accepted.

HOW DOES IT AFFECT US EMOTIONALLY?

1. We no longer live from rejection
2. We no longer depend on the opinion of others
3. We are no longer prisoners of the past

In Christ there is healing, security, and freedom.

8. DON'T COMPARE YOURSELF

Every woman is unique. God designed you with purpose and courage. You don't need to compare yourself or measure your value with others.

9. THE WORLD HAS ITS IDEA

Many people look for identity in external things: success, appearance, money, relationships...but none of that can fill the heart.

Only Jesus can do it.

IN CONCLUSION, I WANT TO AFFIRM THAT:

You are not what others said about you. You are not what you believed in your moments of insecurity.

You are what God says you are:

1. Beloved
2. Built with purpose
3. Made in the Image of God
4. New in Christ
5. Heiress in Him

FINAL MINISTRY

Today is a day to receive truth and freedom. We renounce every lie we have believed about ourselves. We renounce the voices that told us that we are not worthy or that we are not enough. And we receive the truth from God.

DECLARATION (ALL TOGETHER)

Today I declare:

1. I am a child of God
2. I'm loved by Him
3. I am an admirable creation
1. I am new in Christ
2. I don't live from rejection, I live from God's acceptance
3. My identity is in Jesus

PRAY WITH ME

Lord Jesus, thank You for Your love and for giving us identity in You. Today we surrender every lie we have believed about ourselves. Heal our minds and our hearts with Your truth. We declare that we are daughters of God, new in Christ, and secure in Your love. Thank You that we don't have to earn our value, because we already receive it in You. In Jesus' name, Amen.

REMEMBER THAT:

"Our identity is not built; it is received in Christ."