

Hangouts — “You Are Who HE Says You Are”

Week of 9/20/26

Icebreaker

What is one nickname or label someone gave you growing up? Did you like it, hate it, or did it actually fit you?

Quick Review

Pastor’s main point from Sunday was:

You cannot consistently live beyond what you believe about who you are.

Before Paul tells the Ephesians what they should **do**, he reminds them who they already **are in Christ**.

In Ephesians 1 we learned that in Christ we are **chosen, loved, adopted, redeemed, forgiven, given an inheritance, and sealed with the Holy Spirit**.

Let’s Talk About It

1. **Read Ephesians 1:3–6.** Paul says God loved us and chose us in Christ. Why do you think rejection from people can have such a powerful influence on how we see ourselves? How should knowing that God has chosen and adopted us change that?
2. **Sunday we heard: “Your history may describe where you’ve been, but Jesus determines who you are.”** What is the difference between acknowledging your past and allowing your past to define you?

3. Read Ephesians 1:7–8. What does it mean to you personally that you are redeemed and forgiven? Why can it sometimes be easier to believe that God forgives other people than to fully receive His forgiveness for ourselves?

4. Pastor said: “Stop serving a sentence for something Jesus already paid for.” Are there mistakes, failures, or seasons from your past that can still make you feel condemned even though you’ve asked God for forgiveness?

5. Read Ephesians 1:13–14. Paul says believers are identified as God’s own and given the Holy Spirit. How does knowing “**I belong to Jesus**” help when your feelings, circumstances, or other people tell you something different?

6. Read Ephesians 1:17–19. Paul prayed that their hearts would be flooded with light so they could understand what God had already given them. Which truth from Ephesians 1 do you personally need God to help you see more clearly right now?

Chosen? Loved? Adopted? Redeemed? Forgiven? Belonging? Empowered?

7. Sunday we asked: “What have I been calling myself that God never called me?” Without sharing anything you’re uncomfortable sharing, what false label or identity do you think God may be asking you to stop agreeing with?

8. Read Ephesians 1:19–23. Paul says the same mighty power that raised Christ from the dead is at work for those who believe. What area of your life have you been approaching as though you are powerless?

Action Step

This week, identify **one false label** you have been carrying and replace it with a truth from Ephesians 1.

For example:

“Rejected” → “I am chosen.”

“Unwanted” → “I am adopted.”

“Guilty” → “I am forgiven.”

“My past defines me” → “I am redeemed.”

“I’m alone” → “I belong to God’s family.”

“I’m powerless” → “God’s power is at work in me.”

Write your new statement somewhere you’ll see it throughout the week and speak it when the old identity tries to return.

Prayer

Pray specifically for one another that God would **open the eyes of our hearts** to see who we truly are in Christ.

Ask the Holy Spirit to expose false identities, break agreement with shame and condemnation, and help each person begin living from what God says about them.