

WELCOME TO THE RESISTANCE

Me, me, me, | Discussion Notes

Start by reflecting on the last week and whether you have noticed any difference with your social media usage, whether there are any changes you have made and whether you have been more aware of the impact of social media day-to-day.

This week we are focusing on identity.

- How would you define 'identity'?
- We are looking at the 'patterns of the world' that Paul describes in Romans 12:2. What would you say the patterns of the world are around identity? How do your friends think about identity?

Philip suggested that today we find identity by looking **inward**. Unlike in the past where your identity came from looking **outward** to your place in a family, tribe or society, now we find our identity from looking to our own inner desires and feelings. We are told we should be true to ourselves and be whoever we feel we are. You do you. Be yourself.

- Do you agree with this?
- What are some of the benefits of this modern way of thinking about identity?
- Philip argued that one problem is that our desires and what we want for ourselves often compete with each other and contradict each other. Or as Philip said, 'our desires are a hot mess'. They also change over time. Do you agree and if so what is the issue when it comes to our identity?
- Philip also explained that this idea of identity can become a crushing weight because we have to 'achieve' worth on our own, by having the right job, looking the right way, or being successful. Have you experienced this?

Read through Matthew 16:24-25 together. Here Jesus explains that we can gain the whole world but 'forfeit our soul' when we lose who we really are and our identity. At this point you might want to break into groups of 3 or 4 and ask people to do the following exercise.

- Spend a minute in silence, asking God to show if there are things you are looking to for a sense of worth. It could be your job, your relationships, your abilities, what people think of you.
- Then, if you feel comfortable, share that with the group and pray for each other.

Philip said "don't look outward or inward for your identity, but upwards towards God".

- What does it mean to get our identity from God?
- What difference does that make to our wellbeing and sense of security?
- What does it mean to die to self and take up a cross to follow Christ?
- How can we do this in practice? What does it look like?