

1. The Voice You've Been Listening To

In Genesis 3, Adam and Eve listened to the voice of the serpent, and their perspective of themselves changed. God asked Adam, "Who told you that you were naked?"

What are some voices or influences in our world that can shape how we see ourselves in unhealthy ways? How do we recognize when we're listening to the wrong voice?

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2. Guilt vs. Shame

The message made a distinction between guilt and shame. Guilt says, "I've made a mistake," Shame says, "I am a mistake."

Why do you think it's so easy to allow our mistakes, failures, or past experiences to become part of our identity? How can we separate what we've done from who God says we are?

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3. What does God say about you?

The message reminded us that we are created by God, loved by God, children of God, and made new through Christ.

Which of these biblical truths about your identity do you need to be reminded of the most right now? Why?

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