



GETTING STARTED

Describe your dream job.



LOOKING BACK

How have you seen God at work over the last week?

Looking back on Sunday, is there anything that stood out to you, confused you, or challenged you?



MY STORY

The following are 15 questions to help us identify our "false self" according to author and pastor Peter Scazzero (*Emotionally Healthy Spirituality* Updated Edition, Zondervan 2017). Take turns reading from the list out loud, and then share the one symptom that is most relevant in your life today.

- **Am I the kind of person who says "yes" when I really mean "no?"**
- **Do I get depressed when people are upset with me?**
- **Do I have a need to be approved by others to feel good about myself?**
- **Do I act nice to someone on the outside, but on the inside I can't stand them?**
- **Do I often remain silent in order to keep the peace?**
- **Do I believe that if I make mistakes myself, I am a failure?**
- **Do I criticize others in order to feel better about myself?**
- **Do I try to avoid looking weak or foolish for not having the answer?**
- **Do I have to be doing something exceptional to feel alive?**
- **Do I have to be needed to feel alive?**
- **Am I fearful and unable to take risks?**
- **Do I do what others want, so they won't get mad at me?**
- **Do I use knowledge and confidence to cover my feelings of inadequacy?**
- **Do I want my children to behave well so others will think I'm a good parent?**
- **Do I compare myself to other people?**

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BIBLE STUDY

In Luke 3:22 Jesus receives a message from God about his true identity: "...a voice from heaven said, 'You are my dearly loved Son, and you bring me great joy.'" Then in Luke 4 we read how the devil tempted Jesus. The devil wanted Jesus to reject the idea that God's love and acceptance was enough. Read Luke 4:1-13 aloud together.

Temptation One: I am What I Do. (Performance) In verse 3, the devil tempted Jesus to do a miracle.

What do you think would have been so wrong about Jesus turning a stone into bread?

Temptation Two: I am What I Have (Possession) In verse 7 the devil offers to give Jesus the kingdoms of the world.

How would accepting the devil's offer go against Jesus' identity as God's "dearly loved Son"?

How do you think the mission of Jesus would have looked different if he had been a person with many possessions?

Temptation Three: I am What Others Think (Popularity) In verse 9, the devil suggests that Jesus should prove his divinity in view of the whole city of Jerusalem.

What is significant about the fact that the devil used Scripture to tempt Jesus?

Why do you think Jesus actually told people to keep quiet about his identity as Messiah (Luke 4:41, Mark 8:30, and Matthew 12:16, for example)?

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APPLICATION

God loves you so much He gave His Son so you could come safely home to Him forever (John 3:16). **John 1:12** says, "...to all who believed [Jesus] and accepted him, he gave the right to be called children of God." When you accept Jesus Christ as your Savior and Lord you have an amazing identity from God, and the devil tempts you in some of the same ways he tempted Jesus.

Temptation One: I am What I Do. (Performance) How are you tempted to define yourself through your performance?

Temptation Two: I am What I Have (Possession) How are you tempted to define yourself through your possessions?

Temptation Three: I am What Others Think (Popularity) How are you tempted to define yourself through your popularity?

How will your life look different as you define yourself less by Performance, Possession or Popularity, and more by who you are in Christ?

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BRINGING IT HOME

As long as we hide our true selves, we insulate ourselves from experiencing the depth of God's love and the love of other people. During this *Adulthood* journey, pray that you would have the courage to peel away some of that insulation. This week, take a risk and trust God.

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PRAYER REQUESTS