



PART 1: Who Are You?

INTRODUCTION

Adulting is hard. Some days, we may feel on top of the world because all of the bills are paid, the laundry is folded, and we flossed that morning. There are a lot of days, though, where we feel like we're failing at being adults. Does our ability to adult well depend on what we do or who we are?

DISCUSSION QUESTIONS

1. What is the hardest adulting chore you are currently struggling with?
2. Who are you? Many people define their identity based on what they do. List three things that you most closely identify with (ex., father, wife, boss).
3. Look again at that list. Have you ever lost a sense of identity because you could no longer connect with those definitions? (For example, if you defined yourself as a boss, what would happen if you lost your job?)
4. **Read Philippians 3:4-7.**
What problems arise when you define who you are by what you do?
5. **Read Galatians 3:26.**
For Jesus followers, their identity is defined not by what they do but by what Christ has done. What real-life implications does that truth have for you?
6. What you do shouldn't be *defined* by who you are. What you do should be *informed* by who you are. In your life, how have you connected who you are and what you do?

MOVING FORWARD

There is a clear connection between *being* and *doing*. Unfortunately, when you find your identity in your *doing*, you don't experience the same sense of freedom you would if you found your identity in your *being* a child of God. Adulting becomes so much easier when we know who we are outside of what we do.

CHANGING YOUR MIND

So in Christ Jesus you are all children of God through faith.

Galatians 3:26