

WEEK 6: LABELS LIE

FACILITATOR'S NOTE:

- ✓ Start your group discussion with the “Check-in” question to help your members reflect back on their week and follow up on last week’s application challenge.
 - ✓ Review the “Big Idea” to help you gain clarity around the heart of this week’s message and focus your group’s discussion towards a clear direction.
 - ✓ Reflect on this week’s scripture passages and guide your group through the “Discuss” questions to initiate meaningful dialogue around key concepts or insights from this week’s message.
 - ✓ Move your group discussion to a deeper level by leading them through questions in “Apply”. Use discernment to customize these application questions to meet the needs & dynamics of your group.
- NOTE:** You do not have to cover all the questions provided in “Discuss” and “Apply”.
- ✓ Connect with God together as a group through this week’s “prayer practice”, which can be in the form of a prayer exercise or some guidance on what to pray for in relation to the message or application.

CHECK-IN	Did you have an opportunity to accept or extend forgiveness this past week? Did you find that experience challenging or liberating?
BIG IDEA	<p>We all have labels. Some may have been self-assigned, while some labels were placed on us by others—parents, siblings, friends, teachers, coaches, or coworkers. These labels can impact how we see ourselves, shaping our identity, and ultimately our destiny. But what if we’re carrying around the wrong labels? Who has the right to label you? Who are you going to allow to label you? Who knows best how to label you?</p> <p>As God’s beloved, we cannot passively accept whatever negative labels that were assigned to us. We get to decide who defines us and tells us our worth. When we start to reject those destructive labels placed on us and choose to embrace what God says about us, we begin to live as God’s beloved, moving us into a position of greater freedom and wholeness.</p>
DISCUSS	<p>Read Romans 12:1-2 and 1 John 3:1-2. What do these passages say about our identity in Christ?</p> <ol style="list-style-type: none"> 1. In what area of your life do you struggle with the lie, “I’m not good enough?” 2. How have the labels you picked up during childhood followed you into adulthood? 3. Do you think accepting yourself is a prerequisite to being able to receive love and validation from God and others?
APPLY	<ol style="list-style-type: none"> 1. As you reflect on some wrong labels you may have picked up through the years, can you see how they have locked you in

	<p>(i.e., kept you stuck), or perhaps locked God out?</p> <ol style="list-style-type: none">2. Sourcing our identity in Christ alone can be challenging since it goes against the values of this world. Which of the following factors have you sourced your identity in?<ul style="list-style-type: none">● What I've accomplished● What I own● What people think about me or expect of me● My past failures and mistakes● How I think and feel about myself3. What is one step you can take this week to begin to peel away any wrong labels and let your heavenly Father label you as he sees you? How can your life group support you?
PRAYER PRACTICE	<p>As you spend time with God this week, ask Him to reveal your identity in Him. Who does He say you are? Take some quiet moments to listen to what He has to say. As you move through your week, be mindful and pay attention to how God may be trying to show you your worth and value.</p>

