

Who Do You Think You Are?

1. There are three lies people tend to believe about identities:
 - a. “I am what I do.”
 - b. “I am what others say about me.”
 - c. “I am what I have.”
2. These lies can be seen as attempts to fill holes.
3. Identity amnesia will always lead to identity replacement.

The Deeper Why

4. Our kids need to see the desire beneath their desires.
5. We need a solid identity in who God says we are – because of Jesus.
6. Often, we seek to fill our bottomless soul with idols.
 - *“It would seem that Our Lord finds our desires not too strong, but too weak. We are half-hearted creatures, fooling about with drink and sex and ambition when infinite joy is offered us, like an ignorant child who wants to go on making mud pies in a slum because he cannot imagine what is meant by the offer of a holiday at the sea. We are far too easily pleased.” –C.S. Lewis*
7. We need to unfold the difference between dry wells and Living Water.
 - Jeremiah 2:13
8. How God defines our identity:
 - a. Jesus has done enough.
 - b. God accepts us because of Jesus.
 - c. In Jesus, God gives us everything we need.

The Gospel for your Child

9. Identity is about internalizing the gospel.
10. Even prayer and devotions could be attempting to prove themselves.
11. Finding worth and identity in God requires a level of understanding and self-understanding that won't come easily to most kids.

12. Shedding shame to embrace personhood in Christ will be the struggle of our kids' lives – like it is with our own.

Pride & Insecurity

13. Pride and insecurity are closely related sins.

14. Insecurity is when we don't perceive ourselves as worthy enough.

15. Identity is:

- About finding our worth as creatures made and greatly loved by God (Eph. 2:4), bought by invaluable blood, created in a priceless image.
- About forsaking other false senses of self: what we've done, who people think we are, and what we have.
- Foundational. Every other spiritual life skill rests on identity. For example, the Pharisees got a lot of life skills right, but they missed the "why."
- Communicated through parental discipline by exposing guilt, rather than communicating that kids must be worthy of our acceptance. Making our acceptance contingent on children's behaviour only leads to shame. Like our relationship with God because of Christ, our displays of attachment, affection and intimacy aren't based on what our kids do, how much they control themselves, or how well they meet our desires.

16. Pride and insecurity stem from unbelief about who God says we are.

Your House: A Shame-Free Zone

17. If we see a child overreact when we discipline, the response could be identity-related.

18. Guilt's message: "I did something bad."

19. Shame's message: "I am bad."

20. Parenting with shame disconnects relationally.

21. Ask yourself: "How might I be passing down these idols to my kids?"

Questions for Kids

- Talk about the three lies with your kids.
- Which do you think they're most likely to be drawn in by?
- How have they seen that lately?
- Talk about your own "soul holes" and the ways you're tempted to find worth in them. It's helpful for kids to see we're conscious of our own sin patterns.

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Parental Prayer

Lord, your image in my kids is truly amazing. I am thankful that You desire to be Master of our family's hearts, not just a God of good intentions or good appearances. Lord, if my kids learn valuable skills, but don't know and love You, it would all be for loss.

Give me discernment to understand the specific holes in each of my kids – holes so infinite only You can fill them. Help me understand the lies of the enemy that each of my kids is most tempted to believe. As a family, give us opportunities to speak and believe the truth with which You answer those lies.

Help me to seize opportunities to mold my kids' identity around Jesus' finished work – not my work and not their work. We are so thankful for the freedom You bought for us from what others think, from what we do and from what we have.

Only You can draw our hearts to find satisfaction in You. I ask You to draw each of my kids and myself to find every day's rest in You. In Your name we pray. Amen.