

# Focused Living:

## How you live is determined by who you are!

Life is hard. This is not breaking news! Each stage of our lives presents its own challenges. At times, whether young, middle aged, or older, life may seem not just hard, but too hard to handle. How can we live in such a world in which we find ourselves? God has the answer!

### Today: Remember your identity

A good prayer to begin our study:

Dear Heavenly Father, teach me who I am in you, and then help me remember it always!  
Amen.

If you only had 20 seconds to introduce yourself to someone new, what would you tell them about yourself?

Read  **Colossians 3:12-14**

Satan, the sinful self, and society can distort our identity and have us looking at the wrong metrics to define who we are. Which of the following poses a greater challenge in your life? Why do you think that is?

Defining yourself by your worst or most embarrassing moments

Defining yourself by your best talents or greatest skills

We are not defined by our most embarrassing moments or by our best talents and skills. We are defined by who Jesus says we are and what Jesus has done for us! Reread Colossians 3:12 to remind yourself. How will remembering this passage and who you are in Christ help you...

In the coming week?

In the coming year?

Throughout the rest of your life?

How do we keep on remembering who you are in Christ? List some good memory strategies.

We do not have to prove our worth to God; we already have the highest worth from God. We are redeemed and loved by him! Look up the following passages and see how they help you remember who you are:

 **1 John 3:1**

 **Galatians 3:25**

 **Ephesians 5:25-27**

How can you help someone else who is struggling with identity and value in their life?

Do you know anyone who is struggling with that right now? Homework: share God's Word with them to help them understand their own identity!