

Questions About Your Identity

1. Do you genuinely like, respect, and care about the person you see?
2. What do you truly think about this person?
3. Are you grateful to be you, or do you honestly wish you were someone else?
4. Are you angry or grateful with what God has done in your life?
5. Who do you think influences your view of your own identity the most?
6. How loved and affirmed did you feel by your parents growing up?
7. Did your parents make you feel valued and understood?
8. How loved do you feel today in your heart and current relationships?
9. What do you think God thinks about you?
10. Do you believe He really sees, cares, and knows you intimately?
11. Do you feel like He accepts you, just tolerates you, or rejects you?
12. Do you genuinely believe He loves you?
13. How deeply have you been hurt by others?
14. Are you still tender and hurting, or have you healed completely?
15. When was the last time you were genuinely happy and at peace inside?
16. What do you believe is the purpose of your life? Do you have any idea?
17. Do you feel empty and hopeless inside, or do you have a hopeful future?
18. Do you believe you will go to heaven one day when you die?
19. Are you sure will go to heaven? If not, would you like to be sure?
20. What is your greatest hope from learning about your identity?

-from *Defined: Who God Says You Are*, p. 17