



HELP! I NEED ANSWERS - Part 1, Who Am I (Identity)

Series Introduction: People perhaps as never before are searching for answers and are trying to make sense out of life. People have questions. In this series we will explore some of the perennial questions that people wrestle with. Today's Question: Who Am I? This question addresses the issue of IDENTITY!

Series Text: Psalms 8:4-6 CEB

I. Who Am I? How Identity is Formed

Identity formation is impacted by internal and external factors like society, family, loved ones, ethnicity, race, culture, location, opportunities, media, interests, appearance, self-expression and life in general.

- A. Identity develops throughout our lifetime, this is why it is important to have people in your life who can grow with you. If they can grow with you, they can go with you.
- B. People who are Secure in Their Identity: 1) know what they want, know what they don't like, 2) have recognized their limits, establish boundaries, have principals, 3) have clear morals and values, 4) have goals, have a sense of responsibility for everything they do, 5) do what they do with understanding, 6) are genuine with the decisions they make and understand why each decision is made, 7) outsiders comments hardly affect them, 8) they know who they are more than anyone else (they don't need others to tell them who they are).

II. Identity Crisis - Judges 6:11-16 NKJV

- A. An identity crisis refers to facing a challenge to one's sense of self, which may center around politics, religion, career choices, or gender roles.
- B. Signs of an Identity Crisis:
 - 1. You're questioning who you are overall or with regards to a certain life aspect such as relationships, age, or career.
 - 2. You're experiencing great personal conflict due to the questioning of who you are or your role in society.
 - 3. Big changes have recently occurred that have affected your sense of self, such as a divorce.
 - 4. You're questioning things such as your values, spirituality, beliefs, interests, or career path that have a major impact on how you see yourself.
 - 5. You're searching for more meaning, reason, or passion in your life.
- C. Causes of an Identity Crisis:
 - 1. Change in Marital Status: Getting married, getting separated or divorced
 - 2. Moving: City, State or Country

3. Experiencing a traumatic event
4. Losing a loved one
5. Losing or getting a job
6. New health issues Have you experienced one or more of these causes of identity crisis within the last two years??

III. Connection - Matthew 16:13-19

- A. What a person makes a connection with impacts how he or she views themselves.
- B. Strategy for Knowing Self:
 1. Connect to God - Don't allow crisis to cause you to pull away from God
 2. Focus on Knowing Him - God desires to be known and reveal Himself to you
 3. Ask and allow Him to reveal to you who you really are

IV. What God says about your Identity

1. You are made in the image of God - Genesis 1:27
2. You were made on purpose - Jeremiah 1:5
3. You are wonderful - Psalm 139:14
4. Your past does not define you - 2 Corinthians 5:16-18
5. You are not like "that" - 1 Peter 2:9 NLT
6. You are a child of God - Galatians 3:26