



## Week 3

### Connect (15 minutes)

- What is **ONE** thing you can celebrate this week?

### SOUL CARE PRINCIPLE #1 – IDENTITY (25 minutes)

- **Three Core Lies**
  - **VIDEO – “Three Core Lies”**
  - **What stood out to you from pages 51-58 on the three core lies?**
- **“Identity is not something that is achieved by your performance or by your control or by how people perceive you. Identity is a gift that is received from a loving Father who has adopted you because He wanted you and chooses you to be in His family” (pg. 70).**

### Spiritual Action Steps (70 minutes)

- Let's walk through the questions at the end of the chapter and share our responses.
- **1. Spend time alone with God and journal. Ask the Holy Spirit to reveal to you the lies that affect you. Which of these three lies discussed in the chapter impact your life the most? How do they manifest? What makes you feel most vulnerable? What image of yourself are you most attached to? What are you most proud of? What are you most defensive about? How do you use these things to fend off your feelings of vulnerability?**
- **2. Fill in the blank: The issue of my value is dependent on \_\_\_\_\_. Are there any specific memories connected to those lies? How do those lies manifest themselves in your life? What do you feel when you are standing on this faulty foundation? What do you say to yourself? What are the imagery conversations you have in your mind? What are the symptomatic expressions of this lie in your life? How does it manifest?**
- **3. Put the lies in a sentence. Then come up with a truth slogan, or a scripture, to replace each lie.**
- **4. Do you struggle with an identity wound or bend will? Do you know why? How does it manifest itself in your life?**

## Pray Together

## For Next Week:

- Read Soul Care Principle # 2 REPENTANCE (Pages 73-98).
- Be sure that you make time to process through the Spiritual Action Steps at the end of the chapter. We will discuss your reflections next week.