



1. Who do you think you are?

📖 For he chose us in him before the creation of the world to be holy and blameless in his sight. In love he predestined us for adoption to sonship through Jesus Christ, in accordance with his pleasure and will (Ephesians 1:4–5).

- Paul's opening in Ephesians raises a key question: identity. Before telling us what to do, Paul reminds us of who we are in Christ—chosen, adopted, forgiven, and redeemed. Yet, we often define ourselves by what we do, what we have, or what others say about us. He invites us to let go of false identities and receive the one God gives.
- **Follow-up:** How do you most often define yourself—by your achievements, your possessions, or others' opinions? How would your life look different if you lived from what God says about you instead?

2. Are you trying to earn what God has already given?

📖 For it is by grace you have been saved, through faith—and this is not from yourselves, it is the gift of God—not by works, so that no one can boast (Ephesians 2:8–9).

- Paul makes it clear that salvation is a gift, not a reward. Yet many of us still drift into living as if God's approval must be earned. This creates a life of striving instead of resting, where we constantly feel pressure to prove ourselves to God and others.
- **Follow-up:** In what areas of your life do you feel the pressure to “perform” for God or others? How might your spiritual life change if you truly believed God's grace is fully given, not partially earned?

3. What practices or patterns are shaping your identity?

📖 For we are God's handiwork, created in Christ Jesus to do good works, which God prepared in advance for us to do (Ephesians 2:10).

- God calls you his handiwork—his masterpiece—created with purpose. But the way we live day to day either reinforces that truth or slowly pulls away from it. Our habits, rhythms, and environments play a powerful role in shaping how we see ourselves and how we live.

- **Follow-up:** What practices, habits, or patterns in your life are reinforcing your identity in Christ? Which ones might be pulling you away from it? What would need to change for your daily life to more consistently reflect what God says about you?