

Letters From My Future Self: Week 3

Discussion Guide

Discuss:

- Share one thing about yourself that no one could know just by looking at you. [5 min]
- “Whatever you believe about yourself will come out in how you treat others.” How have you seen this principle played out in your own family? [5 min]
- Brainstorm a list of all the potential sources of our self-perception? [Parents, siblings, extended family, friends, co-workers, coaches, teachers, awards, mistakes, mistreatment from others, physical attributes, etc.] Now, try to identify the three top sources for you. [5 min]
- What are some practical steps we could take to allow the God’s opinion of us to be more formative in determining your identity? [5 min]

Challenge:

Which of these practical steps from [Romans 8](#) do you need to lean into more? Why?

Scriptures:

- [Genesis 1:26](#) (NIV) “Then God said, “Let us make man in our image, in our likeness, and let them rule over the fish of the sea and the birds of the air, over the livestock, over all the earth, and over all the creatures that move along the ground.”

- [Psalm 139:14](#) (NIV) “I praise you because I am fearfully and wonderfully made; your works are wonderful, I know that full well.”
- [Psalm 8:3–6](#) (NIV) “When I consider your heavens, the work of your fingers, the moon and the stars, which you have set in place, what is man that you are mindful of him, the son of man that you care for him? You made him a little lower than the heavenly beings and crowned him with glory and honor. You made him ruler over the works of your hands; you put everything under his feet.”
- [Romans 8:1](#) (NIV) “There is therefore now no condemnation for those who are in Christ Jesus.”
- [Romans 8:5–6](#) (ESV) “For those who live according to the flesh set their minds on the things of the flesh, but those who live according to the Spirit set their minds on the things of the Spirit. For to set the mind on the flesh is death, but to set the mind on the Spirit is life and peace.”
- [Romans 8:15](#) (ESV) “For you did not receive the spirit of slavery to fall back into fear, but you have received the Spirit of adoption as sons, by whom we cry, “Abba! Father!”
- [Romans 8:22–25a](#) (ESV) “For we know that the whole creation has been groaning together in the pains of childbirth until now. And not only the creation, but we ourselves, who have the firstfruits of the Spirit, groan inwardly as we wait eagerly for adoption as sons, the redemption of our bodies. For in this hope we were saved.”
- [Romans 8:26](#) (ESV) “Likewise the Spirit helps us in our weakness. For we do not know what to pray for as we ought, but the Spirit himself intercedes for us with groanings too deep for words.”
- [Romans 8:31, 37–39](#) (ESV) “What then shall we say to these things? If God is for us, who can be against us? He who did not spare his own Son but gave him up for us all, how will he not also with him graciously give us all things? ... No, in all these things we are more than conquerors through him who loved us. For I am sure that neither

death nor life, nor angels nor rulers, nor things present nor things to come, nor powers, nor height nor depth, nor anything else in all creation, will be able to separate us from the love of God in Christ Jesus our Lord.”

Prayer:

Read [Psalm 8](#) as a prayer to God.