

## QUESTIONS FOR DISCUSSION AND REFLECTION

### BEFORE VIEWING

(Review) What were some key ideas from the last session. Discuss.

- 1.If you were going to introduce yourself to a new person, how would you describe who you are? What are some key identifiers for you? For others?
- 2.Psychology Today made this claim: "Changing one's identity changes one's behaviours and vice versa." Do you agree? Give examples.

### AFTER VIEWING

- 1.If a person's core nature is transformed from saint to sinner, what do you expect to happen to their behaviour?
- 2.Many of us have decided we are worth more or less than others based on a variety of factors. Steven made the claim "Identify is directly related to self-worth. You don't have the right to determine your personal worth." What do you think this means? What are the implications of this truth for you and those around you?
- 3.When you stop identifying as a sinner and embrace your nature as "saint", you begin to think and behave differently. What are some things that would change in your life (self-talk, behaviour towards others, emotions, etc.) and what different fruit would be produced as a result?
- 4.Steven Harbridge points out that:
  - a."This new identify is a gift from God; therefore it can never be taken away by people. If people can't take away your identity, neither can they take away your significance."
  - b."Consequently, your personal worth cannot be increased or diminished from what it is today, by ethnic, social, gender or functional differences."
    - i.What do you think these mean? Why does this matter? What are your personal reflections on these statements?

### FOLLOW UP

- 1.Draw a mirror and divide it in half. As a title in the first half write "what I see today". As a title in the second half write "what God sees today". Jot notes or draw what you see when you look in the mirror, especially when you see yourself as a sinner.
- 2.Journal about how you plan on taking steps to regularly identify as a saint today and every day. What needs to change?