

# Heart of Purpose Podcast

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## IGNITE SERIES

The lies that shape our identity & How to stop believing them

What are (3) words you would use to describe yourself?

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Are these words others would also use to describe you? If not, list those words here.

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What words best described you as a child?

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Are those characteristics of yourself still true today?

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What words have others said about you in the past?

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How have you felt impacted by the message society sends? (e.g.. in ads/ movies/ social media/ etc)

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What characteristics or traits do you wish to be described by?

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In what area of life below do you feel most defined by: (Circle all that apply)

Career      Social Status      Relationships      Achievements      Motherhood      School/ Alumni  
Friendships      Beauty      Body Image      Sports      Arts      Skills      Popularity      Family

Who do you think God says you are?

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What God given skills/ gifts/ traits do you possess?

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How have you used those gifts in the past year?

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How would you like to use those traits in the future?

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Do you make God a priority in your life right now? yes or no    If not, what is one practical step you could take to set aside time to spend in quiet, prayer or in the Bible?

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The world may have plenty to say about who you are or should be but God doesn't define you by any of the above. He sees you as His beloved child and cares about your heart. Here are a few words He says we are in the Bible to affirm you today.

Beloved \* Wonderful \* Not Afraid \* Beautiful \* Seen \* Heard \* LOVED deeply \* Purposed \* Strong \* Confident

I am a Child of  
God, wonderfully &  
fearfully made!

Psalm 139:14

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Dear Heavenly Father,  
thank you for loving me and creating  
me with my unique traits. I turn to  
you right now to show me my  
identity & who You have created me  
to be. Open my eyes & my heart to  
You, Oh Lord. Amen