



Who Are You, Really?

Old habits die hard. So do old beliefs. But there's a way to replace those old beliefs with new ones.

Discussion Questions:

1. What's something you catch yourself doing subconsciously out of habit, but it doesn't make sense for you do it anymore because the situation has changed? (For instance, you have moved but occasionally head toward your former home.)
2. "People usually arrive at their beliefs not on the basis of proof but on the basis of what they find attractive." What do you think of this quote by Blaise Pascal? How do you see this with regard to messages we receive in marketing and advertising?
3. What message could you have received when you were younger that influences how you interact with others today? Did you receive that message by someone's instruction or through observation? If it's a message that needs to be replaced, what could you replace it with?
4. If you consider yourself a follower of Jesus, which of the following messages do you have the most difficult time embracing as your reality?

Unconditionally loved • Totally forgiven • New creation • Free from your past

Able to overcome • Valuable • Having hope and a future

5. Read **Romans 12:1–2**. What could you do to be *transformed* (proactive) instead of *conformed* (passive)?