



## #FOLLOW ME — I Am Who \_\_\_\_\_ Says I Am

### **Warm-Up Question:**

Share what social media platforms you use and how you think spending extensive time in them affects you, positively and negatively.

**READ: Matthew 3:5-6, 13-17; Ephesians 1:3-14**

- ▶ Read Rom. 12:1-2. How might extended time on social media make it difficult to do what God calls you to do in this passage?
- ▶ Read through the following false identities. Then read the passage next to it and discuss how social media use makes it more difficult to align with God's design for you in that area.
  - 1) "I am beautiful" or "I am without flaws" — Prov. 31:30; 1 Peter 3:3-4
  - 2) "I am successful" or "I am what I have" — Phil. 4:11-13; 1 Tim. 6:6
  - 3) "I am put together and don't struggle" — 2 Cor. 12:8-10
  - 4) "I am the summation of who likes me" — Eph. 1:3-5; 1 John 3:1
  - 5) "I am in authentic community through social media" — 1 Cor. 12:25-26
- ▶ Which false identity are you most tempted to believe about yourself? Is there anything you spend time doing that feeds that false identity?
- ▶ Go through Ephesians 1:3-14 and share each truth about who God says you are in Christ and how it should affect our identity.
- ▶ Share which truth about who God says you are most encourages you personally and why.
- ▶ Read Phil. 4:8-9 and discuss how any ways you'd like this series to affect how you use your phone and digital media.

**What is one main take-away you want to apply in your life this week?**

[For Prayer:](#)



**SEVEN RIVERS**  
C H U R C H

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## Scriptures Used

**Rom. 12:1** I appeal to you therefore, brothers, by the mercies of God, to present your bodies as a living sacrifice, holy and acceptable to God, which is your spiritual worship. **2** Do not be conformed to this world, but be transformed by the renewal of your mind, that by testing you may discern what is the will of God, what is good and acceptable and perfect.

**Prov. 31:30** Charm is deceitful, and beauty is vain,  
but a woman who fears the LORD is to be praised.

**1 Pet. 3:3** Do not let your adorning be external—the braiding of hair and the putting on of gold jewelry, or the clothing you wear— **4** but let your adorning be the hidden person of the heart with the imperishable beauty of a gentle and quiet spirit, which in God’s sight is very precious.

**Phil. 4:11** Not that I am speaking of being in need, for I have learned in whatever situation I am to be content. **12** I know how to be brought low, and I know how to abound. In any and every circumstance, I have learned the secret of facing plenty and hunger, abundance and need. **13** I can do all things through him who strengthens me.

**1 Tim. 6:6** But godliness with contentment is great gain,

**2 Cor. 12:8** Three times I pleaded with the Lord about this, that it should leave me. **9** But he said to me, “My grace is sufficient for you, for my power is made perfect in weakness.” Therefore I will boast all the more gladly of my weaknesses, so that the power of Christ may rest upon me. **10** For the sake of Christ, then, I am content with weaknesses, insults, hardships, persecutions, and calamities. For when I am weak, then I am strong.

**1 John 3:1** See what kind of love the Father has given to us, that we should be called children of God; and so we are.

**1 Cor. 12:25** that there may be no division in the body, but that the members may have the same care for one another. **26** If one member suffers, all suffer together; if one member is honored, all rejoice together.

**Matt. 3:5** Then Jerusalem and all Judea and all the region about the Jordan were going out to him, **6** and they were baptized by him in the river Jordan, confessing their sins.

**Matt. 3:13** Then Jesus came from Galilee to the Jordan to John, to be baptized by him. **14** John would have prevented him, saying, “I need to be baptized by you, and do you come to me?” **15** But Jesus answered him, “Let it be so now, for thus it is fitting for us to fulfill all righteousness.” Then he consented. **16** And when Jesus was baptized, immediately he went up from the water, and behold, the heavens were opened to him, and he saw the Spirit of God descending like a dove and coming to rest on him; **17** and behold, a voice from heaven said, “This is my beloved Son, with whom I am well pleased.”

**Eph. 1:3** Blessed be the God and Father of our Lord Jesus Christ, who has blessed us in Christ with every spiritual blessing in the heavenly places, **4** even as he chose us in him before the foundation of the world, that we should be holy and blameless before him. In love **5** he predestined us for adoption to himself as sons through Jesus Christ, according to the purpose of his will, **6** to the praise of his glorious grace, with which he has blessed us in the Beloved. **7** In him we have redemption through his blood, the forgiveness of our trespasses, according to the riches of his grace, **8** which he lavished upon us, in all wisdom and insight **9** making known to us the mystery of his will, according to his purpose, which he set forth in Christ **10** as a plan for the fullness of time, to unite all things in him, things in heaven and things on earth.

**Eph. 1:11** In him we have obtained an inheritance, having been predestined according to the purpose of him who works all things according to the counsel of his will, **12** so that we who were the first to hope in Christ might be to the praise of his glory. **13** In him you also, when you heard the word of truth, the gospel of your salvation, and believed in him, were sealed with the promised Holy Spirit, **14** who is the guarantee of our inheritance until we acquire possession of it, to the praise of his glory.

**Phil. 4:8** Finally, brothers, whatever is true, whatever is honorable, whatever is just, whatever is pure, whatever is lovely, whatever is commendable, if there is any excellence, if there is anything worthy of praise, think about these things. **9** What you have learned and received and heard and seen in me—practice these things, and the God of peace will be with you.