



PART 1: *Eme* WITH SELF

WEEK 2: DIAGNOSIS

WARM UP: Did you do the 20-item activity during the service on Sunday? If not, check it out on the next page and give Step 2 a go. Then have a chat as a group about what you've each written.

WARM UP: Now do Step 3 and talk about what aspects of your identity are permanent or changeable. When you ask yourself "Who am I?", how consistent are your answers?

1. Read Hosea 1:2-9. Can you relate to any of these three identities (not loved, not wanted, guilty & ashamed)?
2. Read Hosea 1:10-11 and 2:21-23. What hope do you find in them about the impermanence of our negative identities?
3. Read Hebrews 6:16-20. Why does it matter (to you) that God is the only truly permanent reality in existence?
4. Read 1 John 3:1-3. John writes that children of God who hope for Jesus' return "purify themselves" (i.e. are made whole). How does this (re)define what it means to be (and feel) whole?

PASS IT ON: Who in your life needs to hear this truth?

COAH ONE - WEEK 2 STUDY - ACTIVITY

STEP 1: SETUP

- Get a piece of paper (the bigger, the better) and a pen

STEP 2: WRITE BRIEF ANSWERS FOR EACH OF THE FOLLOWING 20 ITEMS

Names

1. Actual names (i.e. what's on your drivers licence)
2. Meanings of those names (look up babynames.com if you don't know)
3. Nicknames
4. Other names you've been called repeatedly (whether good or bad)

Family of Origin

5. Birth order (e.g. youngest, oldest, middle)
6. Parents (e.g. both present, married/divorced, how did they relate to you)
7. Defining moments - joys (e.g. family holidays, celebrations, special moments)
8. Defining moments - trauma (e.g. loss, brokenness)

Personality

9. Describe yourself (e.g. funny, smart, good looking, dumb, ugly, sporty)
10. Interest and hobbies
11. Personality tests (e.g. Myers-Briggs (& star wars equivalent), Enneagram)
12. Friend group roles (e.g. serious one, funny one, smart one, crazy one)

Life Circumstances

13. Relationship status (e.g. single, married, widowed, divorced, children)
14. Vocational status (e.g. student, working FT/PT, fulltime parent, unemployed, retired)
15. Socio-economic status (e.g. home, mortgage, income, comfortable/uncomfortable)
16. Purpose/achievement (e.g. awards, dream job/mundane job, goals, success)

Physical & Mental Health

17. Physical issues/diagnoses (e.g. bung knee, sore back, crooked teeth, cancer)
18. Mental health issues/diagnoses (e.g. depression, ADHD, autism spectrum disorder)
19. Medications and treatments (e.g. daily pills, routines)
20. Caring for someone else (e.g. child, partner, parent, other relative/close friend)

STEP 3: PERMANENT OR CHANGEABLE

- For each of the items you've written about, write next to what you've written whether you believe what you've described is (P)ermanent or (C)hangeable
- Now for the items you've written a "P" next to (which would include events that have already happened), write whether you believe the impact of it on your identity (who you are) is Permanent (X) or Changeable (Y)