

Fearless and Free

October 17, 2025

Lesson 2 - CHOSEN

Small Groups

I. Wake Up to the Battle

You've got to KNOW the truth and PROTECT the truth.

You've got to RECOGNIZE your identity and OWN your identity.

You've got to BELIEVE the gospel and PREACH it to yourself every day.

II. Dr. Bob Schuchts' research on wounds and identity lies:

WOUNDS

HOW THEY DISTORT OUR IDENTITY

Abandonment

"I am all alone. No one understands me."

Shame

"I am bad, dirty, perverted ... it's my fault"

Fear

"If I trust, speak, confront, I will be hurt or die"

Powerlessness

"I feel overwhelmed... I don't know what to do."

Rejection

"I am not loved or wanted...I have no value."

Hopelessness

"It's never going to change...there is no hope"

Confusion

"I don't know what is happening to me."

These wounds are real. Our stories – the circumstances that led us to believe lies about our identity – they have shaped us.

III. God is the Author of Your Story

Why are we here? What is the purpose of our lives?

Ephesians 1:12

"I saw His glory in my wounds and it dazzled me." Saint Augustine

This is what we will want to be able to say when we meet God:

In my weakness, I knew You to be strong,

In my wounds, I saw You as my healer.

In my need, I saw You all-sufficiency.

In my sin, I knew You to be my Savior.

In my despair, You were my hope.

In my rejection, I was Your beloved.

In my confusion, You were wisdom.

In my fear, You were courage.

In my shame, You covered me.

In my powerlessness, You ransomed me.

In my hopelessness, You resurrected me.

Discussion Questions

1. What counterfeit identities do many of us unknowingly take on-board? Which one do you believe is a part of your story? (Some examples: the fixer, the mistake, the achiever, the scapegoat, the one who gets things done, the unloved, the good one, the lost one.)

2. Share a story of a time God brought something good out of intense personal suffering, creating meaning out of suffering that felt wasted previously. This could be from your own life or from a life observed. Speak as personal as possible.

3. What would change in your life if you lived daily with your perspective set on eternity?

NOTES:
