

# PARENT GUIDE

Year 2- Week 19

## My Identity

### What We Covered

**Take Away Point:** Who I am is defined by what God says about me, not the world.

**Key Verse:** Galatians 2:20a “I have been crucified with Christ. It is no longer I who live, but Christ who lives in me.”

### Why We Talked About It

In a world where a middle schooler's identity can be shaped by social media, teachers, peers, and self-thoughts, they tend to think negatively about themselves and the world. This generation is often called the “Anxious Generation.” In this week's lesson, we discuss the dangers of believing in the world and how to combat those thoughts with the beauty that God created in each student.

### Catechism Connection

#### The First Article: Creation

I believe in God, the Father Almighty, Maker of heaven and earth.

*What does this mean?* I believe that God has made me and all creatures; **that He has given me my body and soul, eyes, ears, and all my members, my reason and all my senses, and still takes care of them.** He also gives me clothing and shoes, food and drink, house and home, wife and children, land, animals, and all I have. He richly and daily provides me with all that I need to support this body and life. He defends me against all danger and guards and protects me from all evil. All this He does only out of fatherly, divine goodness and mercy, without any merit or worthiness in me. For all this it is my duty to thank and praise, serve and obey Him.

**This is most certainly true.**

### What You Can Do

#### Discussion Starters

- Read Ephesians 2:10
- How does this verse shape the way you see yourself?

- What are some labels the world tries to give us?
- How can we remember that our identity is in Christ?
- What's one way our family can reflect God's image this week?

Challenge check-in: Each student wrote a 1-sentence affirmation of who they are in Christ and wrote it on a piece of paper, their hand, or someplace they will remember. Every day, repeat this 3 times to yourself every morning. Ask how they have been doing at remembering that truth?

**Memory Word: Chosen**

Definition: Loved and picked by God on purpose.

Catechism tie-in: "That I may be His own, and live under Him in His kingdom..."

**Watch Together**

Watch BibleProject's video on "Image of God" or "New Humanity"  
(YouTube or BibleProject.com)

Discuss: What does it mean to bear God's image in everyday life?