



SERMON SERIES
EMOTIONALLY HEALTHY SPIRITUALITY

STUDY GUIDE | JULY 26 2020

LOOK BENEATH THE SURFACE

THE POINTS FROM THIS WEEK'S MESSAGE WERE:

- You can't be spiritually mature while remaining emotionally immature
- Get your identity straight
- You are a beloved child of God!
- You need to reject these counterfeit identities:
 - You are what you do
 - You are what people say about you
 - You are what you have
- You need to claim your identity... repeatedly

LET'S TALK

1. What impacted you the most from this week's message?
2. Do you feel that you are in the midst of a storm right now? How equipped do you feel to weather that storm?
3. Why is it so hard sometimes to feel our identity as a beloved child of God?
4. Which of the three counterfeit identities listed in the message are you most prone to believing about yourself?
5. Pastor Jeremy quotes Randy Reese and Robert Loane as saying, "**Claiming, embracing and resting in our identity as beloved sons and daughters of God is a fundamental practice we return to repeatedly.**" Why is it important for us to do this again and again?
6. What are some things you can do this week to remind yourself that you are a beloved child of God?

LET'S PRAY

Spend some time in prayer (for each other, for our community and for the world).

This resource and additional study guides are available at cornerstonechurch.ca/messages

For more group resources including icebreakers, group activities, serving and other meeting ideas, visit cornerstonechurch.ca/onlinegroupideas
