

Being Content with your Identity Through Christ

Icebreaker Questions

- What's something the world says you **need** in order to be happy?
 - Phones, social media, money, attention, validation, boyfriend?
- Have you ever looked at someone and compared your life to someone there is?
 - Someone has more followers than you on instagram or someone has an updated iphone that you want, a friend of yours is dating the cute boy you have a crush on etc.
- How would you define contentment?
 - Comfortability?
 - Satisfaction?
- How would you define identity?
 - Is it the way we define ourselves, where our worth, value, and sense of self.
 - Is it our roles, jobs

Contentment is not:

- Getting everything we want
- Avoiding pain/ache
- Having perfect circumstances

Contentment is: Trusting Christ *is enough*

- Even when following Him costs something
- Even when we are misunderstood
- Even when life feels unfair

Heart Check

“What do I run to when I don't feel like enough?”

“What do I fear losing the most right now?”

“What do I think would finally make me feel secure?”

Read Scripture with questions

Context - This is a *prison* epistle. Paul is in prison writing to the church of Philippi. He wrote it to the believers in Philippi, the first church he established in Europe. The letter expresses his gratitude for their financial support and

encourages them to remain joyful and united in Christ, even in the face of persecution and the possibility of his execution.

- Philippians 3:7-9
 - What does this mean?
- Philippians 4:11-13
 - What does this mean?

Observation Questions

- What stands out?
- What does Paul lose?
- What does he gain?
- How does Paul's Identity shift?
- Where is he rooted now?

Teaching Moment

- The world says contentment comes from success, relationships, money, attention.
- BUT we shouldn't cling to our possessions. They are not coming to heaven with us.
- Following Christ sometimes means letting go of things that **once** defined us.
- Contentment isn't pretending we don't miss those things.
 - Biblical contentment isn't emotional numbness. It's trusting God even while you feel the ache, heartbreak, suffering
 - **It's honest faith not fake positivity**
 - Fake positivity can be pretending everything is fine when it isn't, ignoring pain, having faith and never feeling sad or overwhelmed.
 - Honest Faith is real about suffering, open about emotions, and trusting God while suffering.
 - "This is really hard Lord, but I trust you"
 - "I don't understand what you're doing God, but I trust you"
- **Turn to Proverbs 30:7-9**
- What do these verses mean?
 - These verses are about **contentment and balance**. He's not chasing wealth, but he's also asking not to fall into extreme lack.
 - **"Give me only my daily bread" or food**
 - This echoes a heart of **dependence on God**—wanting *just enough* for each day, trusting God to provide.
 - Agur gives two reasons right after:

- **Too much (riches):** might lead him to forget God and become self-sufficient
- **Too little (poverty):** might tempt him to steal and dishonor God
- Pray that God gives you just enough for you to handle and to be content in for a life that keeps you close to Him. To help you live in truth.

Read Scripture Again 2 Timothy

These verses have something in common.

- 2 Timothy 1:8 - "Share in suffering for the gospel by the power of God."
- 2 Timothy 2:3 - "Share in suffering as a good soldier of Christ Jesus."
- 2 Timothy 3:12 - "Indeed, all who desire to live a godly life in Christ Jesus will be persecuted."

What all these have in common is It's trusting that Christ *is* better.

Suffering isn't a sign that we're doing something wrong. Scripture tells us to expect it. The question isn't if hardship comes, but **where our contentment will be when it does.**

We go through these things because God wants us to talk about it with others.

Following Christ may cost us comfort, approval, or certain lifestyles but it gives us something deeper: **Himself.**

Shifting to Identity: Contentment is not just about circumstances, it is about identity. Remind the group what they said they think identity is.

While this may ruffle some feathers, your identity is not:

- Not your **roles** (mom, wife, leader, student)
- Not your **performance** (successes or failures)
- Not your **feelings** (they change daily)
- Not your **past** (sin, mistakes, or history)
- Not your **struggles** (anxiety, doubt, seasons of weakness)
- Not your **appearance**
- Not your **possessions or status**
- Not **other people's opinions** of you
- Not what the world says you *should* be

Identity is **not** the temporary or external things that change, fluctuate, or can be taken away:

- If my identity is success, I won't be content without achievement
- If my identity is in relationships, I won't be content alone.

- If my identity is in approval, I won't be content being misunderstood.
- But if my identity is in Christ, my contentment is **anchored in who** I belong to, not what I have.

Because all of these things are **unstable**. If your identity is built on them, your sense of worth will constantly rise and fall.

Identity for a believer is:

- Being **in Christ** (your life is rooted in Him)**In Christ — who you belong to.**
- Being **known and loved by God**
- Being **forgiven and made new**
- Being **chosen and adopted** into God's family
- Being **secure**, not because of what you do, but because of what Christ has done

Our identity isn't positive thinking—it's rooted in what Jesus has already secured for us through His life, death, and resurrection.

Scripture

- 2 Corinthians 5:17 - "Therefore, if anyone is in Christ, he is a new creation..."
 - We are born again
- Galatians 2:20 - "It is no longer I who live, but Christ who lives in me..."
 - Our life is now rooted in Him. Christ is in **us**. The holy spirit dwells within us
- Ephesians 1:4-5 - "He chose us... He predestined us for adoption..."
 - We are chosen / adopted. Not accidental, not unwanted.
- **Colossians 3:2-4 Read**
 - We need to have our minds on the above. Not the world. We must put on a new self

Key Identity Truths:

- We are not what we lost.
- We are not what we used to be.
- We are not what the world says we should be.
- **We are Christ's.** We belong to him.

If your identity is built on changeable things, your contentment will rise and fall with them. But if your identity is rooted in Christ, your contentment can remain steady even when roles shift, seasons change, or losses come.

Potential Discussion Questions

What has or should change in your life since following Christ?

- Is there anything you still struggle to let go of?
- Where do you feel the most pressure to “keep up” with the world?
- What makes it hard to believe Christ is enough?
- If Christ is truly enough, what does that say about who I am when certain desires, lifestyles, or dreams are no longer part of my life?
- Am I grieving change because I lost something good, or because I lost something I was using to define myself

Closing the talk

The world promises fast happiness. ***Christ offers lasting contentment.***

Identity is the foundation you stand on when everything else is shaken. That’s why it connects so closely to contentment: If your identity is in Christ, your contentment can remain even when circumstances, roles, or seasons change.

Application

What’s one area this week where you need to choose contentment?

What situation in your life right now is testing your contentment the most?

Where do you feel like “I’ll be okay when...”?