

groups.

— Notes | January 4, 2026

Reset Your Identity

A lot of us either have high expectations or heavy hearts going into the New Year. Maybe you are crushing your goals, maybe you have been sick in this holiday season, maybe you haven't even made goals yet! A lot of people use the New Year to reset their systems whether its physical, emotional or spiritual. The year, let's walk into the New Year not trying to find the "new you" according to the world's standards, but instead finding the "redeemed and restored" you that Jesus came to this earth to save!

Key Scripture | Ephesians 1:4-6

For he chose us in him before the creation of the world to be holy and blameless in his sight. In love he predestined us for adoption to sonship through Jesus Christ, in accordance with his pleasure and will—to the praise of his glorious grace, which he has freely given us in the One he loves.

Related Scriptures

— Ephesians 1:1; Ephesians 1:7-8; Ephesians 1:13-14; Ephesians 1:15-23

Icebreakers:

— Q: Have you ever tried to DIY anything in your house? How did it go?

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Key Thoughts and Reflections:

I. Remember who you are now in Christ.

Q: Everyone has things that they find their identity in. If you were to describe who you are with five different descriptors, what would they be?

Q: Do you struggle with living to please other people?

Q: In Ephesians, Paul is saying God hand-picked you to be His legal heir. This means you get full status and full rights and a full inheritance. Do you feel like you live as if you are fully accepted into as His son/daughter?

II. You are redeemed and forgiven.

Q: Is there a sin that you struggle to let go of or lay down every day? If so, what and why?

Q: "Holiness is not moralism; it is a new identity lived out. God doesn't call you to earn it—He calls you to be what you already are in Christ." – Tim Keller. What does this quote mean to you?

Q: What you say to yourself sets the standard for how you live. How does it look to live life as redeemed versus as a sinner?

III. You are sealed and in Christ.

Q: The Holy Spirit is God's stamp on you. Of the descriptors that you listed to describe your identity, how can you dedicate those to the Holy Spirit and use them to bring glory to Christ?

Q: Do you spend more time in your life trying to fit into the world's algorithm or God's plan for your life? Can you walk through how or different habits you have?

Q: Do you have a true understanding of how God sees you? Why or why not?

Get Practical

In the new year we tend to try so many new tricks to improve our lives. Some of them work and last, but some of them don't. In this New Year as you are discovering or rediscovering whose and who you are in Christ, we encourage you to do four things.

1. Turn down the world. Get off your screen.
2. Personalize and write down Paul's Prayer in Ephesians 1:15-23.
3. Text DEVO to 37748 to receive daily devotionals.
4. Daily remind yourself that you are a Son/Daughter of God and your identity is in Jesus alone.