

IDENTITY INVENTORY

The following practice is an inventory meant to help you identify the places where you most often look for your identity outside of Christ and then speak your true identity directly into those areas. **Our suggestion is to take a week and complete steps 1-3 privately. Then meet for step 4 with your DNA, spouse, friend, etc.**

- 1.) Divide a piece of paper into two columns. Label the left-hand column “I often look for my identity in...” Label the right-hand column “God, my Father, speaks my identity as His child...”
- 2.) In the left-hand column, write 3-4 places from which you commonly derive your identity. If “identity” feels a bit obscure, think *self-worth*. What gives you purpose and meaning and value? Your answers might include: being a parent, a spouse, my career in advertising, being an athlete, eccentric, a musician, a creative, my family background, my history, my level of education, what other people think of me, the amount of money I make, what I look like, being a moral person, going to church, being a leader, a servant, smart or well-read, a success or failure from my past, etc. Take some time and honestly assess yourself. As you consider the question, pray the final lines of Psalm 139 expectantly, “Investigate my life, O God, find out everything about me; cross-examine and test me, get a clear picture of what I’m about...”

Tip: Another way to identify the formative places of your identity is to remember times when they were removed from your life and how you responded. If their absence left you unsure of yourself or what you were doing with your life, then you are on the right track.

- 3.) In the right-hand column, write an identity statement that *directly* speaks into each of the misplaced or miss-weighted identities to the left by completing the sentence “As a child of God...” Heads up, this won’t be easy. It will likely require some time in prayerful reflection. Bring to mind the love of God for you by reading the entirety of [Psalm 139](#). What identity has He spoken over you? What does God think of you? How does that directly address the other places you run to for identity and self-worth?

Tip: Try to write these in complete sentences. Avoid using negation about yourself (i.e., “I don’t have to do...or be...this or that.”). Instead, use positive language about God (i.e., “God *has done...or is doing...or has said...this or that.*”).

- 4.) As a final step, get together with your trusted community (your DNA group, roommate, friend, spouse, etc.) and confess aloud everything in the left-hand column. Then **have them read over you** all the statements in the right-hand column as prayers of blessing and assurance. Here’s a pair of examples:

I often look for my identity in...

God, my Father, speaks my identity as His child.

Being a worship leader.

As a child of God, God loves me and is proud of me, even when I fail as a worship leader. Jesus is our worship leader, and in Jesus, my place in the family of God is secure, not as a worship leader but as a son. I can worship freely (and lead) knowing my Father loves me.

Having a dramatic conversion story.

As a child of God, there is no distinction among how we “get saved.” I can be thankful for my story and glorify God in Jesus by sharing it with others trusting God loves me because of what Jesus did for me.

I often find my identity in...

God, my Father, speaks my identity as His child.

1.

As a child of God...

2.

As a child of God...

3.

As a child of God...

4.

As a child of God...