



Building Better Community Skills

Skill 3 – Whose Are You?

Our society emphasizes “self” esteem to give us more “self” confidence. The emphasis is to change our perspective about **who** we are. God sees differently. We have value in his eyes not based on who we are or what we do. We have value because we are his children. Our value is based on **whose** we are rather than **who** we are. Galatians 4:4-7 reads,

⁴ But when the fullness of time had come, God sent forth his Son, born of woman, born under the law, ⁵ to redeem those who were under the law, so that we might receive adoption as sons.⁶ And because you are sons, God has sent the Spirit of his Son into our hearts, crying, “Abba! Father!” ⁷ So you are no longer a slave, but a son, and if a son, then an heir through God. (ESV)

Too often we forget this profound truth: We are his! We are sons and daughters of the King!

Exercise:

- “As we begin, let’s do an exercise called ‘Whose Are You?’” Read the above paragraph.
- “We too often get wrapped up in what we do for work, what skills we have, what weaknesses we have, and what others say about us.”
- “We count our friends on Facebook, followers on Twitter, and ‘likes’ on social media.”
- “Let’s give each other a reminder of truth.”
- “You are a son or a daughter of the King. Your value comes in **whose** you are.”
- “You are a son or a daughter of the King. He delights in you.”
- “Zephaniah 3:17 reads, ‘The Lord your God is in your midst, a mighty one who will save; he will rejoice over you with gladness; he will quiet you by his love; he will exult over you with loud singing.’” (ESV)
- “What is the first thought that goes through your mind when you hear that truth?”
- Let people share one-word or short answers.
- “Now, let’s all go around to each person, make eye contact, and say, ‘You are a son/daughter of the King!’” Let each person speak into the life of every other person.
- After everyone is done, “Let’s pray.”
 - “Dear God, we have value because we are yours. We have value because of whose we are rather than who we are. For that we give you thanks! Amen.”

At Home this week:

Practice this skill by speaking these words into the lives of those in your home this week. Continue to reinforce **whose** we are to those you love. Our true identity is in Christ!