



Small Group Discussion Guide

You Are Not Who You Were

Text: 2 Corinthians 5:17

Opening Question (Icebreaker)

Describe a time when something about your identity changed (new job, marriage, parenthood, etc.). How did it take time for your thinking or habits to catch up with that change?

Discussion Questions

1. The Reality of Transformation (Identity Shift)

- What stands out to you about being called a “*new creation*” rather than an improved version of yourself?
- Why do you think it’s hard to fully believe that your old identity is gone?
- Which old labels (failure, guilt, insecurity, etc.) do people tend to carry even after coming to Christ?

2. The Problem of Living in the Past

- The sermon said: “*Your past is a reference point, not a residence.*” What does that mean to you?
- What are some ways people stay mentally stuck in their past even after experiencing forgiveness?
- How can dwelling on past mistakes affect your present walk with God?

3. The Battle of Identity (Mind Renewal)

- Read Romans 12:2. What does it practically look like to “renew your mind”?
- What thoughts or beliefs tend to pull you back into your “old self” thinking?
- How can you actively replace those thoughts with truth from God’s Word?

4. The Power of Your New Identity

- According to the sermon, how does understanding your identity in Christ change the way you live?
- Which truth speaks most to you right now:
 - No condemnation (Romans 8:1)
 - Christ lives in you (Galatians 2:20)
 - You are chosen and set apart (1 Peter 2:9)
- How would your daily life look different if you fully believed that truth?

5. Living Forward, Not Backward

- What does it look like to “press on” like Paul in Philippians 3:13–14?
- What are some “old mindsets” or “old identities” you may still be holding onto?
- What is one practical step you can take this week to move forward in your identity in Christ?

Closing Prayer

Pray that God would:

- Help you release past identities and labels
- Renew your mind with His truth
- Give you courage to walk forward in your new identity in Christ