



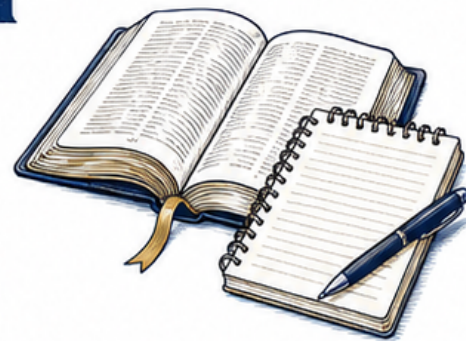
Name: _____ Date: _____

BEYOND SUNDAY

Faith That Works in Real Life

Lesson 1 — Who Am I? *Finding My Identity in Christ*

A 6-Week Bible Study Experience
Friendship Baptist Church



UNIT INTRODUCTION

Welcome to *Beyond Sunday*, a six-week Bible study experience designed to help us live out our faith in everyday life. This series explores what following Jesus looks like beyond the church sanctuary—at home, at work, in relationships, in seasons of pressure, and in the choices we make every day. Lesson 1 begins with the most important question of all: Who am I? Before we can live with purpose, love well, handle pressure, or steward success, we must understand our identity in Christ.



NOTES _____



THEME SCRIPTURE

James 1:22 (KJV)

“But be ye doers of the word, and not hearers only, deceiving your own selves.”



LESSON FOCUS

Big Question: What does following Jesus look like when Sunday is over?**Lesson 1 Big Question:** Who am I when I stop defining myself by my past, my problems, my accomplishments, or other people's opinions?

PRIMARY SCRIPTURE

Ephesians 2:1–10



LESSON OBJECTIVES

By the end of this lesson, students should be able to:

- Describe how Paul explains our condition apart from Christ.
- Explain what God has done for us through grace.
- Identify key truths about their identity in Christ.
- Apply biblical identity to everyday life beyond Sunday.



BEFORE WE BEGIN

People often define themselves by:

- | | | | |
|------------------------------------|--|--|----------------------------------|
| ☐ Career | ☐ Relationships | ☐ Family background | ☐ Money |
| ☐ Education | ☐ Social media | ☐ Appearance | ☐ Success |
| ☐ Failure | ☐ Other: _____ | | |



BEYOND SUNDAY — *Faith That Works in Real Life*

Lesson 1 — Who Am I? | *Finding My Identity in Christ*

Name: _____ Date: _____



1. WITHOUT CHRIST — I WAS...

Read Ephesians 2:1–3

“And you hath he quickened, who were dead in trespasses and sins.” — Ephesians 2:1

Paul begins by showing us how deeply we needed God. Apart from Christ, we were spiritually dead, shaped by the values of this world, and driven by sinful desires. Our condition was not something we could fix by ourselves.



FILL IN THE TRUTH

Apart from Christ, we were spiritually _____.

We walked according to the _____ of this world.

We lived according to sinful _____.



KEY TRUTH

My past may explain part of my story, but it does not have the authority to define my identity.



DISCUSSION & REFLECTION

1. What labels from your past can people be tempted to carry into their future?

2. How do guilt, shame, or failure try to shape identity today?



2. BUT GOD — I AM...

Read Ephesians 2:4–7

“But God, who is rich in mercy, for his great love wherewith he loved us...” — Ephesians 2:4

The turning point of the passage is found in two powerful words: But God. God met our condition with mercy, love, grace, and resurrection power. He made us alive in Christ and gave us a new standing.



ACCORDING TO EPHESIANS 2:4–6, GOD:

- Loved me with great _____.
- Made me _____ with Christ.
- Raised me up with _____.
- Gave me a new spiritual _____.



MY “BUT GOD” MOMENT



3. BY GRACE — I AM SAVED

Read Ephesians 2:8–9

“For by grace are ye saved through faith; and that not of yourselves: it is the gift of God.” — Ephesians 2:8

Salvation is a gift from God. We are not saved by good works, effort, or self-improvement. We are saved by grace through faith in Jesus Christ. Good works do not produce salvation; they flow from salvation.



FILL IN THE TRUTH

Salvation is by _____.

Salvation is received through _____.

Salvation is not the result of our _____.

Salvation is a _____ from God.



KEY TRUTH

We do not work for salvation.
We live and work from salvation.



DISCUSSION PROMPT

Why is it sometimes difficult to receive from God what we did not earn?



4. IN CHRIST — I AM GOD'S WORKMANSHIP

Read Ephesians 2:10

“For we are his workmanship, created in Christ Jesus unto good works...” — Ephesians 2:10

You are not an accident, a mistake, or merely the sum of what happened to you. In Christ, you are God's workmanship—His handiwork—created with purpose and shaped for good works.



BECAUSE I AM IN CHRIST:

- | | |
|--|---|
| ☐ I am loved by God. | ☐ I am God's workmanship. |
| ☐ I am saved by grace. | ☐ I have a God-given purpose. |
| ☐ I have been made alive in Christ. | ☐ My past does not have the final word over my future. |



IDENTITY CHECK

What people say about me: _____

What my past says about me: _____

What my success or failure says about me: _____

What God says about me in Christ: _____



REAL-LIFE CONVERSATION

Choose one or more to discuss.

1. **Social Media** — How can likes, followers, comments, and comparison begin shaping identity?

2. **Career** — What happens when a job title becomes the main source of identity?

3. **Relationships** — Why is it dangerous to expect another person to give you an identity that only God can establish?

4. **Success & Failure** — How can both success and failure become identity traps?



BEYOND SUNDAY APPLICATION

James 1:22 reminds us not simply to hear the Word but to do it.

This week I will stop believing this false label: _____

This week I will start believing this biblical truth: _____

The Scripture I want to remember is: _____

One thing I will do differently because of who I am in Christ: _____



7-Day Identity Challenge

For the next seven days, begin your day by saying:

- My circumstances do not define me.
- My past does not define me.
- Other people do not define me.
- My achievements do not define me.
- My failures do not define me.
- Jesus Christ defines who I am.
- I am saved by grace and created by God for His purpose.

Read **Ephesians 2:10** each day and ask:

"God, what good work have You prepared for me to walk in today?"



MY BIGGEST TAKEAWAY



PRAYER

Father, help me see myself the way You see me in Christ. Free me from false labels, unhealthy comparison, the weight of my past, and the pressure to prove my worth. Thank You for loving me, saving me by grace, making me alive in Christ, and creating me for Your purpose. Help me live this week as the person You have called me to be. In Jesus' name, Amen.



Next Week — Lesson 2
What Am I Here For?
Purpose, Calling & Career
 Ephesians 2:10; Romans 12:1–8

