

Conversation Guide

Identity

Feature
Presentation

Part
01

“God already knows what’s underneath each of our masks; and he wants us to take them off, and be open with our true selves so that we can receive the healing he came to give us.”

Summary

It is important to people that they have a place to belong. But often times in an effort to fit in we allow culture to tell us who we are supposed to be. We are told what it looks like to be a man or be a woman and are expected to put on a mask that represents whoever we are supposed to be in the moment. We end up having a hard time knowing who we really were created to be. But God desires much more for us and already knows who we were created to be. He wants us to hand out identity and value over to him and let him heal our brokenness.

Reflect, Discuss, and Share

01 What sort of masks do you see other people wearing at school or on sports teams or with friends? Do you find yourself wearing similar masks?

Discuss!

02 Why do you think that people wear masks? Do you think it’s always to fit in, or could it be for other reasons? Do you think people ever feel pressure to put on a mask even though no-one else is telling them they should?

Think about this!

03 Did you ever struggle with feeling the need to wear a mask to meet people’s expectations? Do you still feel that way? Share your thoughts with your teen.

Be Vulnerable!

“Therefore, you must put off falsehood and speak truthfully to your neighbor, for we are all members of one body.”

Ephesians 4:25



Encourage your student to identify areas in which are tempted to broadcast a false image of themselves. Discuss how you or others can help them take off their masks.



Want to know what healthy biblical authenticity looks like? Check out [this article](#) that explains it better.