

IDENTITY IN CHRIST

8TH GRADE

OBJECTIVE

Help your student build their sense of identity on who God says they are—not on the shifting opinions of the world, peers, or social media.

WHAT TO KNOW

Eighth graders are asking deep questions like “Who am I?” and “Do I matter?” They are heavily influenced by peers, pop culture, and what they see online. Many tie their worth to how they look, how they perform, or how many people like them. This is a critical season to anchor their identity in something unchanging: who they are in Christ. When students know their value comes from being made and loved by God, it gives them confidence to face challenges, resist comparison, and walk with purpose.

TRUTH FROM THE BIBLE

For we are God’s handiwork, created in Christ Jesus to do good works, which God prepared in advance for us to do. Ephesians 2:10

You were made on purpose, with purpose—and your life has meaning in God’s plan.

I have been crucified with Christ and I no longer live, but Christ lives in me. The life I now live in the body, I live by faith in the Son of God, who loved me and gave himself for me. Galatians 2:20

Your old identity doesn’t define you—Christ living in you does.

You are a chosen people, a royal priesthood, a holy nation, God’s special possession, that you may declare the praises of him who called you out of darkness into his wonderful light. 1 Peter 2:9

God has called you His own—not because of what you’ve done, but because of who He is.

See what great love the Father has lavished on us, that we should be called children of God! And that is what we are! 1 John 3:1

Your truest identity is being deeply loved and fully known as a child of God.



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TALK ABOUT IT

- What are some labels or expectations you feel like people place on you?
- Where do you feel most pressure to “measure up”?
- How do you think God sees you?
- What would change in your life if you fully believed your worth comes from God?
- When have you felt most confident in who you are?

LIVE IT OUT

Encourage your student to write out a list of “I am ...” statements based on Scripture—like “I am loved,” “I am chosen,” “I am enough in Christ.” Help them identify and replace negative self-talk with truth from God’s Word. If social media is feeding insecurity, challenge them to take a break and reflect on what shapes their view of self. Speak identity over them regularly, calling out who you see them becoming in Christ. Affirm their value not based on performance, popularity, or image, but on the unchanging truth of who they are in Him. And invite them to do the same for others—sharing encouraging truths like, “You’re more than what you do” or “You matter because God made you.”

PRAY TOGETHER

Pray with your student this week, asking God to help them see themselves through His eyes and walk confidently in their true identity.

“Jesus, thank You for making us uniquely and intentionally. Remind us that we belong to You, no matter what the world says. Help us find our confidence and security in being Your children. Amen.”

