

# IDENTITY IN CHRIST

## 3RD GRADE

### OBJECTIVE

Help your child understand that the world may try to label them, but their true identity comes from being loved, chosen, and created by God.

### WHAT TO KNOW

Third graders are becoming more aware of what others think. They may start to define themselves by labels like “the smart one,” “the quiet one,” or “the funny one”—labels that can stick in both helpful and harmful ways. This is a great time to teach them that their identity isn’t based on what others say or how they perform, but on who God says they are.

They are beginning to compare themselves to others more often, which can lead to insecurity or confusion. Remind your child often that God made them on purpose, loves them completely, and gives them an identity that doesn’t change. Your encouragement and the truths of Scripture can help them stand strong in who they really are—God’s child, created with love and 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

God made your child on purpose and for a purpose—they are His masterpiece.

*So then, just as you received Christ Jesus as Lord, continue to live your lives in him, rooted and built up in him, strengthened in the faith as you were taught, and overflowing with thankfulness.* Colossians 2:6–7

When your child stays connected to Jesus, their life can grow strong and steady, no matter what others say.

*For I am convinced that neither death nor life ... will be able to separate us from the love of God that is in Christ Jesus our Lord.* Romans 8:38–39

God’s love for your child never changes, never ends, and nothing can take it away.



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## TALK ABOUT IT

- What are some labels you've heard other kids say?
- Have you ever believed something that wasn't true about yourself?
- What does God say about who you are?
- How do you think God feels when He looks at you?
- Who can help remind you of God's truth when you forget it?

## LIVE IT OUT

Help your child recognize the lies they may be believing about themselves and replace them with God's truth. Start by writing down a few negative labels they've heard or even said about themselves. Then, together, cross out each one with a bold marker and write a truth from God's Word next to it—like loved, chosen, forgiven, or created on purpose. Use verses from the Truth from the Bible section to help. Display the page somewhere they'll see it often. As a follow-up, encourage your child to keep a small journal where they write one truth each day about who they are in Christ. You can help them get started with ideas like I am God's masterpiece, I am rooted in Christ, or I am loved without limits. Talk about what these truths mean and how they can live like they're really true.

## PRAY TOGETHER

Ask God to help your child see themselves through His eyes and stand strong in the truth of who they are—His child, fully loved and created for good things.

"Dear God, sometimes it's hard to know who I am. Help me ignore lies that try to tell me I'm not enough. Remind me that I belong to You, that I'm loved, and that You made me for a reason. Thank You for giving me an identity I can trust. Amen."

