

IDENTITY IN CHRIST

10TH GRADE

OBJECTIVE

Help your student understand that their identity is rooted in Christ—not in achievement, image, or opinion—and guide them toward the unchanging truth of who God says they are.

WHAT TO KNOW

This season of life brings deeper questions about self-worth, belonging, and purpose. As 10th graders settle into high school, they're often trying to define themselves through friend groups, performance, appearance, and interests. While none of those things are wrong, they make shaky foundations. Identity that's rooted in popularity, perfectionism, or comparison can leave students exhausted and insecure. That's why now is a critical time to help your student build their identity on something lasting. Scripture tells us we're created by God, known by Him, and called for a purpose. When students understand who they are in Christ, it changes the way they approach every part of life—from relationships and pressure to failure and future plans.

TRUTH FROM THE BIBLE

So God created mankind in his own image, in the image of God he created them; male and female he created them. Genesis 1:27

Your student is not an accident—they reflect the image of their Creator.

Yet to all who did receive him, to those who believed in his name, he gave the right to become children of God. John 1:12

Those who follow Jesus are not just forgiven—they're part of God's family.

I praise you because I am fearfully and wonderfully made; your works are wonderful, I know that full well. Psalm 139:14

God didn't make a mistake. Your student is wonderfully made, exactly as He intended.

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

Our identity isn't just about who we are—it's also about what we've been created to do.



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TALK ABOUT IT

- Where do you feel the most pressure to define yourself?
- What are some things you've been tempted to let determine your worth?
- How do you think God sees you right now?
- What would change in your life if you fully believed your identity was secure in Christ?
- What's one verse or truth about your identity that you want to remember this week?

LIVE IT OUT

Encourage your student to name the places where they're tempted to root their identity—performance, approval, image—and ask how those are affecting their confidence or peace. Together, read one of the verses above and talk about what it reveals about who God says they are. Suggest keeping that verse somewhere visible, like on a mirror or phone lock screen. Speak identity over your student—pointing out strengths you see in them that reflect God's character. Share about a time when you based your identity on something temporary, and what helped you recenter on truth. When you consistently remind them of who they are in Christ, you help anchor their confidence in something that won't shift with the season.

PRAY TOGETHER

Pray with your student this week, asking God to root their identity in His truth and love.

"God, thank You that our identity doesn't depend on what we do or what others say—it's found in who You are and what You've said about us. Help us walk confidently in that truth and remember we are made, loved, and called by You. Amen."

