

IDENTITY IN CHRIST

7TH GRADE

OBJECTIVE

Help your student understand their identity in Christ and how that shapes their self-worth and daily choices.

WHAT TO KNOW

Middle school is a time when your student is trying to figure out who they are. They're facing pressure from friends, social media, school, and even themselves to measure up to shifting expectations. The world tells them that their identity is based on appearance, popularity, success, or performance. But God's Word tells a different story.

Your student's identity in Christ means they are loved, chosen, and set apart for a purpose. Helping them understand this gives them a strong foundation—especially when life feels confusing or they face rejection. Knowing who they are in Christ can give them confidence and clarity when everything else feels uncertain.

TRUTH FROM THE BIBLE

For we are God's handiwork, created in Christ Jesus to do good works ... Ephesians 2:10 NIV
We are made by God with a purpose that He planned for us to live out.

But you are a chosen people ... God's special possession ... 1 Peter 2:9 NIV
You are uniquely chosen and called to reflect God's light to the world.

See what great love the Father has lavished on us, that we should be called children of God!
1 John 3:1 NIV
Your true identity is as a deeply loved child of God.

Therefore, if anyone is in Christ, the new creation has come: The old has gone, the new is here!
2 Corinthians 5:17 NIV
When you follow Jesus, you are completely transformed from the inside out.

You are all children of God through faith in Christ Jesus. Galatians 3:26 NIV
Our identity is not based on what we do, but who we are in Christ.



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TALK ABOUT IT

- When you look in the mirror, what do you see? Does it match what God says about you?
- Why is it better to base your identity on Christ instead of what others think?
- What are some lies the world tells us about identity, and how can we replace them with truth?

Start by asking your student what they think God says about who they are. Share a time when you felt unsure or tried to fit in, and how God reminded you of your worth. Talk about how easy it is to chase approval or compare ourselves to others—but those things constantly shift. God's love and purpose for them never does.

LIVE IT OUT

Encourage your student to write a verse or truth about their identity on a sticky note and put it somewhere they'll see it—like a mirror, locker, or notebook. Remind them often that what God says matters more than what others think. You can also help them create personal “I am” statements based on Scripture, and challenge them to say them out loud—especially when they feel insecure or overlooked.

Here are a few to start with: “I am chosen by God. I am created on purpose. I am loved unconditionally. I am a child of God. I am made for good things.” The more they hear these truths, the more they'll believe and live from them.

PRAY TOGETHER

Take a moment to pray with your student. Invite God into their understanding of identity and remind them that their value comes from Him.

"God, thank You for choosing me and making me Your child. Help me remember that my identity is found in You—not in what I do or what others say. Teach me to walk in confidence, knowing I am loved, valued, and made for a purpose. Amen."

