



# THIS IS US

## With All My Heart

#npthisisus

Week 4

4 of 7

March 7, 2021

**Bottom Line:** Your identity is in whose you are, not what you do.

**Icebreaker:** What's the movie that first comes to your mind that makes you feel emotional? Why? Television show?

**Key Verse:** *Therefore, there is now no condemnation for those who are in Christ Jesus.* Romans 8:1 NIV

The Heart Triad is comprised of personality types 2, 3, and 4 with a focus on their value and identity; their image and how other people see them. This creates problems associated with their own identities. They share similar assets and liabilities, engaging in life and circumstances through being “feelers.” Their main emotional struggle is shame over how they feel others perceive them. Until they become aware of how they are affected by self-image concern, built-up hostility can become an issue for them. **TYPE 2** Childhood Message: “It’s not okay to have needs of your own.” Divine Gift: God’s unconditional love and care. Core Striving: to be needed. Distorted Belief: I am not lovable if I don’t serve selflessly. Focus of Attention: on the needs of others. Root of Sin: pride. Avoidance: their own needs and desires. Primary Fears: being useless and unappreciated. Transformational Growth: humility and pure love. God: They fear He is disappointed with them—they need to do more to serve. Others: They tend to live without boundaries, dismissing their own needs. Church: awesome servants but can burn out. **TYPE 3** Childhood Message: “It’s not okay to have your own feelings and identity. Divine Gift: hope and radiance. Core Striving: to appear successful. Distorted Belief: I am what I do. Focus of Attention: on tasks and goals. Root of Sin: deceit and vainglory. Avoidance: failure and incompetence. Primary Fears: being incapacitated and unadmired. Transformational Growth: truthfulness and trust. God: They treat God as an audience, where they perform to get His attention. Others: Their desire to appear successful can make them appear detached and make others feel inferior. Church: They need to serve in a noticeable place. **TYPE 4** Childhood Message: “It’s not okay to be too much and not enough.” Divine Gift: God’s creativity and depth. Core Striving: to be unique. Distorted Belief: I am inherently deficient. Focus of Attention: What’s missing? Root of Sin: envy. Avoidance: ordinariness and blending in. Primary Fears: being unknown and abandoned. Transformational Growth: contentment and gratitude. God: They have a strong desire to share a relationship with Him that is not common. Others: empathetic and sensitive. Moods fluctuate. Church: compassionate, sensitive servers. Have a hard time finding their place because of their unique thoughts. For the Heart, shame is the trigger that will keep you from being the best version of you. *“Therefore, there is now no condemnation for those who are in Christ Jesus”* (Romans 8:1 NIV). The word “no” is the strongest possible negative in the original Greek. It’s as if God were saying, “No, no, no—not in a thousand years, not in a million years, not a chance in your lifetime.” Your identity is in who you are, not what you do. There is no legitimate shame when you know and live in Jesus Christ.

### THINK IT OVER >>>

What was the most significant part of Sunday’s message to you?

Feelings can be so helpful and so hurtful. How is that true for you in relationship to God, others, and the church?

Desiring significance and identity is not sinful. How does it become a problem?

Shame is a human problem for all nine types, but it is more chronic in the Heart types. It is fueled by their perception of what others think and shapes their self-worth. How do you think we unconsciously fuel in children an out-of-balance concern for what others think?

A root problem in our relationship with God is the sense that we need to DO instead of BE—that our worth to God is based on what we do, not who we are. What Scriptures do you know that combat that lie?

How do you explain the strange connection between low self-worth and pride?

### LOOK IT OVER <<<

One of the problems of identifying and owning childhood wounds for a Heart personality is the shame connected in finding “flaws” in people you love. How can we address and work through this?

There is nothing you can do to cause God to love you more or less. Has that been hard for you to believe? Reflect and discuss.

Over-the-top servers often have few boundaries and give until they are resentful and burnt out. You will actually find yourself more effective when your focus is narrowed and poured into fewer areas. How could a person begin that process?

God wants to challenge you to learn and grow from people different than you. When all of our personalities work together in this process, we see the body of Christ do incredible things. How do you see this currently at NewPointe? In your family or friendships?

## NEXT STEPS

1. Ask God to help you appreciate people who are different than you, and express that appreciation to someone this week.
2. If you are struggling with shame, repeat this to yourself daily: "My identity is in whose I am, not what I do. There is nothing I can do that will make God love me more or less." Write that out and post it where you can read it daily.

## EVALUTION/ACTION

Realizing and reaching your full potential in Christ

**Bottom Line:** Your identity is in whose you are, not what you do.

Rate yourself from 1 to 10 1 (never), 10 (always)	1	2	3	4		6	7	8	9	10
Why did you give yourself this rating?										
What benefits will you obtain by raising your rating?										
Do you know someone who demonstrates this bottom line well? What do you admire about that person?										
What specific action can you put into practice to raise your rating?										
At the end of this week, reflect - where did you see the bottom line show up in your actions throughout the week?										

## PRAYER

List group members and their prayer requests for this week:

## DAILY STUDY

Want to dig deeper? Check out **The Daily** this week at [newpointe.org/daily](http://newpointe.org/daily):

Monday: Psalm 34:5

Tuesday: 1 Peter 5:8

Wednesday: John 4:10-11, 13-14

Thursday: James 4:10

Friday: 1 Corinthians 12:23-27

***Don't let the conversation stop here. Keep talking it over with others throughout the week.***  
(Don't forget to bring this paper to your next small group meeting)