

Seminar

Navigating Change



Emily Agnew

Navigating Change: When identity feels lost or threatened

'I just don't feel like myself anymore.'

'I don't really know who I am.'

'I wish I was still the same as I used to be.'

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'I don't recognise myself.'

'How can I still be me when everything seems to have changed?'

'Who am I if I don't feel like the me from yesterday...it's like I changed into someone else, but who? And it's somehow like we're at a costume party.'

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Some people to introduce you to...

Jennifer

Michael

Ola

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Some people to introduce you to...

Jennifer

'But how can I rest? I don't know who I am if I'm not busy. I need to feel useful.'

Michael

'I don't really know how I am, I don't know what to do with myself each day. I'm not really anybody without work.'

Ola

'I seem to just be mum and the bit of me that is really me just isn't there. Is this all there is to life now? Is this who I am?'

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Group Discussion

What questions might you want to ask one of these three people?

What else might you want to know?

Other situations

Job change Job loss Aging Trauma

Illness Mental health struggles/diagnosis

Bereavement Parenthood (new baby, adoption, 'empty nest'...)

Sudden diagnosis House move/loss University

Addiction recovery Relationship breakdown

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Situations that are...

- Sudden
- Don't match our expectations
- Out of our perceived control
- That 'come at us'
- Unexpected
- Traumatic
- Feel inevitable
- Multiple

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Moving towards thinking about identity

What questions might you ask Jennifer that would focus on how she's seeing her identity?

- What is she worried about with this diagnosis?
- Why are those the things she is worried about?
- Has she experienced these sorts of fears before?

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Moving towards thinking about identity

How might you start to help her see that her identity in Christ could make a difference?

- How is she speaking to the Lord about this?
- What difference has it already made in her life that she is a Christian?
- What does she think she needs to be 'useful' to God and to others?

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Moving towards thinking about identity

Where might you go in Scripture with her?

- Something that helps her see her value in God's eyes is not based on what she does? (1 Peter)
- Help her see she is a child of God before she is anything else? (John 1)
- Help her see her 'usefulness' only comes because she is connected to the vine? (John 15)

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Group discussion

How might you want to start helping them see that being 'in Christ' might make a difference to them in their situation?

Where might you go in Scripture?

What images have you already been given as we've listened to the talks this week?

What other questions might you want to ask?

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Differences matter

This conversation will look different...

...over coffee after a service

...meeting up casually during the week

...in specific set-apart meetings

...depending on how well you already know someone

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Navigating change

Therefore if anyone is in Christ, the new creation has come, the old has gone, the new is here!

2 Corinthians 5:17

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We have an identity that...

- Is given to us
- Is secure
- Will last for eternity

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Navigating Change

Questions?

Time for prayer:

For ourselves

For the people we're walking with

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