



# REDEFINE GRACE

real faith, real facts, and real opportunities to thrive



Redefine is a Christ-centered mental health resource designed to help you Rediscover you're not alone through the ups and downs of your life, Redesign your daily life with simple, empowering tools and Redefine your own story. Whether you're using this on your own, one-on-one with a mentor or friend or in a small group, Redefine gives you permission to be YOU!

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Scripture quotations are taken from the Holy Bible, New International Version (NIV) unless otherwise stated.

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# REDEFINE OUR STORY

Redefine is more than a workbook title or a catchy name. It is a way of life and a process of writing our story alongside a loving, peaceful and gracious God. As we learn new truths about our identity in Christ and tools that empower us to thrive, our new Christ-centered story begins. Our Redefined story means that we are no longer defined by the challenges that we have experienced or continue to experience, and they no longer control the trajectory of our lives. Each new day, we have the opportunity to see ourselves redefined as our new story unfolds.

Redefine follows a Christ-centered, whole-health approach. God uniquely created us and is partnering with us as we explore a journey towards experiencing the wholeness of life. Each chapter weaves together spiritual truths, compelling facts, thought-provoking questions and empowering tools that are relevant to adolescents and young adults. Redefine provides real faith, real facts and real opportunities to love and care for our body, mind, and spirit as well as the relationships that flow from a balanced, whole-health lifestyle.

## **2 CORINTHIANS 5:17 ESV**

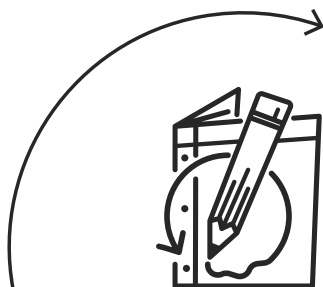
“Therefore, if anyone is in Christ, he is a new creation. The old has passed away; behold, the new has come.”

# HOW IT FLOWS



## 1. REDISCOVER

Dive into personal journeys of men and women from the Bible as they navigate through overwhelming challenges and anxieties. Read the Scripture listed, the summary paragraph and then answer the question on your own or with your group.



## 2. REDESIGN

Learn new facts about relevant topics and uncover what it means for your journey. Walk away empowered as you take steps to redesign areas of your life using simple tools.



## 3. REDEFINE

Explore ways to redefine your story for the week by using the facts and tools that you have learned.

# HOW IT'S USED

**BY YOURSELF:** Using the blank space provided, take notes, answer the provided questions and discover new tools to help redefine your story at your own pace and in your own time.

**WITH A FRIEND OR MENTOR:** Explore this journey with someone you trust and who knows you well. Dialogue together as you dive into the compelling stories, facts, discussion questions and practical tools.

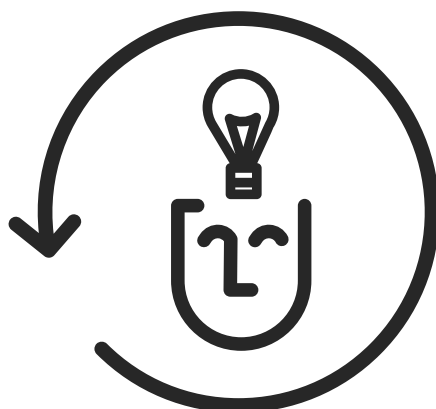
**AS A GROUP:** Journey with your fellow classmates, friends or colleagues towards a healthier version of you! Meet together weekly in a small group setting to explore what it looks like to Rediscover, Redesign and Redefine your own story.

## GROUP GUIDELINES

Respect and provide encouragement and compassionate support.  
 Listen with confidentiality and avoid fixing anyone's challenge.  
 Discover hope and tools while learning from one another's journey.

Review these guidelines as a group prior to starting each new chapter.

# OUR REDEFINED IDENTITY



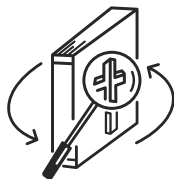
## CHAPTER ONE

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### **GROUP GUIDELINES**

Respect and provide encouragement and compassionate support.  
Listen with confidentiality and avoid fixing anyone's challenge.  
Discover hope and tools while learning from one another's journey.

# REDISCOVER



## READ JOHN 4:7-18

The woman at the well was living with challenges that made life complicated, confusing and lonely. She experienced multiple relationships that didn't satisfy, and as a Samaritan woman, she was despised by the Jews. At this time and in this culture, men and women did not have one-on-one interactions with each other. Yet, here we see that Jesus was not intimidated by this cultural rule or even embarrassed by her status or personal challenges. Instead, He spoke with her! Jesus knew the details about her life and how she was living from a "well that never satisfied." Jesus wasn't trying to convict or shame her, rather He was sharing compassion with her. He wanted her to know that He saw her pain and He hadn't forgotten about her! Jesus knew her challenges didn't define her and wanted her to know about a new "living well" that would always satisfy and would forever redefine her identity.

This is the same for us today! Regardless of the challenges we have faced and are still facing, Jesus compassionately understands and wants us to know that those challenges do not define us. Jesus comes to our "well" and offers a new, living water that ultimately reminds us that God always satisfies.

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How can you relate to the woman at the well?

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# REDESIGN

1. On the outside, it's easy to be known by our GPA, our friends, the car we drive or the internship we landed. But on the inside, we can feel something completely different.

**DESCRIBE THE DIFFERENCE BETWEEN WHAT PEOPLE PORTRAY ON THE OUTSIDE AND WHAT THEY MAY ACTUALLY BE FEELING ON THE INSIDE.**

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2. The pressure to fit in might cause us to focus on who we wish we were rather than discovering who we already are in Christ and the qualities He has given us.

**HOW HAVE YOU SEEN PEOPLE EXPERIENCE THE PRESSURE TO FIT IN? HOW DOES THIS PRESSURE CHANGE THE WAY YOU VIEW YOURSELF?**

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3. As we struggle with anxiety or depression, relationships, stress and other challenges, the way God sees us never changes. He always looks at us with love, compassion and grace.

**WHAT DO YOU THINK GOD WANTS YOU TO KNOW ABOUT HOW HE SEES YOU IN THE MIDST OF YOUR STRUGGLES?**

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Often times we carry around negative labels that we believe to be true about ourselves. Yet, knowing our redefined identity can bring freedom and refreshment! Read over the statements listed in the “My Redefined Identity” box. Discuss which of these statements are the easiest to believe and which are the hardest to believe.

Next, choose four identity statements that impact you the most and write them in the “I AM” spaces.

I AM

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I AM

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I AM

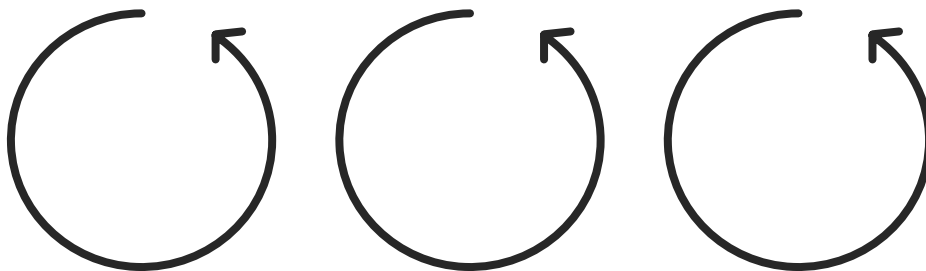
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I AM

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In a busy world, reminding yourself of these truths throughout your day can be a challenge! In the space below, brainstorm three different ways you can carry these truths with you during this upcoming week (e.g., put the identity statement on the home screen of my phone, write the truth on a notecard to put in my car). Share your ideas with your group!



**MY REDEFINED IDENTITY**

- I am a son or daughter of a loving heavenly Father ..... Romans 8:15
- I am made completely new and am not defined by my old self ..... 2 Corinthians 5:17
- I am chosen and loved more than I know by God ..... Colossians 3:12
- I am freed and forgiven by God’s never-ending Grace ..... Ephesians 1:7
- I am not alone and Christ is always present with me ..... Colossians 1:27
- I am never separated from God because I have direct access to Him .. Ephesians 2:18
- I am a valued member of God’s community ..... 1 Corinthians 12:27
- I am called a “friend” by Jesus ..... John 15:15
- I am made complete in Christ ..... Colossians 2:10

# REDEFINE



Write down one thing you learned and how it will redefine your story this week:

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## PRAYER FOR OUR WEEK

“ Jesus, thank you for being near and walking alongside us as we journey through this new season of life. Thank you for showing us hope in a redefined identity that is filled with your peace and love. We pray that in this new week, we can rest in knowing that you love us for who we are and right where we are! In your name we pray, amen.

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