

Identity Crisis

Bible Study

SUPPLIES: *Identity Crisis* Movie access
Identity Crisis Bible Study
Pens

LAUNCH: Host a Movie Night (refer to IDC Movie Night guide)
 Invite Friends
 Provide Snacks
 Lead Movie Night Conversation following the movie

GROUP: Set a weekly time to meet (request 6-week commitment)
Use the conversation starters included in the guide to host a weekly conversation about the movie (print copies of the conversation sheets for each group member)
Encourage participants (or leader prep) to download and print: The 7Ps (affirmations)

Confidentiality: Please encourage group members to not share the stories or activities outside of group. Explain that being a safe person is keeping private information private. As a **Group Leader** share that the only time you will share something outside of the group is if a member threatens to hurt themselves or others (in the situation you will notify a parent or guardian and get help).

For more information about *Identity Crisis* visit: theboylansisters.com

Identity Crisis resources featured in the movie are available for purchase: andreapolnaszek.com

Thank you for watching the movie, ***Identity Crisis***. We are prayerful that God will use this film as a pathway for truth, life giving and loving conversation. ***Identity Crisis*** is a great movie for audiences of all ages. This guide is a tool to help start conversations within youth group, small group, church, and family.



Conversation 1: I Wish I Was...

God's Soundbite: "Wait for the Lord, be strong and take heart and wait for the Lord." Psalm 27:14

- Consider each of the words that Madison typed into the machine and pick the one you would like more of.
- What would it look like if you embraced that word and attempted to embody it?
- Identify one action step you could take to be more confident, assertive, or brave in your own life.

Prayer Soundbite: Dear Lord, I feel afraid all the time. I'm scared of failing and this keeps me from trying new things or risking the chance of being wrong. Please help me to truly trust your power as my guide and strength to step out. Thank you, Jesus. Amen

A horizontal strip of various hand-drawn icons representing different fields of study or interests. The icons include a mirror, a bookshelf, a DNA helix, a document, apples, a flask, a smartphone showing a person's silhouette, a couple walking, flowers, a pair of scissors cutting a string, a bouquet of flowers, a door, a sign that says "Personal Assistant Apply Here", a clock, a compass, a clock face, a hand pointing up, a computer monitor, a heart, and a tree.

Conversation 2: Being Shy Isn't a Bad Thing

God's Soundbite: "In peace, I will lie down and sleep, for you alone, Lord, make me dwell in safety." Psalm 4:8

- Identify a time when you were surprised by how someone viewed you—good or bad.
- What would it mean for you to embrace a trait you view as a negative right now?
- Reconsider the “bad trait” and restate it as a super power. (example: *I am shy* to *I am thoughtful*.)

Prayer Soundbite: Dear Lord, I am afraid of my own voice. I stay hushed in order to keep the peace around me. Please be my peace so I can be myself and not be afraid of conflict. Lord dwell within me, empowering me to be a peace in my own skin. Thank you, Jesus. Amen

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Conversation 3: Avoiding the Mirror

“You have to put yourself out there, Madison, you might end up regretting all the things you’ve never done.”
– Henry (5:24)

God’s Soundbite: “They are more precious than gold, than much pure gold, they are sweeter than honey, then honey from the honeycomb.” Psalm 19:10

Movie Soundbite: Watch Clip #3. During the scene when Henry (the librarian) is walking alongside Madison in the library, he encourages her to put herself out there. He is encouraging her to ask a boy out and apply for a new job. Madison shrugs this off without much consideration. She so fully rejects his encouragement that she re-pins the job advertisement back onto the bulletin board.

- Identify a time when you have shrugged off someone’s encouragement to take a risk.
- What would it mean to you if you embraced the opportunity that person suggested?
- Write a short list of things that are valuable about yourself.

Personal Soundbite: Take a look at affirmation #3 on the 7Ps handout. Meditate on the idea that God is Precious and that means you are valuable.

Prayer Soundbite: Dear Lord, I struggle to try new things. I get nervous that I might fail and embarrass myself. Please help me to step into your power and may I have the courage to allow you to strengthen me to take a risk. Thank you, Jesus. Amen

Soundbite for the week: Rewrite #3 of the 7Ps in your own words.



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Conversation 4: Mirror Mirror

“Mirror Mirror, Who’s the Fairest of Them All?” – Harper (1:52)

God’s Soundbite: “God saw all he had made and it was good.” Genesis 1:31A

“Though the Lord is exalted, he looks kindly on the lowly; though lofty, he sees them from afar.” Psalm 138:6

Movie Soundbite: Watch Clip #4. There is a scene in the movie when Harper waltzes into the dorm room dressed as the evil queen. She grabs the mirror that Madison has invented and asks, Who the is the fairest of them all?” We have all asked that question of ourselves and instantly thought of the person who is fairer than ourself.

- Who was the person who came to mind?
- What would it mean if you embraced both your strengths and weaknesses?
- Identify one weakness and then the opposite that might be within you.

Personal Soundbite: Take a look at the #4 Affirmation on the 7Ps handout. Consider how you talk to yourself? Do you use a kind voice? Write the affirmation on a notecard and take it with you this week.

Prayer Soundbite: Dear Lord, I struggle with comparing myself to others. I constantly put myself down. Help me to remember that You are pleasing and that with you I can be kind to myself and others. Thank you, Jesus. Amen

Soundbite for the week: Rewrite #4 of the 7Ps in your own words.



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Conversation 5: Desperately Seeking Approval

“I’ve been thinking about what you said when you were home, I’ve always been proud of you.
I’m sorry if you felt I wasn’t.” – Mary Montgomery (1:27:58)

God's Soundbite: “For you created my inmost being; you knit me together in my mother's womb. I praise you because I am fearfully and wonderfully made; your works are wonderful, I know that full well.” Psalm 139:13-14

Movie Soundbite: Watch Clip #7. After singing at the Fall Festival, the clone asks Mary Montgomery (Madison's mother), "Are you proud of me now?" The comment is not responded to until later in the movie, when Mary facetimes Madison before the winter formal. It is a powerful little scene when we hear Mary say: "Madison I have always been proud of you." Did you know that even though your mother may feel like the person closest to you because she carried you in her womb, God inspired your inception? He saw you before you were born. He says, you are fearfully and wonderfully made. Even if your earthly mother has not told you she is proud of you, God sees, knows and loves you.

- Identify a time when you have desperately wanted someone's approval.
- What would it mean for you to find that approval in God?
- How could trusting God's ever present perception (knowing the beginning from the end) provide you a stronger sense of who you are?

Personal Soundbite: Take a look at affirmation #5 on the 7Ps handout. Meditate on the idea that because God is perceptive (knowing all) you can be wise.

Prayer Soundbite: Dear Lord, it is easier for me to trust what I think I know then trust what I can not see. Please help me to embrace your words, that I am fearfully and wonderfully made in Your Image. May what is true about me echo in my mind, not the negative things I have heard from others. Thank you, Jesus. Amen

Soundbite for the week: Rewrite #5 of the 7Ps in your own words.



Conversation 6: Hide and Seek

God's Soundbite: “Will evil doers never learn— those who devour my people as men eat bread and do not call on the Lord. There they are, overwhelmed with dread, for God is present in the company of the righteous.” Psalm 14:5

- Identify a time in your life when you were hiding, either because you were covering up for a mistake, or because you wanted to fit in.
- What would it have meant for you to not hide?
- If there is something you are hiding from right now, what is an action step you could take to come out into the light?

Prayer Soundbite: Dear Lord, I have been hiding some parts of myself. I am afraid of what others will think if I reveal all of me—quirks and all. Please help me to bring all of myself out into the light. I want to trust your presence and stay focused on my own positive character development. Thank you, Jesus. Amen

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Conversation 7: I'm not perfect so how can I be enough?

“I have learned that perfection is not being flawless, rather it is living in a state of wholeness and completeness.”
– Madison Montgomery (1:24:34)

God's Soundbite: “Lord, you also are my portion and my cup you make my lot secure.” Psalm 16:5

Movie Soundbite: Watch Clip #7. At the beginning of the film, Madison is striving to be perfect. Her perfection keeps her from trying new things, raising her hand to answer, and presenting what she has learned. Through the course of the film, she learns that perfection is not being without mistakes, but instead it is the state of being complete. The completeness is found when she owns herself as a person—both her strengths and her weaknesses.

- Identify the way perfectionism affects you.
- What would it mean for you to embrace your imperfections? (List one or two)
- How can your imperfection become a strength?

Personal Soundbite: Take a look at affirmation #7 on the 7Ps handout. Meditate on the idea that God is perfect and in Him you can be whole.

Prayer Soundbite: Dear Lord, I struggle with wanting to be perfect. I hate making mistakes and this causes me to not take risks, try new things or put myself out there. I want to embrace my imperfections and trust Your Perfection to be my strength. Thank you, Jesus. Amen

Soundbite for the week: Rewrite #7 of the 7Ps in your own words.



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