



FROM: Gender Identity, Anxiety, and Depression:
Reshaping Identity Issues with the Gospel
with Jonathan Holmes

UNDERSTANDING IDENTITY:
What it is & how it is formed

	Traditional Identity	Modern Identity	Gospel Identity
Where does one's identity come from?	External	Internal	Vertical > Horizontal
What is the highest good?	Honor	Happiness	Living as God created you
Who gives you identity?	Chosen for you	You choose	Given to you
How do you relate to your culture?	Fit in	Stand out	Citizen/Sojourner of this world
Who is the decisive validator?	Higher powers/parents	You	God
What are you?	You are your duties	You are your desires	You are a child of God
Who makes the sacrifice?	You make the sacrifice for society	Society makes the sacrifice for you	Jesus makes the sacrifice
What do you do with emotions?	Ignore your feelings	You are your feelings	Feelings are part of our faith