**Edward Christian Church Identity: *Who Are You?* July 12, 2016 pt3**

**What** is your **real identity**? What **is** an **identity**? **Is** **identity** something you are **born** with? Is it **changeable** or **never** able to **change**?

 **Characteristics**

What **happens** if you are **caught** in an **identity crisis**? In some **ways**, you would be like an **amnesiac**—you **don't** know who you **are**—you **can't** find your own way **home**. What a **fearful** situation! If your **heart** is heavy with **fear**, if you **don't** seem to **know** yourself or know **what** to **do** with **yourself**, just **know** that God **knows**. He **not** only **holds** all the **answers**, but He also **waits** for you to **seek** Him for the **right** answers.

 *"I sought the Lord, and he answered me; he delivered me from all my fears."* -**Psalm 34:4**

**Inner Emotional Conflicts**

**Emotional** **conflicts** within those who are **struggling** to establish a **personal** identity are **common** to every **age** group. These **feelings** are **related** as much to **external** events as they are **related** to **inner** thoughts and **preoccupations**.

* **Anxiety***—"I don't know who I* ***really*** *am."*
* **Depression***—"I have no* ***hope*** *for the* ***future****."*
* **Self-doubt***—"I am so* ***inadequate****."*
* **Self-consciousness***—"I am* ***unacceptable*** *and* ***unloved****."*
* **Low self-worth***—"I am* ***not*** *good* ***enough****."*

 *"How long must I wrestle with my thoughts and every day have sorrow in my heart?"* -**Psalm 13:2**

**Outer Evidence of Conflict**

**Inner** Emotional **Struggles** w- **Identity** Usually **Result** in the Following **Patterns** of **Inconsistent** Behavior:

* Oppositional **attitude** and **actions**
* **Difficulty** in making a **positive** spiritual **commitment**
* **Unhealthy** friendships
* **Inability** to **make** decisions or **impulsive** decision making
* **Rejection** of family **values** or blind acceptance of values of **others**
* **Struggles** with sexual **immorality**
* **Difficulty** in establishing **intimacy**
* Excessive **difficulty** in **choosing** a career
* **Inability** to set long-term **goals**

 *"He is a double-minded man, unstable in all he does."* -**James 1:8**

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