



## **PART 1: Label Maker**

### **INTRODUCTION**

We all wear labels. Many of the labels we wear were placed on us by others—parents, siblings, friends, teachers, coaches, or coworkers. But what if we're carrying around the wrong labels?

Who has the right to label you? Who are you going to allow to label you? Who knows best how to label you? Labels create expectations and expectations influence the direction of our lives.

### **DISCUSSION QUESTIONS**

1. What kind of kid were you in middle school? Were those years fun or difficult for you?
2. How have the labels you picked up during childhood followed you into adulthood?
3. Who labeled you during your formative years? Did that person or people mislabel you? If you were mislabeled, have you shaken those labels or do you still carry them around with you?
4. Why is it so difficult not to let the labels people put on us influence the way we behave, even when those labels are inaccurate?
5. Is it difficult for you to believe that God has a plan for your life? Why or why not?
6. What is one step you can take this week to begin to tear off your incorrect labels and let your heavenly Father label you as he sees you? How can this group support you?

### **MOVING FORWARD**

The labels people put on you could cause you to miss God's plan for you. Who have you allowed to label you? Maybe it's time to peel off those old labels and begin seeing yourself the way your Creator, Savior, and Redeemer sees you.

### **CHANGING YOUR MIND**

*Do not conform to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God's will is—his good, pleasing and perfect will.*

**Romans 12:2**