



## BEYOND WORK, BEYOND TRAUMA: FINDING IDENTITY IN CHRIST

with Jeremy Stalnecker, Mighty Oaks Foundation

### ► FOCUS VERSES

For we are God's handiwork, created in Christ Jesus to do good works, which God prepared in advance for us to do.

Ephesians 2:10

In their hearts humans plan their course, but the LORD establishes their steps.

Proverbs 16:9

### ► DISCUSSION

1. **If someone asked you to define who you are, what would you say? Would your job or career be a major part of that definition?**
2. **How would that definition change if you retired from your job tomorrow? What about if you were laid off?**
  - a. Have you thought about what new definition or identity you might take on?
3. **Jeremy Stalnecker talks about coming home from military service and finding that he rubbed people the wrong way when he tried to supervise them the way he'd supervised subordinates in the Marines.**
  - a. Have there ever been times when you tried to operate in your home, church, or volunteer life the way you do at your job?
  - b. How did people respond?



Find this podcast at [theredeemed.com/finding-identity-in-christ/](https://theredeemed.com/finding-identity-in-christ/)

4. **Have you ever thought about the identity or purpose God might have created you for? Thinking about it now, is it different from the way you defined yourself in question #1?**
5. **Jeremy talks about being frustrated and angry that people didn't understand how he'd defined himself or what he'd been through in his military service.**
- a. Have you ever felt frustrated or angry that your family and friends don't understand the responsibilities and stresses you face in your career?
  - b. Looking back, was it fair to expect them to understand something they hadn't experienced themselves?
  - c. Could you have expressed your frustration in a more constructive way?
6. **As Jeremy says, trauma isn't strictly limited to things like deaths in the family or past sexual abuse—it's any "event or series of events that pushes people beyond their ability to cope."**
- a. Based on this broader definition, are there any events in your past that you now consider traumatic, even though you hadn't before?
  - b. In what ways have you healed from them, and in what ways are you still struggling to move past them?
7. **Are there any ways you could use your struggles or traumatic experiences to help others who are going through similar pain?**

