

KATY MCCOWN

She Belongs

Finding Your
Place in the Body of Christ

AN INTERACTIVE
BIBLE STUDY

Includes Six-Session
Video Series

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Books for Courageous Women
from David C Cook

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Week 1

The First Step to Belonging



Memory Verse

*He himself bore our sins in his body on the tree,
that we might die to sin and live to righteousness.
By his wounds you have been healed.*

1 Peter 2:24

Introduction

He burst through the door with her in his arms. The look on his face alerted me that something was very wrong.

Moments before, my daughter had been playing in the driveway. She'd been riding her bike alongside her older brothers on a beautiful spring day. All was well until our daughter followed her big brothers down a hill that proved to be too steep for our youngest bike rider. She hit a bump and lost control, sending her face-first over the handlebars. Her jaw hit the pavement, and her cry followed the impact—a cry that initiated her daddy's response.

My husband, Luke, rushed to our little girl's side and without hesitation scooped her up in his arms. He had only one focus: to help our daughter. He carried her into the house and started tending to her wounds. She was bleeding and bruised, crying and afraid. With a damp cloth in hand, Luke knelt next to her and gently wiped the blood away. Once we could see the wounds clearly, we put ointment on them and bandaged them, but we knew her injuries would require professional attention.

The next several hours included a visit to the emergency room and the consultation of specialists. No matter where we were—a waiting room, a doctor's office, or the couch in our own living room—Luke stayed at our daughter's side. He held her if he could, but when she needed to sit on a hospital bed for evaluation and care, he pulled his chair as close to her as possible so she could rest her head on his shoulder.

X-rays and CT scans revealed she had broken her jaw in three places. We were scheduled for a procedure that involved wiring her jaw shut so it could heal, but because her accident had happened over the weekend, we would have to wait until the next morning for the procedure.

As we attempted to sleep that night, my husband and I made a bed of blankets and pillows in our room so our daughter could be near us as she slept. One small whimper from our

sleeping girl, though, moved her daddy out of the bed so he could once again scoop her up in his arms.

He held her the rest of the night.

I don't know how much Luke slept, but despite the trauma of the day, our daughter slept peacefully through the night in her father's arms.

The following morning, we went for the procedure. To reduce the risk of further injury, the doctor placed wires in our daughter's mouth to rest her teeth together and provide stability for her bones. On the car ride home, with several weeks ahead of a new diet and a new normal, Luke couldn't bear to let our daughter sit in the back seat alone. And so, as was his habit, he climbed into the back seat so he could scoop her up again and hold her in his arms.

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Day 1

A Place for Your Broken Pieces

Memory Verse

He himself bore our sins in his body on the tree, that we might die to sin and live to righteousness. By his wounds you have been healed.

1 Peter 2:24

During the hours and days that followed my daughter's bicycle accident, she found security and rest in the arms of her daddy. In spite of her broken jaw and everything that came with it, in her father's arms she found peace. She was where she belonged.

In the space below, describe what a life of belonging looks like to you.

One definition of belonging is “the feeling of security and support when there is a sense of acceptance, inclusion, and identity for a member of a certain group.”¹ Based on this definition, shade in the bar below to show how close or how far away you feel from belonging in the body of Christ.

I don't feel like I belong at all.	I don't feel completely distant, but I don't feel included either.	I feel completely secure and supported in the body of Christ.
------------------------------------	--	---

What, if anything, keeps you from believing you could live a life of belonging with Jesus and His body?

You may have experienced a broken relationship with a spouse, a friend, a child, or a fellow member of the body of Christ. Past sins may have shattered your hopes of ever being acceptable to God. Maybe it's not your own brokenness you're grappling with but the brokenness of a world that's unraveling all around you. You may have read headlines about church conflict or pondered social media disputes that come across your feed and concluded it's not really possible to belong anywhere this side of heaven.

It's true: There is a security that will be found only when sin is no more and we dwell eternally in the perfect presence of God. However, I believe we can exist in a broken world and still experience belonging. Belonging isn't the absence of brokenness—it's the presence of a Healer.

My goal for this study is for us to live what Paul described in Ephesians 4:16:

He makes the whole body fit together perfectly. As each part does its own special work, it helps the other parts grow, so that the whole body is healthy and growing and full of love. (NLT)

What words jump out to you in this verse?

Words like *whole*, *fit together*, *special work*, *healthy*, *growing*, and *full of love* seem so rich with promise, but they may sound quite the opposite of how you feel right now. That's okay. You're right where you need to be because belonging begins in the midst of our brokenness. The first step to belonging is to let God into the broken places of your heart.

My daughter's response to her father's care probably doesn't surprise you. We recognize the blessing of a loving father who ran to his child and comforted her. We would expect her to receive that gift gladly and rest in it. But when circumstances shatter our lives, instead of allowing God to scoop us up, care for us, and put our broken pieces back together, we sometimes pull away.

With six children in my house, there are lots of scrapes and cuts to tend to. Sometimes, one of our children skins his knee or scrapes his elbow. Instead of allowing us to care for the wound, he covers it and recoils. It hurts, and he's afraid that our care will only hurt more. He doesn't want anyone to touch his wound or get near it, so he pulls away and tries to hide it. That feels like the safest option for his pain.

Maybe you feel more like my boy who pulls away. You're not yet convinced that being in Christian community is worth it, and you're worried that if you peel back the bandage covering your past hurts, failures, weaknesses, and sin, you might just fall apart and no one will be there to help you put the pieces back together. If that's you, I understand the resistance you feel right now. But before you decide this isn't for you, let me share something God has taught me.

For a long time I instinctively tried to hide any pain or brokenness in my life, but God began to pull back the makeshift bandages I had placed over my wounds. I didn't understand why we had to do this. It felt so much safer to keep them covered up. But God gently revealed to me the infections that penetrate untreated heart wounds. As with an untreated physical wound, untreated heart wounds grow more and more tender. Though covered up, the wounds get worse, and if they're not treated, infection will spread and create even more hurt.

God doesn't want you to spend your life endlessly trying to keep it together. He wants to heal you, fill you, and lead you to the rest found in His arms when you belong to Him.

Read the verses below, and underline what they say about God's response to our brokenness.

Psalms 34:18 •————→ "The LORD is near to the brokenhearted and saves the crushed in spirit."

Psalms 147:3 •————→ "He heals the brokenhearted and binds up their wounds."

How does the truth in these verses change your perspective on brokenness?

What comfort it is to read that God is near to us when we are brokenhearted! He saves us, heals our pains, and comforts our sorrows. I love how *The Message* paraphrases Psalm 34:18: “If your heart is broken, you’ll find GOD right there; if you’re kicked in the gut, he’ll help you catch your breath.”

Because God is faithful to comfort and able to heal, you don’t have to hide or ignore the broken places of your heart. Instead, you can release your shattered heart to Him and receive the nearness and healing of the Lord.

DIGGING IN

Read Psalm 34:8–10:

Oh, taste and see that the LORD is good!
Blessed is the man who takes refuge in him!
Oh, fear the LORD, you his saints,
for those who fear him have no lack!
The young lions suffer want and hunger;
but those who seek the LORD lack no good thing.

What does the first line of these verses tell us to do?

The Hebrew word translated “taste” is often used to express the tasting of food, but in this verse it’s a slightly different concept. Here, it’s used to communicate the idea of perceiving something.² When David wrote, “Taste and see that the LORD is good,” he was writing about something you discover by experience. I love how the Good News Translation presents this idea: “Find out for yourself how good the LORD is” (Ps. 34:8).

Think of something you’ve found out for yourself. Maybe it was a problem you figured out how to solve on your own or directions to a new place you discovered for yourself. Maybe you researched and learned a new skill on your own, or maybe you refused to take someone else’s word about a roller-coaster ride, so you rode it to find out for yourself how exciting it was.

What did you do? Why did you do it? How did you feel once you had experienced it? Use the space below to describe that experience.

If you’re like me, you’d much rather find things out for yourself than take someone else’s word for it. It’s not all that different from what I did that dreadful day on the ski slope. (If you don’t know what I’m talking about, go back and read the introduction to this study.)

Think for a moment, though, about how the experience you just described compares with your experience of God. Have you found out for yourself how good the Lord is, or are you taking someone else’s word for it?

Read Psalm 34:18 again: “The LORD is near to the brokenhearted and saves the crushed in spirit.” Some translators feel that the phrase “crushed in spirit” is connected to the humility that comes from repentance and a contrite heart.³

*Belonging isn't the absence of brokenness;
it's the presence of a Healer.*

This is similar to what we read about in Psalm 51:17, where David wrote, “The sacrifices of God are a broken spirit; a broken and contrite heart, O God, you will not despise.” The words of Psalm 51 came from the anguish of a heart that had sinned against God. David wrote these words in response to being confronted by the prophet Nathan about David’s adultery with Bathsheba and the murder of her husband.

Whether we’re choosing to hope in God in the midst of broken circumstances or appealing to God in the brokenness of our sin, our response remains the same: *Taste and see that the Lord is good!* To better understand this, let’s go back to my daughter’s story and what happened as her broken jaw healed.

After her jaw had been wired shut, my little girl required a liquid diet. The task of finding *one* meal for my daughter to drink was so difficult—and she was going to need three weeks of such meals. Needless to say, this challenge left me concerned.

The first meal I served her through a straw we named “the pizza drink.” It was really just tomato soup blended well, but anytime you can add “pizza” to a title, it sounds so much tastier. After a few days, we landed on a favorite breakfast drink too. Because it was her favorite color, we named it “the pink drink,” and it immediately became a staple. She liked most sweet, fruit-filled drinks, but after a few days of mostly fruit smoothies, her new diet began to take its toll on her body.

She felt dizzy and emotional, and her already lean body grew even thinner. We tried heartier drinks like chicken soup and chocolate-peanut butter shakes, but she didn’t want them. We practically begged her to drink them, but she wouldn’t. Maybe she didn’t like the color. Maybe she didn’t like the smell. Maybe she thought it was too thick or too thin. I don’t

really know, but somehow she came to the conclusion that the new drinks weren't good, and no matter how bad my six-year-old felt or how much she needed the nutrition, she wouldn't drink them.

After several days of failed attempts to convince my little girl to sip something new, we finally found an answer. One night, she decided she loved blended up chicken pot pie. She took one sip and was hooked. *Hallelujah!* I have no explanation other than we had prayed desperately for God to help us nourish her. She drank a lot of chicken pot pie over the next few weeks, and the more she drank, the less she complained of feeling dizzy or tired. She tasted and saw that what we offered her was good.

To taste God's goodness and experience the belonging that can be found only in Him, we must first be willing to try it. Tasting is something no one else can do for you. Sure, I can take a bite and tell you just how wonderful it is, but only you can taste it for yourself.

So let me do just that: Friend, I've tasted and seen that the Lord is good. He's better than anything I've ever tried. And He's left me so full, I don't need to try anything else. If I could sit across the table from you right now, I'd slide God's Word your way and say, "You have to try this!"

The first step to belonging is to bring your brokenness to Jesus. Instead of tirelessly trying to fix things yourself, taste and see that He is good. Let Him heal you and bind your wounds. Let Jesus put the broken pieces of your heart back together.

WORK IT OUT

Each day will end with a section called "Work It Out." This section is designed to help you process and apply what we've talked about that day. As we begin our study together, read this excerpt from the book *Streams in the Desert*:

GOD uses most for His glory those people and things which are most perfectly broken. The sacrifices He accepts are broken and contrite hearts....

It was when Jesus took the five loaves and broke them, that the bread was multiplied in the very act of breaking, sufficient to feed five thousand. It was when Mary broke her beautiful alabaster box, rendering it

Day 2

When You Don't Feel Accepted

Memory Verse

*He himself bore our sins in his body on the tree, that we might die to sin and live to righteousness. By his _____
you have been _____.*

1 Peter 2:24

I passed her as I exited the room. She retracted a little as I walked by, then darted into the room I had just left.

Armed with a can of disinfectant, she sprayed the room I had occupied minutes before. Long before the days when we knew of a term called COVID-19, I had come to work sick, and there was no hiding it. My face told the story. Sunken eyes, a pale complexion, and probably a red-tinted nose ... and if that weren't enough, I carried a box of tissues with me everywhere I went. No one wanted to approach me. Whether they had their own health in mind or something else, my sniffles and cough were enough to send my coworkers running in the opposite direction.

I worked long hours at a television station. Fresh out of college, with no family or other responsibilities, my focus was on my work, and my dad had taught me to work hard.

So, on the day I woke up not feeling well, I remembered a day when my dad hadn't felt well. As I recall, he sat in his office at the television station he worked at throughout my childhood. He shivered with chills caused by a high fever and burrowed underneath a blanket. All the while, he worked to prepare for the evening news. Only a few hours later, he sat behind a desk on live television with a smile that never even hinted at his sick state. And so, with this in mind, I went to work.

It never crossed my mind no one would want me there.



Ephesians 4:16 details something very different than my state that day: “He makes the whole body fit together perfectly. As each part does its own special work, it helps the other parts grow, so that the whole body is healthy and growing and full of love” (NLT).

This paints the picture of a vibrant, healthy, thriving group of people, full of life and full of love. Sometimes, though, I think we feel more like I did that day at the office. Our circumstances are better described as “barely getting by,” and the people around us seem to keep their distance.

We hide our brokenness, and we distance ourselves from others, all the while consoling ourselves that this is how others want it too. We’re convinced that no one wants to be around us in our brokenness, so we separate ourselves at all costs until we’re fixed. The problem is, we can’t fix ourselves.

But the good news is, we don’t have to.

When it feels like everyone runs away from your brokenness, Jesus moves toward you. Jesus doesn’t grab a can of disinfectant spray and keep His distance—He *is* the disinfectant spray. Read the passages below, and record the kind of brokenness Jesus moved toward.

Mark 5:1–13 •————→

Mark 5:35–43 •————→

Beyond demon possession and death, the Gospels record countless healings. Look up the verses below, and connect them to other kinds of brokenness Jesus embraced.

Mark 6:53–56

leprosy

Mark 1:40–42

sickness

Matthew 15:29–31

lame, blind, crippled, mute

Now that we've seen these examples of how Jesus embraced brokenness and uncleanness, let's look deeper at an exchange between a woman and Jesus and how He met her in her brokenness.

DIGGING IN

Read Mark 5:25–26: “There was a woman who had had a discharge of blood for twelve years, and who had suffered much under many physicians, and had spent all that she had, and was no better but rather grew worse.”

What was the woman suffering from?

What had she done because of her condition?

What was the result of her seeking help?

The Bible doesn't describe this woman as broken, but I think we can agree that's how she might've felt. For twelve years she had bled. She had sought help. She had spent all that she had. And yet, she had only gotten worse. I imagine she must have felt exhausted, discouraged, and hopeless.

Read verses 27–28: “She had heard the reports about Jesus and came up behind him in the crowd and touched his garment. For she said, ‘If I touch even his garments, I will be made well.’”

In the midst of her sickness and hopelessness, what did the woman do?

Why did she do it?

The woman's brokenness compelled her to come to Jesus. But it wasn't just her brokenness that brought her there—it was also her faith.

The New Testament speaks about people touching the edge, or hem, of Jesus' garment and experiencing healing immediately. In Matthew's recording of one such event, he included this detail about the edge, or fringe, of the garment: "A woman who had suffered from a discharge of blood for twelve years came up behind him and touched the fringe of his garment" (Matt. 9:20).

At the close of the Old Testament, Malachi wrote, "For you who fear my name, the sun of righteousness shall rise with healing in its wings. You shall go out leaping like calves from the stall" (4:2). The Hebrew word translated "wings" in Malachi could also be translated "borders" or "corner"—similar to the fringe of a garment.¹ When the woman who reached out to Jesus' hem exclaimed, "If I touch even his garments, I will be made well" (Mark 5:28), she issued a statement of faith that Jesus was the promised Messiah, the Savior sent from God whom they had been waiting for. Let's see what happened next.

Read verses 29–30: "Immediately the flow of blood dried up, and she felt in her body that she was healed of her disease. And Jesus, perceiving in himself that power had gone out from him, immediately turned about in the crowd and said, 'Who touched my garments?'"

Because Jesus had come into contact with the woman's uncleanness, it could've meant that He Himself had become unclean. And for a rabbi to become unclean in the society in which Jesus lived would have been disastrous.² Yet Jesus drew attention to the fact that He had touched uncleanness. Jesus didn't shy away from uncleanness. But it gets even better!

Read verse 34: “He said to her, ‘Daughter, your faith has made you well; go in peace, and be healed of your disease.’”

There is so much packed into this one sentence, but I want to draw your attention to three words:

daughter ... peace ... healed

When Jesus called this woman “daughter,” He identified her. Up to this point, she had been a woman known only by her brokenness. But with one word, Jesus changed all of that. Now she was His, a daughter of the King.

The next word, *peace*, is something we will spend a lot more time discussing in week 3 of our study. But for now, I want you to know two things:

1. There is a wholeness associated with this kind of peace that we can find only in Jesus.
2. Jesus told her to *go* in peace. By this word, He sent her back to the people who had known her only in her sickness but now would see her walking in this new identity and peace.

Third, let’s look at the word *healed*. If we also look at the phrase “go in peace,” we see that her healing was a catalyst that sent her as a witness to others. When Jesus healed someone’s brokenness, it often led them to others.

I think now is a good time to discuss the difference between God’s healing hand and Satan’s poking finger. Satan wants us to keep our brokenness hidden. He wants to remind us at every turn of how bad it hurts. He wants us to believe it would be dangerous—even disastrous—to let Jesus in and to connect with others who share our identity. So he pokes at the wounds beneath our ineffective bandages, hoping we’ll keep them hidden and bound up so they can continue to fester and become more and more infected.

Jesus’ healing hand is very different. Our brokenness doesn’t keep us from Him. Our feelings of rejection aren’t enough to separate us from Him or His body. While it may feel easier,

safer, or more natural to guard the broken pieces of our lives, today I invite you to bring your broken pieces to Jesus and His body.

WORK IT OUT

As we seek the belonging found in Jesus and the body of Christ, you are, I hope, becoming more and more willing to be broken. Our goal, though, is not simply to *deal* with the brokenness. When we experience brokenness, we can choose to deal with it our way or bring it to Jesus and let Him be our healer.

To help you identify whether you're simply dealing with your brokenness or bringing your broken pieces to God to let Him heal you, consider these indicators of each:

Feel •————> deal

- You think things inwardly but refuse to say or show them outwardly.
- Your thoughts center around me and I.
- You focus on hiding, guarding, or defending the places you feel broken.
- When you feel pain, you don't allow your feelings to advance; instead, you dismiss or downplay them.

Feel •————> heal

- You're honest about how you feel because you trust Jesus can heal you.
- Your thoughts center around thanking Jesus for His sacrifice and worshipping Him.
- You focus on spending more time in God's Word and seeking to see others the way He sees them.

Day 3

Fixing It All

Memory Verse

He himself bore our _____ in his _____
on the tree, that we might die to sin and live to righteousness. By his
_____ you have been _____.

1 Peter 2:24

After circling this issue for months, we were out of time. We called a family meeting to settle the matter, once and for all.

One by one, the kids raised their hands to establish where they stood. Gathered around the table, we posed the question weighing on all our minds: *What should we name this baby boy?*

Though we were already deep into my pregnancy with our fifth child, we were still struggling to find a name. Luke and I narrowed the options down to three names, but we still needed help picking *the* name. That's when we called on the voices of the older siblings. After everyone had had their say, we ended up with a unanimous vote for the name Isaiah. (Well, almost unanimous. One brother voted for "Jesus" on a write-in ballot, but we decided to go with the majority.)



I love remembering the stories of how we named each of our kids. I love *saying* their names. It's so much more than a word to me. It's a declaration of who they are and how much I love them. It's a connection between their hearts and mine. At its most basic level, however, it identifies

them. In school, on the inside of a jacket or on the back of a sports jersey, their name identifies who they are, who they belong to, and what belongs to them.

In the jar below, write on the ice cubes the words you would use to identify yourself. (You can write more than one word on each cube.)



Oftentimes, we identify ourselves according to our stage of life or place of work. You may have put words in the jar like *nurse*, *mother*, or *college student*. When we fill out a form, we're often asked to identify ourselves based on things like age, race, gender, and marital status.

Sometimes, our brokenness can even become a part of our identity. We can identify ourselves based on past or present experiences and the scars they left behind. These identifiers don't always present themselves as easily as the others, so I want you to pause for a moment and ask God to help you see things you may not notice on your own. Go back to the jar, and add any more words God reveals.

When we wrap our identity in our scars, we live broken lives, robbed of the blessings of belonging in the body of Christ. The belonging that comes from letting God into the broken places in our lives requires us to shift our identity from our scars to our Savior.

DIGGING IN

Read Ephesians 4:1, and underline the words Paul uses to identify himself: “I therefore, a prisoner for the Lord, urge you to walk in a manner worthy of the calling to which you have been called.”

In this verse, Paul identifies himself based on a circumstance he is currently experiencing. Paul wrote this letter from prison, where he had been confined because he’d been preaching the gospel of Jesus. Let’s go back to the opening words of the letter to discover some other words he used to identify himself.

Read Ephesians 1:1–2: “Paul, an apostle of Christ Jesus by the will of God, To the saints who are in Ephesus, and are faithful in Christ Jesus: Grace to you and peace from God our Father and the Lord Jesus Christ.”

In these verses, Paul identifies both himself and the people to whom he is writing. How does Paul identify himself in these verses?

How does he identify the Ephesians?

Paul identified himself as an apostle *of* Christ and identified the Ephesians as faithful *in* Christ. The two words *in Christ* describe a state of identity that happens when we follow Jesus and make Him Lord and Savior of our lives.

Fill in the chart below with what the listed verses say about who you were before you were united with Christ and who you are because you are in Christ.

	WHO YOU WERE	WHO YOU ARE
Ephesians 2:1–7		
Ephesians 2:11–16		
Ephesians 4:17–24		

According to the verses you just read, we all have one thing in common: we share a common brokenness. We all have a column titled “Who You Were before Christ.” However, the verses above also reveal that when we belong to Jesus, we don’t stay in our common brokenness. In Christ, we receive a new common identity.

Paul spent the first three chapters of Ephesians discussing the transformation that happens when we come to salvation in Christ. The first verse of Ephesians 4 marks a shift in the letter. Here, Paul wants followers of Jesus to do something about their new identity. Let’s read it again: “I therefore, a prisoner for the Lord, urge you to walk in a manner worthy of the calling to which you have been called.” Underline the words that describe what Paul urges his audience to do.

New identity produces changed activity. To respond to the calling to which He has called us, we need to put on our new identity.

In the earlier graphic, the ice cubes fill a portion of the jar. But even if you stacked ice cubes that identify you to the top of the jar, it would not be full. There would still be gaps between cubes. Identity in Christ is like water poured over those ice cubes, filling the whole jar. (To be fair, where I’m from, we would probably pour sweet tea over the ice cubes.)

I love how Paul David Tripp explains the life-changing shift that happens when Jesus becomes our identity. In his book *New Morning Mercies*, Tripp wrote,

Jesus didn’t simply come to rescue disembodied souls. Yes, he saves our souls from eternal damnation, and for that we should be eternally grateful. But he also came to unleash his powerful restoring grace as far as the furthest effect of sin. He came to restore every single thing that sin has broken. He came to fix it all!¹

Jesus came to fix it all. Go back to the first day of this week's study, and recall how you answered the question "What keeps you from believing you could live a life of belonging with Jesus and His body?" How does the fact that Jesus came to fix it all help you see these things differently?

As we close today's study about our identity in Christ, let's read a few verses from a letter Paul wrote to the church in Corinth. Read 1 Corinthians 11:23–24:

I received from the Lord that which I also delivered to you: that the Lord Jesus on the same night in which He was betrayed took bread; and when He had given thanks, He broke it and said, "Take, eat; this is My body which is broken for you; do this in remembrance of Me." (NKJV)

What did Jesus do with the bread?

What did Jesus say the bread represented?

On what night did Jesus say and do these things?

As they partook in what we now call the Last Supper, on the very night when one of the men who walked closest with Jesus during His time on earth would betray Him, Jesus broke bread and told His disciples, “Take, eat; this is My body which is broken for you.”

Jesus knew what it meant to be broken. Because of His scars, we don’t have to be defined by ours. Because of Jesus’ broken body, we can belong in the body of Christ. I’m excited to talk more with you about that tomorrow.

*The belonging that comes from
letting God into the broken places
in our lives requires us to shift our
identity from our scars to our Savior.*

WORK IT OUT

Today, we talked about being a jar filled to the brim with identity in Christ. But you may feel more like a jar tipped over on its side: The identity ice cubes remain in the jar, but the identity of Christ that once filled the jar has spilled out and left you more empty than full.

If that’s the case, let me encourage you. During our time around the table as my family voted on the name for the newest member, my daughter raised an important question. She wondered whether she’d still have the same name when she grew up. She worried she might not always be my child and shuddered at the thought that something in life might remove her from the place of the daughter I named and so deeply love. I reassured her no matter where she goes or how big she grows, her identity as my child would never change.

Whether your jar has run dry or you’ve never experienced the shift from the brokenness of your sin to belonging in Christ, that can change today. You do not have to remain who you were. Jesus is ready and waiting to pour His defining grace into your heart.

To better grasp your identity in Christ, go to the end of this week's study and look at the resource titled "What It Means to be 'In Christ.'" Read each verse and look for the truth it ties to your new identity in Christ. Then come back here and fill in the chart below.

IN CHRIST, YOU ARE ...	IN CHRIST, YOU HAVE ...

Are any of these things you didn't know or hadn't considered? Pick one or two of these truths, and write each down on a note card or in the notes app on your phone. Read them several times a day, and ask God to show you more and more about what it means to be *in Christ*.