

Soul Factor



Working With Identity

Starter Questions

- How do you introduce yourself? What does that say about how you define who you are?
- Does your work shape you or are you shaping your work around who you are?
- When going through valleys in your life, how have you coped?

Talk Discussion

Working with identity by Sharon Lim

Any comments, questions, insights from the talk?

The message people are told is to study hard to get a good job so you get things in life and then you have many more opportunities. In other words, I work because I want to gain something and I gain something because I want to be someone.

- How has that message framed your attitude to work and what are the consequences for how we live?

“Work is an extension of me, I’m not an extension of my work.”

- What does it look like when this is true in practice?
- What happens when the opposite is the case?

Sharon shared how when we suffer loss, whether that be of money or our job, we can be hit by a crisis of identity if our identity is attached to what we’ve lost. But when we accept ourselves as beloved children of God we gain an identity as royalty in God’s family and our work becomes an extension of our Father’s work. “The reality is that I’m not God, but I have a God who loves me and calls me His child. My faith teaches me that I’m a child of God. Being who I am is attached with whose I am.”

- How do you respond to Sharon’s story?
- What do you think Sharon means by calling herself royalty?
- How does an identity as God’s child of change our attitude to who we are at work and who is with us at work?
- Do you know how to receive adoption as God’s dearly loved child? Do you want that?

Next steps

Chat to a Christian colleague and ask your questions

See soulfactor.org for further resources in your region