

# Who Told You That?

## Sermon Based Questions

*"Who Told You That? Part 2: You Are What You Do"* – Nathan Blais

Sunday, April 19, 2026

This message explores the subtle but powerful lie that our value comes from what we do. Looking at Jesus' temptation in Luke 4, it challenges the instinct to measure ourselves by performance, achievement, or comparison, and instead invites us to root our identity in what God says is true. The call is to shift from striving for worth to living from a place of already being loved and accepted.

### Share

1. What's something you've done recently that made you feel proud of yourself?
2. What's a hobby or activity you enjoy simply because you like it, not because you're good at it?

### Discuss

3. Read *Luke 4:1–13*. What jumps out at you from the text? Why?
4. Read *Colossians 3:23–24*. Discuss what it looks like to work **"for the Lord"** in everyday life. What does this internal shift actually look like in practice?
5. The message suggested we often answer "what do you do?" with "who I am." Why do you think we associate our identity with our work?

### Reflect

6. Where in your life are you tempted to **prove your worth** through performance or achievement?
7. Read *Ephesians 2:8–10*. Reflect on how it changes your perspective to know you are saved "not by works" but still created for good works.
8. When you ask yourself, "Who am I doing this for?" What honest answers come up?

### Apply

9. What is one area this week where you can intentionally shift from striving to prove your worth to simply serving God from a place of being loved?
10. What practical step can you take to rest or slow down as an act of trusting God rather than proving yourself?