

Who Told You That?

Sermon Based Questions

"Who Told You That? Part 3: You Are What They Say" – Todd Cook

Sunday, April 26, 2026

This sermon explores the lie that our identity is determined by what others say about us, and contrasts that with the gospel truth that our identity is grounded in what God says. The message invites us to reject false labels, surrender them to Christ, and live from the freedom of belonging rather than the pressure of approval.

Share

1. What is a label or stereotype from school days (jock, nerd, shy, rebel, etc.) that people often wore, whether seriously or jokingly?
2. Have you ever tried too hard to fit in with a group? What did that look like for you?

Discuss

3. Read *Matthew 4:1–11*. Discuss how the devil's temptations were not just about behavior, but about attacking Jesus' identity.
4. The sermon distinguished between belonging and approval. How would you explain the difference, and why does confusing the two cause so much damage?
5. Read *Galatians 1:10*. Discuss how living for other people's approval can subtly shape our choices, values, or even faith.
6. Todd talked about "sticky words" that can shape identity over time. What makes certain words or labels so powerful, even when they are false?

Reflect

7. Is there a label—spoken by others or assumed by you—that still has some "stickiness" in your life? How has it affected how you see yourself?
8. Read *Galatians 2:20*. Reflect on what it means not to create your identity in Christ, but to surrender to one already given.
9. The sermon described moving from labels to life through surrender, relabeling, believing, and living from identity. Which of those feels hardest for you right now, and why?

Apply

10. What is one false label or lie you need to actively replace this week with a truth from God's Word?
11. What is one practical way you can live more out of belonging in Christ this week instead of seeking approval from others?