

City Nights

Youth.

DATE

March 18th, 2026

SERIES

Identity: Week Two

BEFORE GROUP

BOTTOM LINE:

We are more than our feelings and desires

SCRIPTURE:

- Genesis 1:26–27
- 1 Corinthians 6:19–20
- Romans 8:1

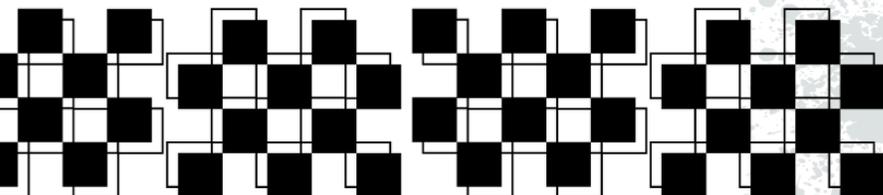
GOAL OF COMMUNITY GROUPS:

For students to understand God's design when it comes to sex/sexuality.

THINK ABOUT THIS:

This week may be a bit more sensitive than previous weeks, so please use your judgment and knowledge of your group to help guide conversations. Many teenagers feel pressure from peers, media, and culture to define themselves by sexuality, which can create confusion, shame, or insecurity. As a leader, guide students to see that God created them with intentional design and purpose, calling them His image-bearers long before any experience or choice. Emphasize that identity is received from God, not self-discovery or others' labels.

Encourage honest, age-appropriate discussion while maintaining a safe and respectful environment. Help students reflect on the ways culture tries to define them versus how God defines them. Ask practical questions about how they can honor God with their bodies while keeping their identity rooted in Him. Lead students to think about how they can support friends who may struggle with these pressures. Reinforce that grounding identity in Christ provides security, guidance, and peace in navigating questions about sexuality.



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This guide is a suggestion, not a formula. Adjust the questions and activities as needed, and don't feel like you need to do, or ask, everything you see here. The goal is to get students verbally engaging, NOT to get through everything in the curriculum.

DURING COMMUNITY GROUP

HIGH/LOWS & OPENING

Begin with highs & lows from their week after they introduce each other. Really take this time to listen and ask questions to show you are interested in their lives.

ICEBREAKER:

If you won a lifetime supply of one snack, what snack would you choose?

SCRIPTURE/VIDEO DISCUSSION:

(Some groups may watch the video to begin Group time and then break off into their smaller groups, and that's okay)

DISCUSS THIS

1. How does our culture try to tell us who we are based on sexuality or appearance?
2. Why is it dangerous to let feelings or desires define our worth?
3. What does it mean to be made in God's image before any choices or experiences?
4. How can understanding God's intentional design give you peace about questions or struggles with sexuality?
5. How does Christ's love and acceptance change the way we see ourselves?
6. In what ways can we honor God with our bodies while keeping our identity rooted in Him?
7. How can you help a friend who is struggling to find their identity in God rather than in sexual labels or experiences?

