

BECOME *Disciples*

BE ONE • MAKE ONE •

Session: The First Mark of a Disciple:
Loving God (Identity)

Identity Assessment

From Mike Matumaini
and Become Disciples



How to use this assessment

This is not a test you can fail. It’s to help you see where you’re still building on the wrong foundation. Answer honestly, and let God’s love have the final word.

Use this scale for each statement:
1 = Not true yet | 2 = Sometimes | 3 = Mostly | 4 = Consistently

1) MY FOUNDATION

What I build on decides what shakes me.

In this section only, a lower score is healthier. A 3 or 4 shows where you may be building on the wrong foundation.

Statement	1	2	3	4
My sense of worth rises and falls with what I achieve.	☐	☐	☐	☐
I need someone’s approval to know I’m valuable.	☐	☐	☐	☐
How I look shapes how I see myself.	☐	☐	☐	☐
My family name or background decides who I am.	☐	☐	☐	☐
When I lose something I’m good at, I lose my sense of who I am.	☐	☐	☐	☐

Check-in: What have I been building my identity on: achievement, approval, appearance, or family?

2) MY NEW NAME

Being God’s child is the default, not the reward.

Statement	1	2	3	4
I believe I became a child of God the moment I trusted Jesus.	☐	☐	☐	☐
When I fail, I still believe I’m God’s child.	☐	☐	☐	☐
I believe God loves me as much on my worst day as on my best.	☐	☐	☐	☐
I see myself first as God’s child, not as a worker or a defendant.	☐	☐	☐	☐
I can come to God as Father without fear.	☐	☐	☐	☐

Check-in: What name do I call myself when I fail?

3) MY ENGINE

Same actions. Opposite engines.

Statement	1	2	3	4
I serve God because I’m loved, not to be loved.	☐	☐	☐	☐
I can rest without feeling guilty.	☐	☐	☐	☐
I don’t keep a record of my good works to feel secure with God.	☐	☐	☐	☐
When I do well, I don’t feel more loved by God.	☐	☐	☐	☐
My obedience flows from love, not fear of losing my place.	☐	☐	☐	☐

Check-in: Am I working to become His child, or living as His child?

4) WHAT NO LONGER NAMES ME

You are not your past. You are not what was done to you.

If any of these statements stir up pain, mark what’s true for now and bring it to your disciple maker. You don’t have to work this through alone.

Statement	1	2	3	4
My past failures don’t define how I see myself.	☐	☐	☐	☐
What others did to me doesn’t decide who I am.	☐	☐	☐	☐
I don’t let my feelings on a bad day tell me who I am.	☐	☐	☐	☐
I don’t let what my body is going through define me.	☐	☐	☐	☐
I believe my past no longer has the final word over me.	☐	☐	☐	☐

Check-in: Is there something from my past that still feels like my real name?

Summary Score

Add your ratings and circle one:

Remember: Section 1 is scored in reverse. Count a 1 there as a 4, a 2 as a 3, and so on.

- Rooted, Resting (mostly 3–4): Keep living from love. Remind yourself daily who you are.
- Growing (mix of 2–3): Choose one next step and practise it for 14 days.
- Need Grace, Support (many 1–2): No shame. This is exactly why you have a disciple-maker. Don’t isolate, ask for help.

One Faithful Next Step:

- ☐ Write down the false foundation I’ve been building on, and tell God I’m letting it go
- ☐ Each morning for 7 days, say out loud: “I am a child of God, first.”
- ☐ When I fail this week, tell myself “I am still His child” before anything else
- ☐ Tell my disciple-maker one lie I’ve believed about who I am
- ☐ Write one verse that anchors me and read it daily (Romans 8:15-16 / Ephesians 2:10 / 1 John 3:1)

PERSONAL RESPONSE

Start – Stop – Stay

What is God asking me to start believing about who I am?

What is God asking me to stop letting define me?

Where is God asking me to stay in His love, even when I don’t feel it?

CLOSING PRAYER

Father,
Thank You that You loved me first, before I cleaned anything up.
I stop building my life on what I achieve, who approves of me, or how I look.
I lay down the names my past has given me,
and the names others have put on me.
I receive Your love.
I receive my new name.
I am Your child,
not because of what I've done, but because of what Jesus did.
Teach me to rest in Your love, and to live from it every day.
Amen.

FINAL TRUTH (DO NOT SKIP)

- Your identity comes from God, not from achievement, approval, appearance, or family.
- Being God's child is the default, not the reward.
- There is nothing you can do to make God love you more, and nothing you can do to make Him love you less.
- Religion works for love. The Gospel works from love.
- You are not what you've done, or what was done to you.

A disciple is someone who has stopped working to become God's child, and started living as one.

