

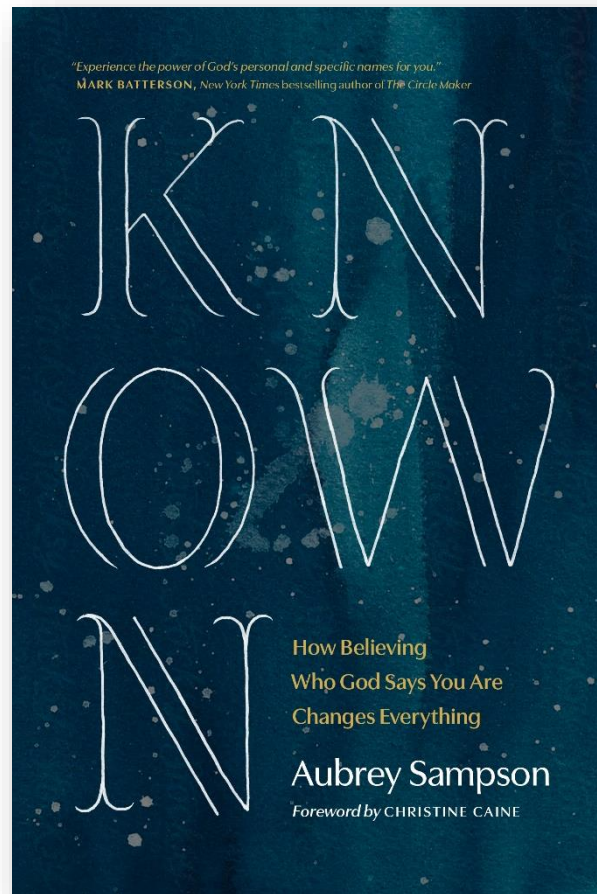


LEADER'S
GUIDE

How Believing
Who God Says You Are
Changes Everything

Aubrey Sampson

Known Leader's Guide



NavPress is the publishing ministry of The Navigators, an international Christian organization and leader in personal spiritual development. NavPress is committed to helping people grow spiritually and enjoy lives of meaning and hope through personal and group resources that are biblically rooted, culturally relevant, and highly practical.

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This Leader's Guide is based on the book, *Known: How Believing Who God Says You Are Changes Everything* by Aubrey Sampson. Copyright ©2021 by NavPress. All rights reserved. A NavPress resource published in alliance with Tyndale House Publishers, Inc.

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Learning to believe who God says we are is a life-changing endeavor. As you start to untangle the negative names you've received or carried over the years, God will use the gift of community and fruitful discussions to further unravel false names that have grafted themselves onto your sense of identity and onto those you lead. In other words, we believe that exponential, *community-transforming* healing will come as you lead others through *Known*.

Known has the following features built into the book, making it ideal for group use:

- Packed with Scripture throughout
- Reflection & Discussion Guide—including Scripture readings, introduction, questions, and prayer prompt for each of the three parts of the book (pages 143-171)
- Discussion points that unpack key messages, such as:
 - Similarities in Hagar's Story and Moses' Story (page 94)
 - What the Name of Jesus Does (pages 128-129)
 - A list of when to Look to Jesus (pages 130-131)
 - Appendix A: God's Many Names—Use this as a discussion resource about the names that resonate with people in your group.

Known is available at your favorite bookstore. Bulk purchases at competitive discounts are available at navpress.com.

Quantity	Discount
10-49	\$13.59 (20%)
50-99	\$12.74 (25%)
100-499	\$11.04 (35%)
500+	\$10.19 (40%)
Free shipping for orders over \$35.	
*Price is based on a \$16.99 retail price.	



PREPARE

As you begin to think about hosting/leading these discussions, here are a few tips and tricks to help you on your way:

- **Start by praying about who to invite to your group.** Consider someone who you might not normally think would be interested—maybe your favorite barista, or perhaps that person who seems already confident in their identity. You never know how people are hurting, and so many just want to be invited. Be bold and invite people to join you!
- **Decide on a regular place and time** for your gathering and how many chapters you will discuss in each meeting. There are fourteen chapters, so your group could choose to do one a week, or you could do two a week for a seven-week commitment. You could also choose to do it “book-club style” and have everyone read the whole book before discussion. Decide what works best for you in your season of life and those who are joining you.
- **Communicate the details** for your group. Include:
 - Dates and times (start and end)
 - Location
 - Expectations of commitment—how much time outside of group will be needed to prepare for each week?
 - The facilitator(s)
 - Social-distancing measures (as needed)
- **Consider planning a fun gathering** for getting to know everyone prior to your first session together.
- **It is helpful to have two facilitators**, whether you share duties, or one person leads, and another serves as backup in case the lead facilitator cannot make it. Two facilitators also provide a sounding board for support and to troubleshoot issues that may arise.



STRUCTURE YOUR TIME

There are so many ways you could structure your time together. Here are a few ideas:

- Welcome/fellowship—you could share a meal or snack during this time.
- Share anything that stood out in that week’s assigned reading.
- Choose one or two of the Scripture readings in the “Reflection and Discussion Guide” (starts on page 143) and read them aloud.
- Read the “Reflection and Discussion Guide” introduction for the corresponding chapter you have read for your meeting.
- Discuss the questions provided for each chapter in the “Reflection and Discussion Guide” (starts on page 143). You can always pick and choose the number of questions your group can cover based on your time limit.
- Choose one of the names of God mentioned in appendix A, “God’s Many Names” (page 137), and discuss what stands out about that particular name.
- Share any prayer requests. If your group is large, consider having prayer partners.
- Close in prayer.



CREATE SPACE

This topic of identity may be a vulnerable one for many people. The false names we carry can be painful, and letting God speak truth over our broken places may be an emotional experience. Creating a safe space for those who come is vital for having a healthy and redemptive community. Here are a few ideas to think through:

- Consider spending a few minutes at your first meeting discussing some guidelines for your time together, such as confidentiality in what is shared and being a safe space free of judgment.
- Make sure everyone knows to share the talking time (no talking-dominators, please), and gently redirect someone who may be preventing others from participating in the conversation.
- Keep the discussions on topic by moving through the questions. Encourage those who may not have had a chance to talk by asking them what they think.
- Take some time at the beginning of your first meeting to have each person write down some of the negative names they identify with (you could ask for volunteers to share a few) and have everyone keep their list of names through your study. As your time goes on, have everyone refer back to their list, cross out the negative names, and write one of the names God uses for us in its place. Spend time at your final meeting discussing this exercise and what you learned as you read the book together.
- Have a “naming ceremony” on your final meeting and think about what you all learned in chapter 12, “You Are a Name Giver.” Encourage each other with names you see in each person: *kind, loved, healer, encourager, creator*. Call out the good you see in one another. Buy a pack of stick-on name tags so each person can write a name for someone else in the group to wear for the night.
- Spend some time creating a piece of art using paint or markers, and have each person use the names of God in a creative way.

Whatever you decide is the best approach for your group, God wants to speak a new name over you and the members of your group. Knowing who you are and whose you are will really change *everything*. May you experience the freedom of being completely *known*!



KEY SCRIPTURE

These passages may be helpful to share with the group or to encourage them in follow-up emails or texts. The verses help us to see how we've been named and to explore who we are, whose we are, and how living into our true identities changes everything. Excerpted from the section "As We Begin" in *Known*.

Then God said, "Let us make human beings in our image, to be like us. They will reign over the fish in the sea, the birds in the sky, the livestock, all the wild animals on the earth, and the small animals that scurry along the ground."

So God created human beings in his own image. In the image of God he created them; male and female he created them.

Then God blessed them . . . God looked over all he had made, and he saw that it was very good!

GENESIS 1:26-28, 31, NLT

O Lord, our Lord, your majestic name fills the earth! Your glory is higher than the heavens. . . .

What are mere mortals that you should think about them, human beings that you should care for them?

Yet you made them only a little lower than God and crowned them with glory and honor.

PSALM 8:1, 4-5, NLT

For you created my inmost being; you knit me together in my mother's womb.

I praise you because I am fearfully and wonderfully made.

PSALM 139:13-14, NIV

All of us who have had that veil removed can see and reflect the glory of the Lord. And the Lord—who is the Spirit—makes us more and more like him as we are changed into his glorious image.

2 CORINTHIANS 3:18, NLT

Put on your new nature, created to be like God—truly righteous and holy.

EPHESIANS 4:24, NLT

You are a chosen people. You are royal priests, a holy nation, God's very own possession. As a result, you can show others the goodness of God, for he called you out of the darkness into his wonderful light.

Once you had no identity as a people; now you are God's people.

Once you received no mercy; now you have received God's mercy.

1 PETER 2:9-10, NLT