

# ReDefined

A practical guide to your new life in Christ.

## Study Guide

ReDefined is a 6 session teaching series by Brenda Drost.  
The videos are available to watch on the following platforms:

[RightNowMedia.org](http://RightNowMedia.org)

YouTube

[BrendaDrost.com](http://BrendaDrost.com)

This study guide accompanies the teaching videos and  
is free to use for your small group or individual study.

## Brenda Drost

# ReDefined

**From now on everyone is defined by Christ.  
Colossians 3:11 MSG**

In John chapter 10 Jesus made a bold statement to his followers. He said that he had come to give them life in all its fullness, or as some versions say, life more abundantly.

But if we are honest, we are not always experiencing life to the fullest in every area. In fact, there is often a huge gap that lies between this promise of an abundant life, and the reality of what we are experiencing right now. Through this series, we will begin to close that gap, and learn how to embrace the abundant life that Jesus offers us.

This life is freely available to us, but it came at a very high cost. In the greatest revelation of God's love and kindness, he chose to sacrifice his own son so that we could live free. Yet all too often we settle for a 'less than' life, defined by our own limited perspectives, and held captive by broken mindsets, instead of living in the unlimited potential and power of Christ.

Truth be told, the enemy would love to keep us living small... defined by our past mistakes, present obstacles and future fears. Jesus offers us a better way.

When we allow Christ to be at work in us, he redefines our lives by the finished work of the cross, and leads us gently into the life he planned and provided for us long ago.

I long to see a generation of people rising up who will no longer live under the weight and expectations of this world, but will learn to live under the influence of the Spirit of God and find the freedom they were designed to live in.

It's time for us to break free from everything that has held us back and truly discover what it means to live defined by Christ.

## Session One

# Defined by **Christ**

If you ask someone to tell you a bit about themselves, they would probably have a quick list of things that give you an opportunity to size them up according to the world's standards. I'm a pastor's kid, mom, wife, sister, pastor and friend.

The problem is that all of those things are temporary assignments. Just like a Facebook status, they are subject to change at any given moment. The only thing about me that will never change is the very first identity I ever had in this world... child.

No matter what else defines my life, or what labels the world tries to stick on me, that one truth will never change. We become a lot of things in life, and we all begin at the same place... child.

This is exactly why our identity in Christ begins with understanding our identity as a child of God.

Birth is our origin. It is the anchoring point to understanding who we are and where we fit in the world. Our life in the Kingdom of God also begins with a new birth. Not a physical birth, but a spiritual rebirth. Everything else is added to this one basic truth: you are a chosen and deeply loved child of God. This is your new identity.

### **John 1:12-13 NLT**

**“But to all who believed him and accepted him, he gave the right to become children of God. They are reborn—not with a physical birth resulting from human passion or plan, but a birth that comes from God.”**

Although our life up to the point we are saved has been defined by the world's standards, we are called into a brand-new way of life in the Kingdom of God. All of the old labels, along with their weight of expectation are being stripped away and a new life of peace and freedom is taking its place.

We are no longer defined by the world's standards; instead we are all defined by Christ.

### **Colossians 3:10-11 MSG**

**Now you're dressed in a new wardrobe. Every item of your new way of life is custom-made by the Creator, with his label on it. All the old fashions are now obsolete.**

**Words like Jewish and non-Jewish, religious and irreligious, insider and outsider, uncivilized and uncouth, slave and free, mean nothing. From now on everyone is defined by Christ.**

It doesn't matter where you came from, or what your life has looked like up to this point. You've been invited to lay down the old life with all of its labels and limitations and put on a brand-new life fashioned in the image of Jesus Christ.

### **Romans 8:29 MSG**

**God knew what he was doing from the very beginning. He decided from the outset to shape the lives of those who love him along the same lines as the life of his Son. The Son stands first in the line of humanity he restored. We see the original and intended shape of our lives there in him.**

No matter how hard you try, you can't measure a new life with an old measuring stick!

The old standard of measuring ourselves against each other is done with. We've been called out to live by a new standard: the standard of Christ. Everything about our new life is modeled after the life of Jesus and he is, as this scripture put it, the original and intended shape of our lives.

In Him, every inaccurate label that has defined my life is ripped away and I am set free to live in the truth of who He says I am. Christ is my new anchoring point, and the firm and solid foundation on which I can begin to rebuild my life. He is my stability and my security as I learn what it means to live life to the fullest.

He is the truth that fights against every lie we have believed about ourselves.

He is the grace that empowers us to live free from our past.

He is the peace that settles over us and dispels all fear and anxiety.

He is the love that makes its home in our hearts and heals our deepest wounds.

And it's only by steps of faith that we can learn to embrace this new standard of living and apply it to our everyday lives. It's not always easy to learn how to walk out our new life of faith because it is so counter-cultural and pushes against everything we've ever learned. You were not called out to blend in, you were called to stand out as a representation of hope to the world around you.

But here's the thing...

We have an enemy who is doing everything he can to keep us from discovering the life of freedom that Christ provided for us. The enemy fights to keep us living small and limited lives driven by fear and insecurity, because he knows if we get free in these areas we would be a powerful force against the activity of his kingdom here on earth.

Over the next few weeks we will begin to expose the tactics of our enemy, embrace the reality of our new identity, and begin to truly live ReDefined by Christ.

## Study Guide

# Defined by Christ

Take some time to write down some of the labels or things people have said about you that have defined your life. These can be either positive or negative.

Do any of these labels have a weight of expectation that feels unrealistic to you? Please explain.

What emotions are stirred up in you when you think about being called a child of God?

If you were truly living the abundant life in Christ, what would be different in your life right now?  
Is there a specific area where you recognize that you are not living in the abundant life Christ provided?

Can you find a scripture or promise from the Bible that speaks to this specific situation?

## Prayer Guide

Spend some time in prayer asking God to help you identify any area of your life that needs to be ReDefined by the standard of Christ. Write down any thoughts that come to mind.

Ask God for his guidance in learning how to drop any unwelcome labels that have defined your life and pick up the truth of who he says you are.

## Session Two

# Defined by Truth

Our world is based on a broken concept of God, ourselves and others. It's a system that is driven by fear, comparison, and selfishness. Before coming to Christ, we lived under the weight and impact of this broken world, but our new life in Christ is designed to free us from our former way of life.

Unfortunately, we tend to carry the lies that defined us in our old life into our new life and allow them to continue to have an effect on us. We live defined and limited by the things others have spoken over us or done to us, rather than by the truth of who Christ says we are.

These lies stick with us, no matter how hard we try to outrun them, outshine them or shake them. They rattle around in the back of our minds reminding us that we are never enough.

Not smart enough.

Not pretty enough.

Not skinny enough.

Not tough enough.

Not talented enough.

The list goes on and on.

And the longer we listen to the lies, the harder it is to embrace the truth. Lies will limit our lives and keep us from trying new things, building strong relationships or taking advantage of opportunities to stretch and grow. All because of a few little words that walked into our minds were allowed to drop into our hearts.

What we believe will determine how we live... so what we believe about God and about ourselves is critically important.

### **John 8:44 NLT**

**He was a murderer from the beginning. He has always hated the truth, because there is no truth in him.**

**When he lies, it is consistent with his character; for he is a liar and the father of lies.**

The enemy is a liar and everything about his kingdom is based on lies. He's probably been throwing lies at you for a very long time, so long that they may be hard to recognize. Hard, yet not impossible.

In God's Kingdom, we are confronted with truth. As we learn what it means to be defined by Christ, we unravel the lies that have been hanging over us and begin to live in the freedom that comes with understanding the truth.

### **Hebrews 4:12 NLT**

**For the word of God is alive and powerful. It is sharper than the sharpest two-edged sword, cutting between soul and spirit, between joint and marrow. It exposes our innermost thoughts and desires.**

God has given us two powerful weapons to combat the lies of the enemy.

1. The Bible: God's truth written in black and white for us to read.
2. The Holy Spirit: our Helper and the one who reminds us of the word, and leads us into all truth.

When you read the word of God, the Spirit breathes life into it and it comes alive, separating the lies from the truth. For every lie the enemy has whispered over your life, there is a greater truth from the word of God to combat it. The Holy Spirit helps us to understand what we are reading or hearing and apply it to our everyday lives.

### **John 8:32 NLT**

**You will know the truth and the truth will set you free.**

Here's a clear and simple pathway that can help us to exchange the lies we've believed for the truth of what God says about us.

#### **Know the truth.**

The seed of the word of God was implanted with your new life in Christ so that when you hear truth it resonates deep inside. We are drawn to truth and desire to live it. The more truth we receive, the easier it will be to spot lies in our lives.

#### **Recognize the lies.**

As truth begins to permeate our minds and hearts, the lies we have believed will inevitably become more obvious and easier to recognize. With the truth of the word and the guidance of the Holy Spirit we can eliminate the lies from our lives and begin to really live in the truth.

#### **Apply it to your everyday life.**

Along with truth, God always supplies a healthy dose of grace which empowers us to live free from the lies and their lingering effects. Facing and applying truth can be hard work, but grace is there to help us see it through and walk it out in our everyday lives.

God never hides from us – his nature is to reveal.

He longs to reveal the truth to you and set you free from the lies so that you can live in victory over the effects of the enemy. People who figure out how to live in the truth are a dangerous force against the enemy's kingdom, because free people will free other people. Once you've been set free from the grip of one of the enemy's lies you'll easily spot others who have believed the same lies and offer them the same pathway to freedom.

Study Guide

## Defined by Truth

What we believe will determine how we live. Discuss this statement with your group.

What are some common lies we believe about God?

What are some common lies we believe about ourselves?

Of these lies, which ones have been the hardest for you to come to terms with?

What scripture from the Bible would be an adequate truth to combat each lie that you struggle with?

## Prayer Guide

Spend some time in prayer bringing these lies before the Lord and asking him to reveal his truth to you in these areas. If you are with a group take some time to speak scriptural truths over each other.

This week try writing down the scriptures and encouragements from your group and post them in a spot where you will see them daily and repeat them until the truth settles into your heart.

## Session Three

# Defined by **Grace**

Grace isn't just a wimpy prayer we pray before a meal, or an old hymn we heard as a kid. The grace of God is a powerful force that comes to find us in our darkest places, unlocks our prison doors and beckons us to step forward into freedom.

Grace is forgiveness of our sins, but it is so much more.  
Grace not only sets us free but it is the power to stay free.

In Romans 7 Paul talks about the battle that wages within us between our old sinful nature and our new life in the Spirit. It's the age-old battle. We want to do what is right but often we don't.

### **Romans 7:21-23 & 25 NLT**

**I have discovered this principle of life—that when I want to do what is right, I inevitably do what is wrong. I love God's law with all my heart. But there is another power within me that is at war with my mind. This power makes me a slave to the sin that is still within me... Thank God! The answer is in Jesus Christ our Lord.**

I think it's fair to note here that the life Jesus invites us into is not about behavior modification or conforming to some Christian code of conduct. It is all about heart transformation, a work that happens from the inside out. If we don't deal with the issues inside, we will never be able to change our behavior on the outside.

Under normal circumstances we most often can make good decisions, but in times of pressure, when our external circumstances are pushing in on us, our old sinful nature has a tendency to pop out. Instantly, we are ashamed, just like Adam and Eve in the garden when their spiritual eyes were opened and their sinful nature was exposed. And what did Adam and Eve do? They hid.

Not much has changed since the garden. When we have a moment, and our sinful nature pops out we often feel a heavy weight of guilt and shame. So, we too pull away and we hide... we hide from others and we try to hide from God.

Shame often tempts us to isolate ourselves. We pull away from community because deep down we believe that if people knew what we were really like, if they knew what a mess we are inside, then they would reject us. It's so sad. The people who are around us in community are often the ones who can help us most, yet we must be courageous enough to be honest about our mess and ask for help. Truth be told, we all have issues.

I'm so grateful to God for the community of women he has placed around me who pray over me, speak truth to me and lean in close when I'm struggling. The church is called to be a supportive, loving, life-transforming community of people who we can lean on when we need it most.

Shame will also make us pull away from God. We stop doing devotions, we stop praying, we lay low and hope we stop feeling guilty eventually. We bury our dysfunction or pick up old habits to numb the pain until we are ready to make it right with God. We come back groveling, begging for forgiveness we feel we don't deserve and asking God to give us another chance. This is a total misunderstanding of the concept of grace.

Grace is what brought us near to God and grace is the force that still calls to us to come close even when we've done something wrong. Listen, your mistake doesn't change how God feels about you. He loves you.

Whenever we are tempted to pull away from God, it's always an issue of understanding and receiving grace. He would never want us to pull away; he loves us, and he always beckons us to come near.

How do we break the dysfunctional cycle of sin and shame?

We must learn to run to Jesus. The sooner we learn to run to him in our dysfunction and allow him access to the deepest, most painful things in our lives, the sooner he can lead us to freedom.

**James 4:6-7 NLT**

**He gives us even more grace to stand against such evil desires. As the Scriptures say, "God opposes the proud but favors the humble." So, humble yourselves before God. Resist the devil, and he will flee from you. Come close to God, and God will come close to you.**

If you are having a struggle with sin and you've been caught in this never-ending cycle of shame and hiding, the greatest lie you'll ever believe is that you'll never be free. Jesus won the victory and continues to give you grace, not as a license to sin, but as the power to live free from the grip of sin every day.

## Study Guide

# Defined by **Grace**

Do you remember when grace first found you?  
Share your stories with your group.

When you think about God's grace, what words or phrases come to mind?

Is there an area of your life where you still feel like you need God's grace even though you've tried to change?

Here are some examples...

- Habitual sin or addictions
- A bad attitude
- Outbursts of anger
- Lying or keeping up a façade
- Negative thought patterns

Do you tend to repent quickly or pull away from God? Why?  
Take a moment to discuss the difference between condemnation and conviction.

## **Prayer** Guide

Spend some time in prayer asking God for his grace in those particular areas of your life that came up during this study session. As you go about your week, be mindful of these things and each time they surface in your life, stop to pray for God's help to overcome.

## Session Four

# Defined by Peace

In one of the final conversations Jesus had with his disciples, he tells them that the time has come for him to leave them. But he leaves them with this promise...

### **John 14:27 NLT**

**I am leaving you with a gift—peace of mind and heart. And the peace I give is a gift the world cannot give. So don't be troubled or afraid.**

Peace is ours. This precious gift was purchased on the cross and given to us by our Savior, and yet so many of us are not living in peace. Our world is crippled by fear that manifests itself as worry, anxiety, panic and depression. When we give in to fearful thoughts it takes us down a slippery slope into a world where we desire to control and manage everything, and never can.

We need to wake up and realize that we are responsible for our own minds and what goes on there. If Jesus gave us peace, then it is rightfully ours... and if we don't have peace then we've allowed it to be stolen from us.

John 10:10 says that the enemy comes to steal, kill and destroy.

We are in a war today for our peace, in our world, our country, and more importantly, within our own minds and hearts. We need to learn how to stand up and defend our peace. The Bible gives us some clear strategies on how to defend our peace in both our minds and our hearts.

### **Philippians 4:6-9 NLT**

**Don't worry about anything; instead, pray about everything. Tell God what you need, and thank him for all he has done. Then you will experience God's peace, which exceeds anything we can understand. His peace will guard your hearts and minds as you live in Christ Jesus. And now, dear brothers and sisters, one final thing. Fix your thoughts on what is true, and honorable, and right, and pure, and lovely, and admirable. Think about things that are excellent and worthy of praise. Keep putting into practice all you learned and received from me—everything you heard from me and saw me doing. Then the God of peace will be with you.**

Don't worry: instead pray.

The word for pray in this passage literally means to exchange our thoughts about the situation for God's thoughts, our perspective for his perspective. I had to put this into practice in my own life to deal with fearful thoughts. I could easily let my mind wander down fear-filled paths of thought that would threaten to

steal my peace. I took this scripture quite literally and put it into practice in my life. Every time I found myself entertaining fearful thoughts I would stop and pray. I would consciously exchange my fear for the peace that comes from trusting God as I continued to practice this discipline in my life. Fear still tries to creep in from time to time, but it certainly doesn't happen as often as it used to.

We need to stop, and think about what we are thinking about.

It took me a long time to understand that I didn't need to entertain every thought that came to mind. I am responsible for my thoughts. The bible teaches us that we can fix our thoughts on the right things, take our thoughts captive and bring them in line with the Word of God. This is how we maintain peace of mind.

When it comes to maintaining peace of mind, there is a list in this scripture where we can measure our thoughts up against God's thoughts in order to ensure we are thinking about the right things. Whatever is true, honorable, right, pure, lovely, admirable and worthy of praise; those are the things we can think or meditate on. Everything else must go.

This scripture also reminds us that praising God and thanking him for all he has done is a quick way to change our perspective. I use this tactic to combat fear almost on a daily basis. When we thank God, we can't help but settle our thoughts on all the good things he has done, which prevents our restless minds from wandering down destructive paths.

Peace of heart is something a little different. When we sin, there is an open door for guilt and shame to bombard our hearts with the sting of regret. In our scripture passage Paul teaches us to keep putting into practice all we learned, in other words, keep living a life led by the Spirit. Steer clear of sinful desires and stay close to God. That's how we keep our hearts free and at peace.

Peace of mind and peace of heart are both available to us and are definitive markers of a life that has been redefined by Christ. People will be attracted to peace. Those who carry the peace of God begin to look very different from those who don't. Real peace is so unusual and unexpected that it sets us apart from the world around us. It is captivating to those who are searching for something different.

One last thing... If you are fighting for your peace right now I want to encourage you that it can be done. The struggle is real, but so is the power of God at work in your life. Don't ever give up and don't give in to the temptation to believe it will always be this way. As you begin to fight for your spiritual freedom, the power and grace of God are right there fighting along side of you and strengthening you for battle. Peace is your rightful inheritance, so don't let anyone or anything convince you otherwise.

Study Guide

## Defined by Peace

In what ways has the enemy tried to rob you of your peace?

- Fearful thoughts
- Excessive worrying
- Anxiety
- Depression
- Panic
- Doubt

In what ways does the world around us feed our fears?

Have you ever thought about the fact that Jesus gave us peace as a gift?  
How does that make you feel about your current struggle to live at peace?

What strategies did you learn from this session that you could put into place in your life right now?

## Prayer Guide

Spend some time in prayer. Begin by praising and thanking God for everything he has done. Express any of your fears or anxious thoughts to God and ask him to bring his peace into these situations.

Throughout your week be mindful of the things you are thinking about. When fearful or anxious thoughts come, stop to pray and praise until peace settles in.

## Session Five

# Defined by Love

We've all been exposed to broken and defiled ideas of love from the broken world we live in. Either from childhood or later life experiences, we've all been affected by the wounds we've received in the name of love.

Most of us don't know how to properly give or receive love in a healthy way. This ends up affecting all of our relationships and continues to perpetuate a broken idea of love in the world around us.

There's lots we could say about love, but I want to focus in on two major dysfunctional behaviors we tend to embrace when it comes to our understanding of love.

First, we may find ourselves continually searching to fill a void, trying to earn love through people-pleasing, overworking or seeking approval and acceptance from the people we encounter. Outside of God's love we will never feel a love that fulfills and sustains us. So, we keep on searching, draining all the love we can out of every relationship we walk in to.

Maybe that's not you. Alternatively, you might be the one who withdraws, wounded and jaded by love. You hurt so badly that you begin to build walls to keep people out. We guard ourselves from further abuse, abandonment, rejection or wounding by retreating into isolation and not really allowing anyone to love us at all.

The enemy would love for us to stay in this broken state.

Thank God he didn't leave us to figure it out on our own. Like the loving Father He is, He heard the cry of all humanity, and was compelled to run towards us. He was compelled to bring us an answer and the answer was Jesus. God chose to reveal his love to us through the person of Jesus, and everything he did for us.

Jesus came to teach us what real love is.

He fills us completely so we can stop looking for love in all the wrong places.

He heals the broken pieces of our hearts so we can learn to really love again.

In Ephesians 3 Paul prays that every believer would be rooted and grounded in God's love for us. When our roots grow down deep in God's love, it becomes our source of nourishment and stability. His love fills the void, a hunger in us to love and be loved. His love gives us a sense of security even when things around us are unstable and unsettled.

### **Ephesians 3:16-19 NLT**

**I pray that from his glorious, unlimited resources he will empower you with inner strength through his Spirit. Then Christ will make his home in your hearts as you trust in him. Your roots will grow down into God's love and keep you strong. And may you have the power to understand, as all God's people should, how wide, how long, how high, and how deep his love is. May you experience the love of Christ, though it is too great to understand fully. Then you will be made complete with all the fullness of life and power that comes from God. Now all glory to God, who is able, through his mighty power at work within us, to accomplish infinitely more than we might ask or think.**

Paul says in this scripture that we can both understand and experience God's love. It's one thing to know He loves us in our heads, yet it's another thing entirely to experience his love and allow it to settle deep down into our hearts.

No matter what your experience has been or how broken your concept of love is, it is possible to understand God's love and experience it. Your broken heart is not too much for God's love to break through and bring complete healing and restoration.

### **Psalm 147:3 NIV**

**He heals the broken-hearted and binds up their wounds**

God's love changes us. It changes everything.

His love wraps itself around the deepest wounds of our hearts and heals them completely. It's then that we can begin to lay down our striving and allow the walls we've built to break down, and let the love in. When love invades our lives, we become carriers of his love to the wounded world around us.

### **1 John 4:9-12 NLT**

**God showed how much he loved us by sending his one and only Son into the world so that we might have eternal life through him. This is real love—not that we loved God, but that he loved us and sent his Son as a sacrifice to take away our sins. Dear friends, since God loved us that much, we surely ought to love each other. No one has ever seen God. But if we love each other, God lives in us, and his love is brought to full expression in us.**

This is real love.

Before we were even born He chose us.

Before we could do anything to earn it, He loved us.

His love pursued us and brought us close.

His love continues to work in us so that we can reflect His love to the world around us.

## Study Guide

# Defined by Love

In this study, we mentioned two behaviors that reflect the broken ideals of love.

1. We try to fill the void through people pleasing and the need for approval or applause.
2. We pull away and build walls to protect ourselves because we've been deeply wounded.

Which of these two best applies to you and your concept of love based on your childhood and early life experiences? Explain.

Is there a connection between your broken ideals of love and your relationship with God?

Have you ever been impacted by the unconditional love expressed through another person's life? Share your story.

Do you still carry wounds of the heart that have not yet been healed? If you feel comfortable, please share or explain your experience with the group.

## Prayer Guide

Take some time in prayer to bring your wounds before the Lord. It's ok to express your deepest hurts openly before him. Within the group take some time to pray for each other and speak words of love and hope over each other.

## Session Six

# Defined by Faith

Our journey begins by placing our faith in Jesus Christ and we are also called through scripture to walk by faith and live by faith. Everything about our new life in Christ is understood and applied by faith.

It's important to stop and think about what we really believe in from time to time, because as we said earlier, what we believe will determine how we live.

My dad was a pastor and one of his favorite topics to speak on was faith. While listening to one of his old preaching tapes I came across this quote.

I don't want to die a mediocre Christian.

I want to leave an impact on my generation for the Kingdom of God.

I want to make changes, not just for my own destiny or the destiny of mankind, but for my family.

This kind of faith is tenacious faith that hangs on and says, 'I'm going to make a difference, not just for myself but for my children and the generation that is to come.'

My parents came to faith just around the time I was born. As the first on both sides of their families to come to know Christ they struggled to realign their lives according to the teachings of the faith. Honestly, they didn't always get it right. Yet I don't remember them for the mistakes they made, I remember that more than anything they wanted their lives to please God.

If you are a parent, I want to encourage you today that it's not about always getting it right, so quit being so hard on yourself. It's much more about having the humility to admit when you're wrong, learn from your mistakes, and hold on to the determination to be better.

Faith isn't about perfection... it's about perseverance.

We see this throughout the stories of the forefathers of faith found in Hebrews chapter 11. This chapter is full of people whose lives were marked by sin, betrayal, deception and even murder, yet that's not what they are remembered for. They are remembered for their faith. Because in the end, despite all their failures and shortcomings, they had a deep and relentless trust in a God who redeems and restores all things. This is the one thing that I think sets people apart when it comes to faith... they just never give up.

If we are going to learn to live redefined by the Kingdom of God, our lives must be defined by faith.

### **Hebrews 12:1-2 NLT**

**Therefore, since we are surrounded by such a huge crowd of witnesses to the life of faith, let us strip off every weight that slows us down, especially the sin that so easily trips us up. And let us run with endurance the race God has set before us. We do this by keeping our eyes on Jesus, the champion who initiates and perfects our faith.**

If we keep our eyes fixed on Jesus we will be able to run our race with endurance. In him we find everything we need to live life to the fullest and leave a lasting impact on the people around us. Jesus is not only the one who got us started, he is the one who continues to work with us to perfect our character and bring our faith to maturity.

Your story isn't finished yet.

No matter what your story, or what your life has looked like up to this moment, if you are still breathing, then there is still hope. The story isn't over!

There is plenty of room for God to do a work in you that could change the trajectory of your family and have an impact on the next generation. You don't have to pass down fear or anxiety, dysfunctional cycles of sin and shame, or negative habits and destructive thought patterns that have surrounded your family for generations. You have the right, responsibility and opportunity to stand up in faith and make significant changes in your family's story, just like my parents did.

It all starts with one heart that is all in with Jesus and determined to learn what it means to live ReDefined.

Study Guide

## Defined by Faith

Is there someone whose faith you deeply admire?  
What specifically is it that you admire about them?

What do you hope people notice about your faith?

What three words would you want people to use to describe your life? Why?

If you are a parent, what do you hope for your kids when it comes to running their own race and living out their faith?

## Prayer Guide

Take some time to pray for your family.

If you are with a group take some time to pray for each other in agreement for salvation, restoration, protection and strength in your families.



## About the Author

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Brenda Drost is a Pastor and Speaker who is known for her warm smile and passionate preaching style. Whether she is teaching at her home church or out on the road, she loves to bring challenging messages that help people live out their faith in the real world. Brenda serves on staff at Mountain Park Church as a Teaching Pastor and mentor to women, and speaks nationally at conferences and women's events. Brenda and her husband Mark live on their farm in the beautiful Niagara Region of Ontario, Canada where they have raised their four young adult children.

**Find more resources at [BrendaDrost.com](http://BrendaDrost.com)**