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 [thegoodbook.com](https://thegoodbook.com)

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# Who Am I and What Am I Doing with My Life?

## Finding Stability and Purpose in Jesus

“Identity crisis” might be too strong a phrase for what you’re feeling, but it’s close. Life isn’t going how you hoped, and you’re not sure of what to expect anymore. The core of who you are feels unstable, and you probably can’t even pinpoint why.

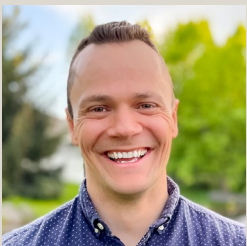
What you’re experiencing is identity pressure.

With wit, wisdom and clarity, Justin Poythress helps you make sense of what you’re feeling and offers a biblical path to lasting identity confidence by explaining...

- How philosophy has impacted the modern understanding of self
- Why your identity feels shaky
- How the Bible can transform your sense of self
- Three principles for living in the identity Jesus gives you

When you build your identity in Christ, you’ll experience clarity, discover your unwavering purpose and move forward with confidence.

## About the Author



Justin’s goal is to restore rest and wonder to the worn-out. He grew up in the suburbs of Philadelphia, where he got his M.Div and D.Min at Westminster Theological Seminary. He has lived and worked in Nashville, Indianapolis, Fort Myers and Boise, where he currently pastors and lives with his wife, Liz, and their two daughters. You can find more of Justin’s writing at [justinpoythress.com](https://justinpoythress.com).

## Endorsements

“To live in the modern world is to be faced with endless possibilities: to be steeped in ready-made answers to the question, ‘Who am I?’ This book takes up many of the central questions which all of us face in forming an identity and reframes them by placing Christ at the center. With remarkable warmth, wisdom, and generosity, Justin Poythress encourages readers to embrace a fullness of identity and purpose: a fullness unique to each person, yet one reflecting the fullness of the one who called each of us into being.”

**Karen Swallow Prior**

Author of *Fierce Convictions—The Extraordinary Life of Hannah More: Poet, Reformer, Abolitionist*

“There are few matters more important to young adults than establishing their identity. Yet, in today’s culture and climate, there are few matters that are more confusing. Justin Poythress’s book will help readers find stability and purpose, not in custom-crafting an identity from the myriad of options available to them but by grounding it firmly and faithfully in the Lord Jesus Christ. This book will prove a trusted guide to anyone who is wrestling through who they are and who God has made them to be.”

**Tim Challies**

Blogger; Author, *Seasons of Sorrow*

## Suggested Interview Questions

1. What personal experiences do you have that were pivotal in shaping the themes and insights within this book?
2. How does Jesus Christ stabilize the tension between who you are (past) and who you are becoming (future)?
3. Why is the church community essential for healthy self-discovery and growth?
4. What should I be looking for/expecting from the church in developing my identity?
5. How much should I be thinking about my own identity versus actively engaging with my work and relationships around me?
6. How does Jesus’ story of death into resurrection help Christians interpret and cope with major life disappointments?
7. How do we wisely use the given parts of ourselves (our circumstances, gifts, and background) to grow closer to Jesus?
8. If true freedom is found in serving a master, how can submitting to Christ make us genuinely free?
9. How do the three biblical relationship analogies—Creator, Father, and Husband—shape our identity with God?
10. Why are work, sexuality, and politics inadequate as a master identity, and how should Christians steward them?
11. How can I take steps toward meaningful Christian friendships that will help shape my identity?
12. How do I process the role of other people in setting my identity?

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