**FOUR BASIC NEEDS OF EVERY PERSON AND SPOUSE – Session 3 - Part 1**

(The Need for Identity)

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We are considering the 4 basic needs every person has, and how Jesus Christ wants to meet these needs in our lives and how we can join Him in meeting these needs in our spouse’s life.

Review:

1. The need for acceptance instead of rejection.

2. The need for security instead of insecurity.

3rd Basic Need is a need for:

**1. Identity**

**1) Definitions:**

The word **identity** refers to “who you are”.

**The action word** (verb) associated with “identity” is the word **“identify”** which means

“to establish the identity of a particular person or thing, to recognize or prove who a

person really is”, or to “to identify a person, animal, or thing by definite characteristics”.

**2) How is the word “identity” used today?**  Illust. – Container with rocks or marbles

representing the following:

What a person **does** in life:

By a person’s **roles** in life:

By a person’s **character**:

By one’s **physical condition**:

**2. How is mankind’s identity defined from Scripture?** Gen. 1:26-27

1) God created mankind to bear the image of God and to rule over and tend God’s creation.

2) How did Adam view Eve? - Gen. 2:23

3) They shared this God given identity of bearing the image of God.

a) Notice v. 25 – “The man and wife were both naked, and **they felt no shame.”**

b) **Shame** was not connected to their identity as image bearers of God.

4) What happened when Adam and Eve sinned against God? Gen. 3:7-11a (read)

**3. When Satan deceived Adam and Eve to disobey God, he pulled off the greatest**

**identity theft in human history.**

1) Stole their sense of **personal worth and value.**

2) Stole their sense of **purpose in life.**

3) Their **identity** – they still bore the image of God, but their minds were confused about

who they were and they began living in **shame, fear, and guilt.** (Cmp. Gen. 3:8-10)

4) What would God do to restore mankind’s identity as the image bearers of God?How

does a healthy God given perspective of identity in Christ positively impact a marriage?

5) This is illustrated beautifully in the book of Ruth.

**4. The need for a new identity.**

God had led Ruth to Boaz’s field where she found acceptance and security. She and Naomi

also had a need to find a new identity.

1) What was Naomi’s identity before leaving Israel and going to Moab?

Her name meant “pleasant”.

She left Bethlehem “full” – Ruth 1:21

2) What was her identity when she returned to Bethlehem?

She’s a widow and childless. She came back home “empty” and destitute.

What did she tell people to call her? What does this name mean?

3) What was Ruth’s identity before deciding to believe in the one true God?

4) What was her identity when she arrived in Bethlehem?

A new believer in the God of Israel.

A widow known as “Ruth the Moabite”. - a foreigner.

5) What is our (mankind’s) spiritual identity before trusting the Lord Jesus as our Lord and

Savior? – Rom. 3:23

a) Since we are descendants of Adam and Eve, our identity as image bearers of God is

distorted and flawed.

b) What does Eph. 2:1-3, 11-12 say about our **spiritual identity** apart from Jesus

Christ?

6) How could Ruth and Naomi’s negative identities change so they could begin living out

of a new identity? How can we receive and begin living out of a new identity in Christ?

**5. Enter Boaz – The Kinsman Redeemer**

1) Whose field did Ruth glean grain in? - Ruth 2:19

2) Who was a Kinsman Redeemer in Israel?

a) A close relative – The Hebrew word translated “kinsman” or “relative” is “Goel”

which means one who “comes to the help or the rescue of another, to set one free”.

b) Boaz was one of their Kinsman Redeemers. - 2:20b, 3:9, 3:12-13.

c) This word is translated numerous times in the O.T. as “redeem”, or “redeemer”– Ex.6:6

3) So, the Kinsman Redeemer in Israel was a near relative, who out of love acted as a

rescuer and redeemer for his Israelite brother and his family.

4) Who is Boaz a picture of? – Gal. 4:4-5

**6. What were the responsibilities of the Kinsman Redeemer?** 3 responsibilities

1) When an Israelite was murdered, the “Goel” was **the avenger for the shedding of**

**innocent blood** in his family. – Numb. 35:16-19

a) What did Satan succeeded in getting Adam and Eve to do? What was the result?

Rom. 5:12

b) Jesus called Satan a “murderer”.

c) God sent His Son to be the avenger of man’s blood, and destroy Satan for the crimes he

committed against the image bearers of God. Cmp. Gen. 3:15

d) How did Jesus do this? Heb. 2:14-15

2) **Redeem his brother and his inheritance** if, due to poverty, the brother would have to go

into slavery or be forced to sell his land – Lev. 25:25

a) This is what Boaz did in Ruth 4:9 so Elimelech’s property would stay in the family and

in doing so gave Naomi and Ruth hope and guaranteed them freedom from slavery.

b) Out of love Jesus Christ died to redeem us from the slavery of sin. When we

trust Him as our Redeemer, God cancels our sin debt. - Rom. 6:17-18, 22-23, Gal. 5:1

3) To **marry the widow of a deceased Israelite relative** who had no son and raise up a son

who would carry on the family name and inheritance. – Duet. 25:5-10

a) Naomi’s husband and sons died in Moab.

b) The only hope for continuing their family name and inheritance in Israel was for a near

relative to marry Ruth and raise up a son to carry on the family name.

c) In Ruth 4:10,13 Boaz redeems Ruth to be his wife and she gives birth to a son.

d) How does this apply to us as believers in Jesus Christ?

1)) Before we are redeemed, we are bound (married) to the O.T. law. –Rom. 7:1

2)) The law tells mankind what to do, but gives no power to do it, and if we break the

law by just one act of sin we are condemned by it. – Gal. 3:10, James 2:10

3)) What kind of a husband is the O.T. law? The law focuses on our old identity

inherited from Adam. - Guilt & Shame

4)) God gave the law to show us we are sinners and we need to be married to Jesus

Christ as our kinsman redeemer, so we can have a new identity in Christ.

Cmp. Rom. 7:4-6

Ruth’s first husband was named Mahlon - Hebr. –

What did she experience in her first marriage?

What happened soon after she married Boaz? - Ruth 4:13

5)) What kind of fruit does the law bring forth from a person’s life? Rom. 7:5b

6)) What happens as a result of our being united by faith to Jesus Christ, our Kinsman

Redeemer? Rom. 7:4b

Before we learn how the identity of these 2 women was changed and how our spiritual identity can change, we must understand:

**7. A Sense of Shame Adversely Affects Our Identity**

Illustration –

1) What were the first 3 negative emotions Adam and Eve experienced after sinning?

Gen. 3:7-10

2) **Guilt** is the result of **what a person does** – “to be worthy of blame”

3) **Shame** has to do **with who we are** – our identity.

a) 2 kinds of shame

1)) Legitimate shame –

2)) Toxic shame – does not belong to us, it belongs to someone else, but it feels

like it belongs to us. What would be some examples?

3)) Some cultures (families) are shame based. How is shame used?

b) Unresolved shame results in the painful belief we are a defective human being.

c) Shame attacks who we are – our very identity as the image bearers of God.

d) Examples:

**Feelings of Shame**

I am defective I am broken

I am a mistake I am flawed

I am dirty I am soiled

I am not good enough I am useless

I am inept I am unwanted

I am unloved I am not appreciated

I am not cherished I deserve to be abandoned I deserve to be forgotten I deserve to be left out

I am weak I am small

I am feeble I am puny

I am bad I am evil

I am awful I am dreadful

I am despicable I am pitiful

I am contemptible I am insignificant

I am nothing I am worthless

I am invisible I am unnoticed

I am empty I deserve criticism

I deserve condemnation I deserve disapproval I feel ashamed I feel embarrassed

I feel humiliated I feel dishonored

f) What will a person carrying shame often do with their head?

4) Do you think Ruth and Naomi would have struggled with shame with their current

identities? What feelings of shame might they have experienced?

5) What feelings and beliefs tied to shame are you or your spouse, or family struggling

with?

**8. How can shame negatively control a person, spouse, marriage, or family?**

**(**10 ways by Dr. Chuck Lynch)

1) A person controlled by shame may be **emotionally frozen or paralyzed** because

of emotional pain from being shamed.

2) They **develop masks of hypocrisy to cover their shame.** How?

3) **Perfectionism becomes a defense mechanism** so others won’t discover our

perceived flaws and reject and abandon us. How might this affect a person?

4) A person becomes a **blame shifter** to shift blame off themselves to others to avoid

personal responsibility for one’s own actions or attitudes. (Adam – Gen. 3:12)

Or they become **hyper-critical** of themselves or others.

5) **Rage, not anger**, can be another response to being shamed.

6) **Denial is another method of defense against the presence of shame.**

The shame of the past is so painful a person lies to themselves and others or refuses

to see where the shame is coming from to resolve it.

7) A person with shame often **lives in fear of abandonment or rejection.** Why?

8) They will **self-sabotage and undermine any chance of success or happiness** because

they do not believe they deserve to succeed.

9) A loss of identity resulting from feelings of shame can result in **addictive behaviors that**

**promise a temporary relief from internal pain and emptiness.**

10) Shame-based people often form **relationships with controllers** who use shame to overly

criticize, prove superiority and attack independence, intelligence, common sense and

sanity. These controllers send the message, “There is something wrong with you.”

How can this affect one’s internal thoughts?

Are you being negatively impacted by shame hindering you from living out of your God

given identity of being an image bearer of God? If so, God wants to free you from shame.

**9.** **Who and has God provided to free us from guilt and shame?**

1) When we trust Jesus as our personal Savior, all of our sin is forgiven, and we are

declared righteous in the eyes of God. (2 Cor. 5:21, Col. 2:13-14, Rom. 3:21-24, 5:1, 8:1)

a) Our guilt is completely removed

2) Jesus also carried our shame to the cross, so we don’t have to live in the realm of shame.

Heb. 12:2, Rom. 10:11