

You Who?  
Group Discussion  
Study Guide

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Group Discussion Study Guide for Rachel Jankovic's *You Who? Why You Matter and How to Deal With It*  
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## TROUBLE, TRUTH, AND GLORY

### **Summary:**

Rather than listening to the lies of the world about our identity, we should remember that our identity is completely rooted in Christ.

### **Highlights:**

“If you are looking for a book that will gently pet your bangs and soothe your worried brow, telling you how beautiful you are, this is not it.... This book is not here to help you in your quest

for self-love. I want something much, much better for you, because I want something true for you.” (1-2)

“If you won’t face the fact that we have sin, there will be no joy in looking to a Savior.” (2)

“That is the basis of all my belonging. He knows who I am. He knows where I belong. Nothing more than that.... Nothing but God: He mine, and I His.” (7)

**Questions for Discussion and Application:**

1. What does Rachel say her goal in this book is? Does she say hard words just because she gets a kick out of it?

2. What does Rachel give as the reasons why she has never doubted her identity? What are some of the things that God has given to you that have helped you stay on the straight path?

3. Why don’t we need to plot and scheme to achieve “self-actualization”? Do you know anyone who is clearly anxious or perpetually discontent because of this quest to find him or herself?

4. How can this book benefit you, whether you are already secure in your Christian identity or not?

**Study the Word:**

Read 2 Corinthians 2. Why did Paul say hard things to the Corinthians? What was his goal? Imitating him, how must we treat brothers who have sinned or are confused?