

NOTES

Chapter 1—Trying Hard

1. This quote is from my gracious friend Thomas McMillan, who shared it with the Emmanuel Baptist Church family on Sunday morning, June 14, 2020, as we shared a conversation together about prejudice and secular identity narratives. Thomas McMillan, “Worldview Reset: Seeing Each Other through God’s Lens,” Conversation with Cary Schmidt, Part 3 of *Reset* sermon series, June 14, 2020, at Emmanuel Baptist Church in Newington, CT, <https://ebcnewington.com/messages/reset/?sapurl=Lyt4NHjzL2xiL21pLyt6cTVxNDRnP2VtYmVkPXRydWU=>.
2. The first person who ever addressed the “source of self” in my spiritual journey was author (and now my friend) David F. Wells in his books *The Courage to Be Protestant* and *God in the Whirlwind*. Dr. Wells’s writings were wonderfully influential in my growing understanding of the things I wrote about in this book. David F. Wells, *God in the Whirlwind: How the Holy-love of God Reorients Our World* (Wheaton, IL: Crossway, 2014), and *The Courage to Be Protestant: Reformation Faith in Today’s World* (Wheaton, IL: Crossway, 2014).

Chapter 2—Splinterville

1. C. S. Lewis, *The Four Loves* (San Francisco: HarperOne, 2017), loc. 1689 of 2066, Kindle.
2. Neil T. Anderson, *Who I Am in Christ* (Bloomington, MN: Bethany House, 2014), ch. 25, loc. 1989 of 3169, Kindle.
3. I developed this list beginning with a list of eleven identity markers outlined in Brian Rosner’s book *Known by God: A Biblical Theology of Personal Identity, Biblical Theology for Life* (Grand Rapids: Zondervan, 2017), 41. I added my own commentary based upon my personal ministry experiences, as well as adding the following factors to the list: power/status, love/romance, past abuse/victimization, failures/regrets, social media/fake identity, function/abilities.

Chapter 3—Weak Identity

1. This farewell is offered to audience members at the end of the “Happily Ever After” fireworks show, Disney World’s Magic Kingdom, Orlando, FL, debuted 2017. “Happily Ever After (Magic Kingdom),” Disney Parks Script Central, March 20, 2018, <http://www.disneyparkscripts.com/happily-ever-after-magic-kingdom/>.
2. David Shimer, “Yale’s Most Popular Class Ever: Happiness,” *New York Times*, January 26, 2018, <https://www.nytimes.com/2018/01/26/nyregion/at-yale-class-on-happiness-draws-huge-crowd-laurie-santos.html>.
3. James Baldwin, “An Interview with James Baldwin,” interview by Studs Terkel (*Almanac*, WFMT, Chicago: December 29, 1961) in *James Baldwin: The Last Interview and Other Conversations* (New York: Melville House, 2014), loc. 95 of 1439, Kindle.

4. “A Million Dreams,” *The Greatest Showman*, directed by Michael Gracey, music by Benj Pasek and Justin Paul (Los Angeles: 20th Century Fox, 2017).
5. David Wells, personal conversation, January 7, 2019.
6. “2018 Cigna U.S. Loneliness Index,” Cigna, *Multivu*, May 2018, https://www.multivu.com/players/English/8294451-cigna-us-loneliness-survey/docs/IndexReport_1524069371598-173525450.pdf.
7. Jules Schroeder, “Millennials, This Is What Your Quarter-Life Crisis Is Telling You,” *Forbes*, September 8, 2016, <https://www.forbes.com/sites/juleschroeder/2016/09/08/millennials-this-is-what-your-quarter-life-crisis-is-telling-you/#360122f63262>.
8. David G. Myers, *The American Paradox: Spiritual Hunger in an Age of Plenty* (New Haven, CT: Yale University Press, 2000), back cover.
9. Kirsten Weir, “Worrying Trends in U.S. Suicide Rates,” *American Psychological Association* 50, no. 3 (2019): 24, <https://www.apa.org/monitor/2019/03/trends-suicide>.
10. Melissa Healy, “Suicide Rates for U.S. Teens and Young Adults Are the Highest on Record,” *Los Angeles Times*, June 18, 2019, <https://www.latimes.com/science/la-sci-suicide-rates-rising-teens-young-adults-20190618-story.html>.
11. Allan Bloom, *The Closing of the American Mind: How Higher Education Has Failed Democracy and Impoverished the Souls of Today’s Students* (New York: Simon & Schuster, 2008), 76 of 574, Scribd.
12. Leo Tolstoy, *A Confession*, translated by Aylmer Maude (Mineola, NY: Dover Publications, 2005), 27–32 of 111, Scribd.
13. David F. Wells, *The Courage to Be Protestant: Reformation Faith in Today’s World*, 2nd ed. (Grand Rapids: Eerdmans, 2017), 135.
14. Charles Taylor, *Sources of the Self: The Making of the Modern Identity* (Cambridge, MA: Harvard University Press, 1989), 1–24.
15. The first person I heard teach on identity was Tim Keller. In this text, he is quoted directly several times, but it is appropriate to say his biblical insight (as well as the insights of others) through writing and teaching was influential in many of the concepts shared in this manuscript.

Chapter 4—Traditional Identity

1. *Frozen*, directed by Chris Buck and Jennifer Lee, music by Robert Lopez and Kristen Anderson-Lopez (Burbank, CA: Walt Disney Animation Studios, 2013).
2. *The Lion King*, directed by Roger Allers and Rob Minkoff, music by Elton John and Tim Rice (Burbank, CA: Walt Disney Animation Studios, 1994).
3. *Beauty and the Beast*, directed by Gary Trousdale and Kirk Wise, music by Howard Ashman and Alan Menken (Burbank, CA: Walt Disney Animation Studios, 1991). *Moana*, directed by Ron Clements and John Musker, music by Lin-Manuel Miranda, Opetia Foa’i, and Mark Mancina (Burbank, CA: Walt Disney Animation Studios, 2016). *Aladdin*, directed by Ron Clements and John

- Musker; music by Tim Rice, Alan Menken, and Howard Ashman (Burbank, CA: Walt Disney Animation Studios, 1992). *The Little Mermaid*, directed by Ron Clements and John Musker, music by Howard Ashman and Alan Menken (Burbank, CA: Walt Disney Animation Studios, 1989).
4. *Toy Story*, directed by John Lasseter, music by Randy Newman (Emeryville, CA: Pixar Animation Studios, 1995).
 5. Derek Thompson, “Workism Is Making Americans Miserable,” *Atlantic*, February 24, 2019, <https://www.theatlantic.com/ideas/archive/2019/02/religion-workism-making-americans-miserable/583441/>.
 6. Jordan B. Peterson, *12 Rules for Life: An Antidote to Chaos* (Toronto: Penguin Random House Canada, 2018), Kindle.
 7. Thompson, “Workism Is Making Americans Miserable.”
 8. Thomas McMillan, “Worldview Reset: Seeing Each Other through God’s Lens,” conversation with Cary Schmidt, Part 3 of *Reset* sermon series, June 14, 2020, at Emmanuel Baptist Church in Newington, CT, <https://ebcnewington.com/messages/reset/?sapurl=Lyt4NHJzL2xiL21pLyt6cTVxNDRnP2VtYmVkPX RydWU=>.
 9. *Star Wars: Episode IV – A New Hope*, directed by George Lucas (San Francisco: Lucasfilm; distributed by 20th Century Fox, 1977).
 10. *Toy Story*, directed by John Lasseter.
 11. “I Will Go Sailing No More” by Randy Newman, track 3 on *Toy Story* (soundtrack), Walt Disney Records, 1995.

Chapter 5—Modern Identity

1. Paul Trachtman, “A Brief History of Dada,” *Smithsonian*, May 2006, <https://www.smithsonianmag.com/arts-culture/dada-115169154>.
2. Joseph Loconte, *A Hobbit, A Wardrobe, and a Great War* (Nashville: Nelson Books, 2015), ix–26.
3. Trachtman, “A Brief History of Dada.”
4. Charles Taylor, *Sources of the Self: The Making of the Modern Identity* (Cambridge, MA: Harvard University Press, 1989).
5. *Dear Evan Hansen*, music and lyrics by Benj Pasek and Justin Paul, Music Box Theatre, New York, December 2016.
6. “Let It Go” by Robert Lopez and Kristen Anderson-Lopez, track 5 on *Frozen* (Original Motion Picture Soundtrack), Walt Disney Records, 2013.
7. *For the First Time in Forever: A Frozen Sing-Along Celebration*, Disney’s Hollywood Studios, Orlando, FL, debuted July 5, 2014.
8. Eugene Park, “Kanye West: From ‘I Am a God’ to ‘Jesus Is King,’” The Gospel Coalition, October 28, 2019, <https://www.thegospelcoalition.org/article/kanye-west-god-jesus-king>.

STOP TRYING

9. Matt Smethurst, Timothy and Kathy Keller, “Tim and Kathy Keller on Dating, Marriage, Complementarianism, and Other Small Topics,” The Gospel Coalition, October 24, 2019, <https://www.thegospelcoalition.org/article/tim-kathy-keller-marriage>.
10. Pam Grossman, “Yes, Witches Are Real. I Know Because I Am One,” *Time*, May 30, 2019, <https://time.com/5597693/real-women-witches>.
11. Joshua Knobe, “In Search of the True Self,” *New York Times*, June 5, 2011, <https://opinionator.blogs.nytimes.com/2011/06/05/in-search-of-the-true-self/?searchResultPosition=9>.
12. William Ernest Henley, “Invictus,” Poetry Foundation, 1888, <https://www.poetryfoundation.org/poems/51642/invictus>.

PART TWO—FINDING

1. G. K. Chesterton, *Orthodoxy* (New York: John Lane Company, 1908), 35–36.
2. Oswald Chambers, “A Bond-Slave of Jesus,” *My Utmost for His Highest*, November 3, 2019, <https://utmost.org/classic/a-bond-slave-of-jesus-classic>.
3. Ibid.

Chapter 6—Losing to Find

1. C. S. Lewis, *A Grief Observed* (originally published in 1961 under the pseudonym “N. W. Clerk”) (New York: HarperCollins, 2009), loc. 569 of 860, Kindle.
2. *Strong’s Concordance*, Bible Hub, s.v. “bios,” #979, <https://biblehub.com/str/greek/979.htm>.
3. *Strong’s Concordance*, Bible Hub, s.v. “zoe,” #2222, <https://biblehub.com/str/greek/2222.htm>.
4. *Strong’s Concordance*, Bible Hub, s.v. “psuche,” #5590, <https://biblehub.com/greek/5590.htm>.
5. The story of the woman at the well is found in John 4.
6. Oswald Chambers, “The Commission of the Call,” *My Utmost for His Highest*, September 30, 2019, <https://utmost.org/classic/the-commission-of-the-call-classic>.

Chapter 7—Jesus’ Loss

1. *The Lord of the Rings* (film series), directed by Peter Jackson, based on the trilogy written by J. R. R. Tolkien (Burbank, CA: New Line Cinema, 2001–2003).
2. *Star Wars: Episode IV – A New Hope*, directed by George Lucas (San Francisco: Lucasfilm; distributed by 20th Century Fox, 1977).
3. I’m grateful for the writings and teachings of both Tim Keller and David F. Wells in introducing clarity to my theological understanding of God’s holiness and

love, and how the narrative of Scripture brings them together in Jesus on the cross.

4. Timothy and Kathy Keller, *The Meaning of Marriage: Facing the Complexities of Commitment with the Wisdom of God* (New York: Penguin Books, 2011), 48.
5. Timothy Keller (@timkellernyc), “. . . Whatever it will cost you to be with God is nothing compared to what it cost Him to be with you,” Twitter, November 26, 2016, 2:30 p.m, <https://twitter.com/timkellernyc/status/802595318550429696>.

Chapter 8—Gospel Identity

1. “Sep 12, 490 BCE: Battle of Marathon,” *National Geographic*, July 28, 2014, <http://ipod-ngsta.test.nationalgeographic.org/thisday/sep12/battle-marathon/>.
2. *Strong’s Exhaustive*, Bible Hub, s.v. “*euaggelion*,” #2098, <https://biblehub.com/str/greek/2098.htm>.

Chapter 9—Run Home

1. Robert H. Thune and Will Walker, *The Gospel-Centered Life: Study Guide with Leader’s Notes* (Greensboro, NC: New Growth Press, 2011), 20–26.

Chapter 10—Face Upward

1. Annie Dillard, *Pilgrim at Tinker Creek* (New York: HarperCollins Publishers, 2009), 41 of 315, Scribd.

Chapter 12—Embrace Smallness

1. *The Lord of the Rings* (film series), directed by Peter Jackson, based on the trilogy written by J.R.R. Tolkien (Burbank, CA: New Line Cinema, 2001–2003).
2. Irenaeus, *Five Books of St. Irenaeus Bishop of Lyons: Against Heresies with the Fragments That Remain of His Other Works*, translated by John Keble (Edinburgh, Scotland: CrossReach Publications, 2018), 301 of 3387, Scribd.

Chapter 13—Bleed Grace

1. Jennifer Emily, “Two Stunning Hugs End Amber Guyger’s Murder Trial on a Merciful Note,” *Dallas Morning News*, October 2, 2019, <https://www.dallasnews.com/news/2019/10/02/two-stunning-hugs-end-amber-guygers-trial-merciful-note>.
2. Ibid.
3. Brandt Jean, “‘I Forgive You’: Botham Jean’s Brother Hugs Amber Guyger after She Gets 10 years in Prison,” 204th District Court, Dallas, TX. Uploaded

STOP TRYING

to YouTube by *Dallas Morning News* on October 2, 2019, 0:4:12, <https://www.youtube.com/watch?v=qeESVLQK4hw>.

4. Ibid.
5. Tammy Kemp, “Judge Hugs Jean’s Family, Guyger after Sentencing,” 204th District Court, Dallas, TX. Uploaded to YouTube by AP Archive on October 7, 2019, 0:1:34, <https://www.youtube.com/watch?v=kyKDSnKKI7M&t=22s>.
6. Emily, “Two Stunning Hugs,” October 2, 2019.
7. Ibid.

Chapter 15—Grow Forward

1. Oswald Chambers, “Diffusiveness of Life,” *My Utmost for His Highest*, September 6, 2019, <https://utmost.org/classic/diffusiveness-of-life-classic>.
2. Oswald Chambers, “Springs of Benignity,” *My Utmost for His Highest*, September 7, 2019, <https://utmost.org/classic/diffusiveness-of-life-classic>.
3. J. I. Packer, *Rediscovering Holiness: Know the Fullness of Life with God* (Grand Rapids: BakerBooks, 2009), loc. 498 of 4575, Kindle.
4. Attributed to Aesop, “The North Wind and the Sun,” *Aesop’s Fables*, translated by George Fyler Townsend (New York: HarperCollins, 2012), 260 of 410, Scribd.

Conclusion

1. Al Andrews, interview by Donald Miller, “10 Things Powerful People Can Do to Not Screw Up Their Lives,” *Building a StoryBrand* (podcast), <http://buildingastorybrand.com/episode-64>.