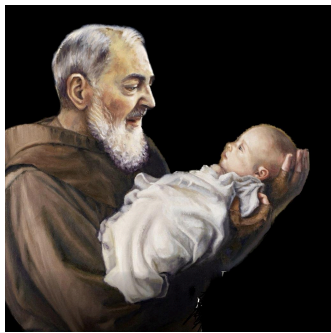




TASTE Reflection Questions
16 April 2026

No Longer Orphans: Living as Daughters of the Father

Dominique Seraphin

Pray, Hope, and Don't Worry. ~ Padre Pio



1. INTRODUCTION & THE QUESTION OF IDENTITY

- What stood out to you most from the talk?
- When you hear the question “Who are you?,” how do you instinctively answer it?

2. THE “ORPHAN MENTALITY” VS. GOD’S TRUTH

- Which “orphan mentality” thought do you relate to most? (See list on next/back page)
- Why do you think it’s so easy to fall into this mindset, even as a person of faith?

3. FROM STRIVING TO RECEIVING

- Do you tend to relate to God more through striving or receiving? What does that look like?
- How would you honestly answer: “Would God still love me if I did nothing?”

4. LIVING AS DAUGHTERS: IDENTITY BEFORE MISSION

- In your life, do you ever feel like you need to “do more” to be enough?
- What would change if you truly lived from being loved instead of trying to earn love?

5. LEARNING TRUST: SAINTS, SURRENDER, AND GOD’S LOVE

- What makes it hard for you to: Trust God or Let Him carry you”?
- How comfortable are you with silence in prayer or simply receiving from God?

6. LIVING IT OUT: REMEMBERING YOUR IDENTITY

- What is one practical way you can remind yourself this week of your identity?
- What does “living from love, not for love” look like in your daily life?

1. INTRODUCTION & THE QUESTION OF IDENTITY

- Dominique began the talk with a humorous misunderstanding of “Make heaven crowded,” pointing to how easily faith can be misinterpreted.
- The deeper message: Life is a pilgrimage and we are made for heaven.
- This leads to a question: “Who are you?”—not your roles or accomplishments, but your deepest identity.
- We tend to base identity on unstable things (success, failure, opinions, past wounds), which leads to insecurity. Conversely, the Gospel teaches: Identity is not earned—it is received.

2. THE “ORPHAN MENTALITY” VS. GOD’S TRUTH (CHILD OF GOD)

- So many of us live with an “orphan mentality,” believing:
 - “I have to earn love”
 - “I’m not enough”
 - “God is distant or disappointed”
- This mindset began with the fall, when trust in God was broken.
- As a result, we tend to strive, control, and perform.
- But Scripture reveals we are adopted children who can call God “Father.”
- Jesus came to restore our identity, not just improve behavior.

3. FROM STRIVING TO RECEIVING

- Dominique shared her experience of striving to prove her worth, even while serving God.
- A key moment came with the question: “Would you believe God loves you if you did nothing for Him?”
- Like the prodigal son, we often expect to earn love, but God responds with compassion and restoration.
- True change begins when we stop performing and start receiving.

4. LIVING AS DAUGHTERS: IDENTITY BEFORE MISSION

- Living as a daughter means:
 - Receiving love
 - Trusting the Father
 - Living from security, not fear
- Key truth: Identity comes before Mission.
- Jesus was called “beloved” before beginning His work.
- When identity is secure:
 - Service becomes free
 - Love becomes more genuine
 - Fear no longer drives behavior

5. LEARNING TRUST: SAINTS, SURRENDER, AND GOD’S LOVE

- Saints like St. Thérèse live out and show a “Little Way” of: Childlike trust and Letting God carry us
- A major obstacle is the desire to stay in control.
- We can struggle to receive love in prayer, often filling silence with talking instead of listening.
- God is present in every struggle and delights in us, even in our weakness.

6. LIVING IT OUT: REMEMBERING YOUR IDENTITY

- Our core spiritual battle is over identity: The enemy says: “You are not enough.” God says: “You are mine.”
- Practical ways to stay grounded:
 - Ask: “Why am I losing my peace?”
 - Use simple prayers (e.g., “Jesus, Mary”)
 - Reorient your focus back to God.
- Final invitation:
 - Stop striving and come home
 - Live from love, not for love
 - You are a beloved daughter—seen, known, and deeply loved