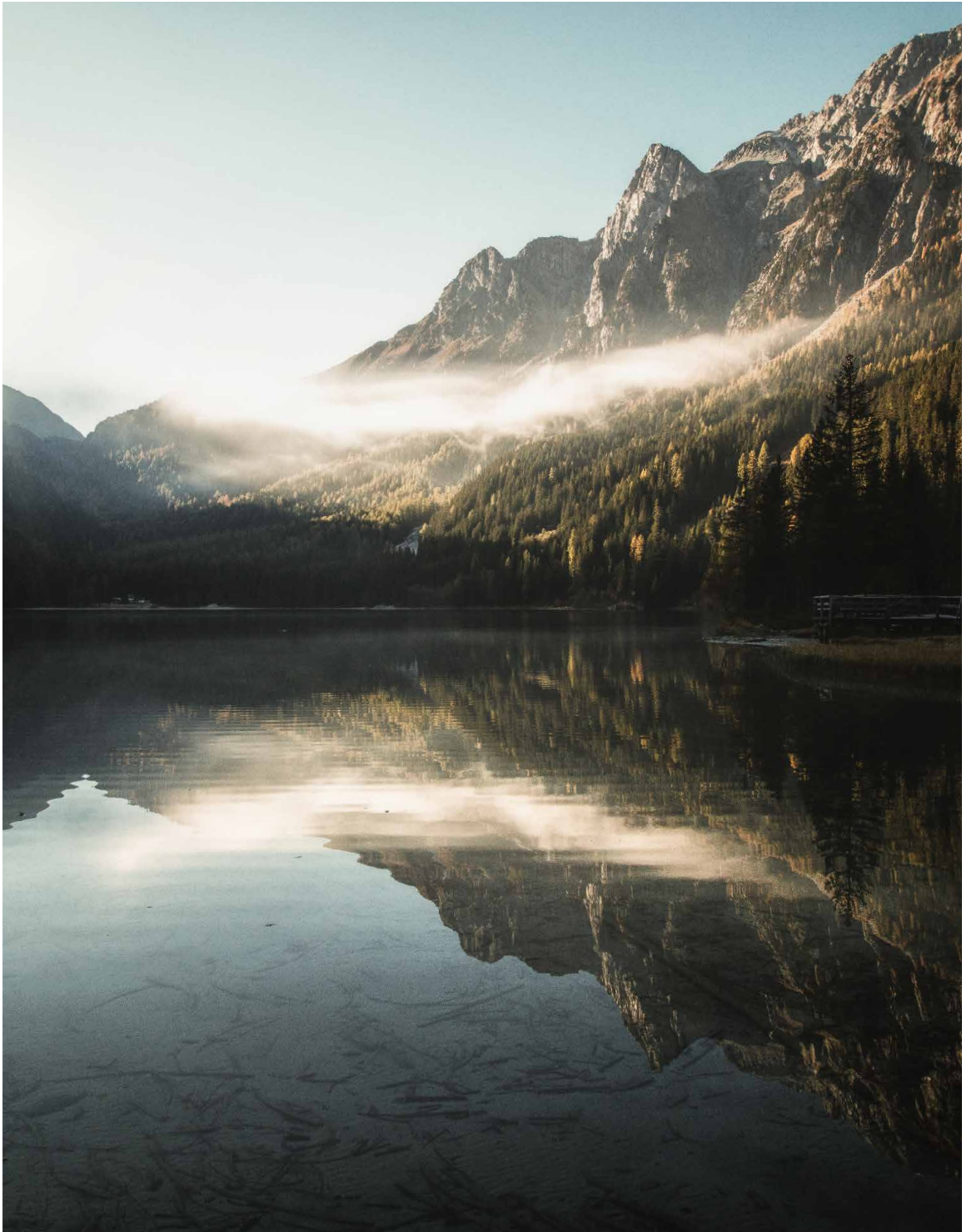


SESSION FOUR

Identity in Christ

PRAYING WITH OTHERS | LEVEL ONE



SESSION FOUR

Identity in Christ

THE DOORWAY



The movie "The Help" depicts a time in the 1950's when it was acceptable for the wealthy rich to employ African American servants. The picture depicts a scene where the maid was the one in the home telling the little girl who she was. Who put words to who you were as a child?



Looking at the story of Jesus temptation in Matthew 4:1-11, the demons said to Jesus: "Turn stones into bread" – *Show that you can do something.* "Jump from the temple" – *People will speak well about you.* "Kneel in front of me." – *You will have a lot of possessions; everyone will love you.*

Jesus says that's a lie.

Now, in the story, Jesus knows who he is. Because before Jesus was tempted, the Spirit came on him and said, "You are the Beloved Son, with whom I am well-pleased, with whom my favor rests."

How Would You Respond? These answers might be important to consider, but this is not who God says we are. It takes energy to manage this type of identity.

I AM—what I do:

I AM—what I have:

I AM—what others say:

My Identity in Christ

Check the circle in front of the statements below that are your favorites.

I AM ACCEPTED

- I am God's Child. —*John 1:12*
- I am Christ's friend.—*John 15:15*
- I have been justified (made right in God's eyes).— *Romans 5:1*
- I am united with the Lord and one with Him in spirit. —*1 Corinthians 6:17*
- I have been bought with a price. I belong to God. —*1 Corinthians 6:20*
- I am a member of Christ's Body. —*1 Corinthians 12:27*
- I am a saint. —*Ephesians 1:1*
- I have been adopted (chosen) as God's child. —*Ephesians 1:5*
- I can go right to God through the Holy Spirit. —*Ephesians 2:18*
- I have been redeemed (bought by God) and forgiven of all my sins. —*Colossians 1:14*
- I am complete in Christ. — *Colossians 2:10*

I AM SECURE

- I am free from punishment. —*Romans 8:1, 2*
- I am sure that all things work together for good. —*Romans 8:28*
- I am free from any condemning charges against me. —*Romans 8:33, 34*
- I cannot be separated from the love of God. —*Roman 8:35-39*
- I have been established, anointed and sealed by God. —*2 Corinthians 1:21, 22*
- I am hidden with Christ in God. —*Colossians 3:3*
- I am sure that the good work that God has begun in me will be perfected. —*Philippians 1:6*
- I am a citizen of heaven. —*Philippians 3:20*
- I have not been given a spirit of fear but of power, love and a sound mind. —*2 Timothy 1:7*
- I can find grace and mercy in time of need. —*Hebrews 4:16*
- I am born of God and the evil one cannot touch me. —*1 John 5:18*

I AM SIGNIFICANT

- I am the salt and light of the earth. —*Matthew 5:13, 14*
- I am a branch of the true vine, joined to Christ. —*John 15:1, 5*
- I have been chosen and appointed to bear fruit. —*John 15:16*
- I am Christ's personal witness —*Acts 1:8*
- I am God's temple. —*1 Corinthians 3:16*
- I am a minister of peace (bringing others to God). —*2 Corinthians 5:17-21*
- I am God's coworker. —*2 Corinthians 6:1*
- I am seated with Christ heaven. —*Ephesians 2:6*
- I am God's workmanship. —*Ephesians 2:10*
- I may approach God with freedom and confidence. —*Ephesians 3:12*
- I can do all things through Christ who strengthens me. —*Philippians 4:13*

Identify the Lies

Identify lies that you have believed throughout your life. Note the root/where you may have heard the lie and write what is actually true.

BELIEF/LIE	ROOT	TRUTH
1— I'm not good enough.	<i>I was criticized a lot as a child.</i>	<i>God is my perfection and I have everything I need in Him.</i>
1— I'm not good enough.		
2— I don't belong like others do.		
3— I don't have anything to offer.		
4— I'm stupid.		
5— My needs aren't important.		
6— It's not OK for me to be who I really am.		
7— If something is wrong, it's my fault.		
8— Conflict must be avoided; I must keep peace at all costs.		
9— It's not OK to express anger.		
10— I don't have what it takes to be a success.		
11— I'm too much for people to handle.		
12— It's not OK to cry, especially in front of others.		



BELIEF/LIE	ROOT	TRUTH
13—It's not OK to ask for help.		
14—It's not OK to say, "I don't know."		
15—If I say no, then others won't like me.		
16—I don't have the right to be alive.		
17—I must be perfect.		
18—It's not OK to make a mistake.		
19—I'll always be a failure.		
20—I must protect the public family image.		
21—I must do whatever it takes to get people's love and approval.		
22—It's my responsibility to make others happy.		
23—What I do makes me what I am.		
24—You always get what you deserve.		
25—You shouldn't need anybody.		

What We Make of Our Memories

One way we can help others learn about their identity in Christ is to look back at critical memories in their lives. Have them write down memories from key phases in their lives. Have them identify if the memory was painful. Go over if they were able to see any lessons learned. Lastly, look at if or how the memory influenced how they saw themselves, and how they saw God. Identify if/any forgiveness was part of the memory.

Early Childhood
(birth-age 5)

Elementary
School Years

Middle School
Years

High School
Years

College Years



Young Adult Years	
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Middle Age Years	
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Recent Memories From Where You Are Now in Life	
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Questions for Further Thought

How would your life be different if you were able to rely on and live out of a place of having internalized God's love for you?

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Are there barriers that hinder you from embracing your identity as one deeply and unconditionally loved by God?

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MINISTRY

Exchanging Lies

Is there an exchange you need to make?

Renounce
HANDS DOWN

I renounce this lie in Jesus name:

Receive
HANDS UP

I receive this truth from Jesus:

Renounce
HANDS DOWN

I renounce this lie in Jesus name:

Receive
HANDS UP

I receive this truth from Jesus:

Renounce
HANDS DOWN

I renounce this lie in Jesus name:

Receive
HANDS UP

I receive this truth from Jesus:



Receive a Blessing

From the book of blessings, choose a blessing to have read over you.

RESOURCES

Books

Daily Spirit Blessings

by Sylvia Gunter

The Gift of Being Yourself: The Sacred Call to Self-Discovery

by David Benner

Prayer Toolbox

- Orphan Spirit vs. Sonship
- Blessing of Belovedness
- Identity
- Living as Sons & Daughters
- Exchanging Lies for Truth

Videos

Healing the Orphaned Spirit

by Leif Hetland [YouTube]

How He Loves Us

by Kim Walker-Smith [YouTube]



Notes

A series of horizontal dotted lines for writing notes, spanning the width of the page.