

EXPERIENCING YOUR TRUE IDENTITY

BOOK 2
GROWING UP

BILL LOVELESS
CHRIST IS LIFE MINISTRIES

Experiencing Your True Identity

Book Two of
The “Growing Up” Series

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Christ Is Life Ministries

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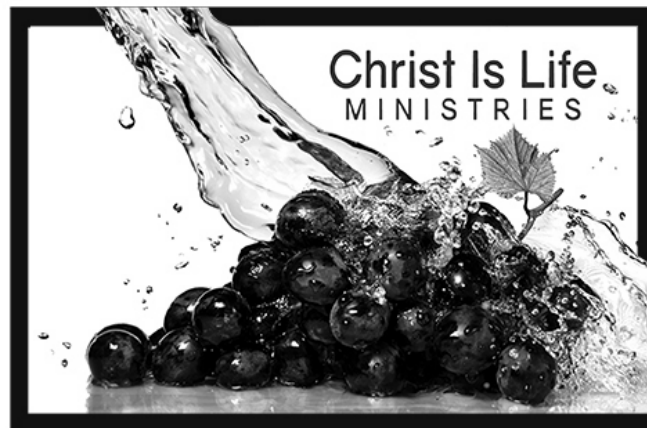
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Growing Up - Growing Out - Growing Deep Series

This is **Book Two** of a four-part series designed to fulfill our calling as Christians:

“We are called to grow into Christ-likeness and experience our true identity in order to live life for others and experience a deep relationship with God.”

Growing UP

Book One - Growing To Become Like Christ

- What it means to grow up spiritually to become like Christ.
- The difference between living “A” Christian life versus living “THE” Christian life.
- What it looks like practically to grow to become like Christ.
- What are some of the hindrances to spiritual growth and how we overcome them.
- How becoming like Christ transforms every area of our lives.

Book Two - Experiencing Your True Identity

- How God exchanged our old identity for a new identity.
- What our true identity is in Christ.
- God’s transformation process to experience our true identity.
- How living from our true identity impacts our lives and the lives of others.

Growing OUT

Book Three - Living Life For Others

- What the overflow of Christ-likeness looks like in living life for others.
- Looking past the externals and seeing the heart of another person.
- What freedom looks like to love others with Christ’s love.
- Ministry to others from the overflow of Christ-likeness.

Growing DEEP

Book Four - Experiencing A Deeper Relationship With God

- How God feels about you and why He created you.
- What intimacy with God and God with us looks like.
- Key truths concerning intimacy with God.
- Engaging God to experience a deeper relationship with Him.

The Layout of This Study

Thank you for choosing to study *Growing Into Christ-Likeness*. Before we begin, let's look at the layout of the study. The study contains six lessons, and each lesson has five daily readings (Day One, Day Two, etc.). If you are meeting weekly, this will give you seven days to complete the five daily readings. Throughout each lesson will be **Questions**, **Scriptures for Meditation**, and an **Engaging God** section.

Questions

There are questions throughout the lesson and at the end of each lesson. They are primarily designed for you individually and to share with the group.

Meditation of Scripture

Throughout the study there will be several places where you will be asked to meditate on scriptures. If the idea of meditation is new to you, it means to engage the Spirit of God to give you personal revelation of a scripture(s). It involves being quiet before the Lord and allowing Him to insert whatever thoughts He wants to share. Meditation is a crucial part of the transformation process.

Engaging God

This section is designed for you to ask the Holy Spirit to give you personal revelation, understanding, and application of what you have just read. This is especially crucial when you come to truths that contradict what you believe. (If we don't seek God to reveal His truth, then we will never move beyond the false beliefs that we may have.) Therefore, be sure and take the time to engage God as you go through the study.

Information - Revelation - Application - Transformation

God provided His word primarily for four reasons:

- **Information** – for you to know intellectually what God's word says
- **Revelation** – for God to give you personal revelation of His word
- **Application** – depending on God to apply His truth into your life
- **Transformation** – into Christ-likeness which will be the result of information, revelation, and application

Revelation

Since I will be using the word "revelation" throughout the study, I want to define what I mean when I use this word. "Revelation" simply means that God **supernaturally** takes His truth and makes it personal to you and to your life situations. Revelation takes you from intellectual understanding to spiritual understanding of God's truth.

Key Truth

Please remember this key truth as you go through this study:

**You will not live beyond what you believe.
If what you believe is a lie, then that is how you will live.**

This is key because what you believe affects what you think, your behavior, and the choices that you make. Therefore, one of God's objectives through this study is to expose your false beliefs, renew your mind, and set you free according to John 8:32. Therefore, our prayer for you is that you will seek Him throughout this study to set you free from your false beliefs and the adverse effects that those false beliefs are creating in your life.

Table of Contents

LESSON ONE

Is What You Believe About Yourself The Truth? 7

LESSON TWO

What Did God Accomplish To Give You A New Identity? 23

LESSON THREE

What Is Your True Identity? 43

LESSON FOUR

The Condition of Your Soul Before Transformation 61

LESSON FIVE

God's Process of Transforming You To Live From Your True
Identity 79

LESSON SIX

Healing Your Damaged Emotions - Transformation of Your Will -
Practical Living From Your True Identity 98

Introduction

Now that you understand about Christ being your Source and what it means to grow into Christ-likeness, the second most foundational truth for the Christian to grow up spiritually is knowing and walking in your true identity in Christ. To accomplish this, this curriculum will answer the following questions:

- **What was our old identity?**
- **How was our old identity formed?**
- **How did God exchange our old identity for a new identity?**
- **What is our new, true identity in Christ?**
- **How does God transform us to experience our true identity?**
- **How does living from our true identity impact our lives and the lives of others?**

Lesson One

Is What You Believe About Yourself The Truth?

DAY ONE

Introduction

In this lesson we will be looking at the following topics:

- Defining the term identity
- How our false beliefs were formed
- Our positive and negative false beliefs
- How living from your flesh produces fleshly behaviors
- Fleshly attitudes that result from false beliefs
- The outcome of your fleshly attitudes and false beliefs

Defining Identity

You may be asking at this point: What do you mean by “identity?” It is defined this way.

YOUR IDENTITY:

How you FEEL or what you BELIEVE about yourself.

This definition leads to two questions:

- **What is it you believe about yourself?**
- **Is what you believe the truth?**

Would you agree with this statement?

***You will not live beyond what you BELIEVE and
if what you believe is a FALSE BELIEF, then that is how you will live.***

How Our FALSE Beliefs About Ourselves Were Formed

“As a man thinks in his heart, so is he.”

Proverbs 23:7

From birth you started receiving messages about yourself, God, others, and living life. For the sake of this study, we will focus on the messages you may have heard about yourself. The messages usually came in two categories, positive and negative. For example:

Negative messages might have been: “**You are a failure.**” “**You will never measure up.**” “**Is this the best that you can do?**” “**I don’t love you.**”

Positive messages might have been: “**I am proud of you.**” “**You can do it.**” “**There is nothing you can’t accomplish.**” “**You are special.**”



Exercise: Go to the diagram on page 22 of this lesson and ask God to bring to mind some of the positive or negative messages that you have heard about yourself from your parents, siblings, relatives, friends, or teachers. Write those messages down in the blocks at the top of the page.

Question: In what ways do you believe the messages you have listed, positively or negatively, impact how you feel or what you believe about yourself?

Meditate: Read Proverbs 23:7 from the previous page and ask the Lord to reveal to you how what you believe about yourself impacts every area of your life.

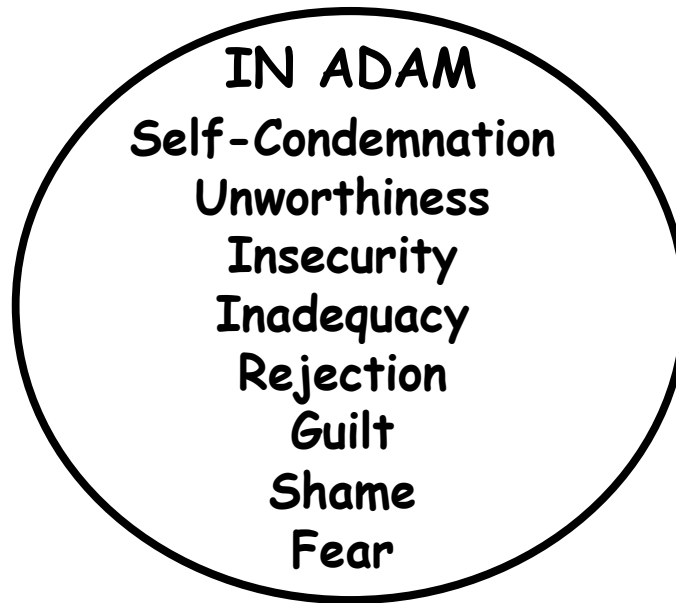
All Our Messages Were Interpreted Through Adam’s DNA

According to Romans 5:12, we were all born “in Adam.”

*“Therefore, just as through **one man [Adam]** sin entered into the world, and death through sin, and so **death spread to all men, because all sinned.**”*

Being born “in Adam” means that we inherited Adam’s fallen DNA. Following is a diagram illustrating examples of Adam’s DNA.

Your DNA IN Adam



We see from the diagram examples of Adam’s DNA which include shame, guilt, inadequacy, etc. From the time you were born until you were saved, you had no choice but to interpret life through the filter of your Adamic DNA. When a negative message such as “you are a failure” is interpreted through your Adamic DNA, it can lead to false beliefs as we will discuss in the next section. Think about this. Even if you received positive messages from parents, teachers, and others, you still interpreted these messages through your Adamic DNA.

DAY TWO

Repeated Messages Lead To FALSE Beliefs About Yourself

As messages you received were repeated and interpreted through your Adamic DNA enough times, you started forming **false beliefs** concerning yourself around those messages. A false belief is defined as follows.

***ANY belief about yourself that does NOT line up with
or CONTRADICTS God's TRUTH.***

There are two types of false beliefs: **positive** and **negative**.

NEGATIVE and POSITIVE False Beliefs

Exercise: Before you go any further in the study, look at the following list and choose which characteristics that you feel or believe are true of you. (It is important to be honest with yourself as you go through this list.) You might consider asking the Holy Spirit to reveal to you what you believe from this list. Go to the diagram on page 22 and write down your beliefs inside the circle.

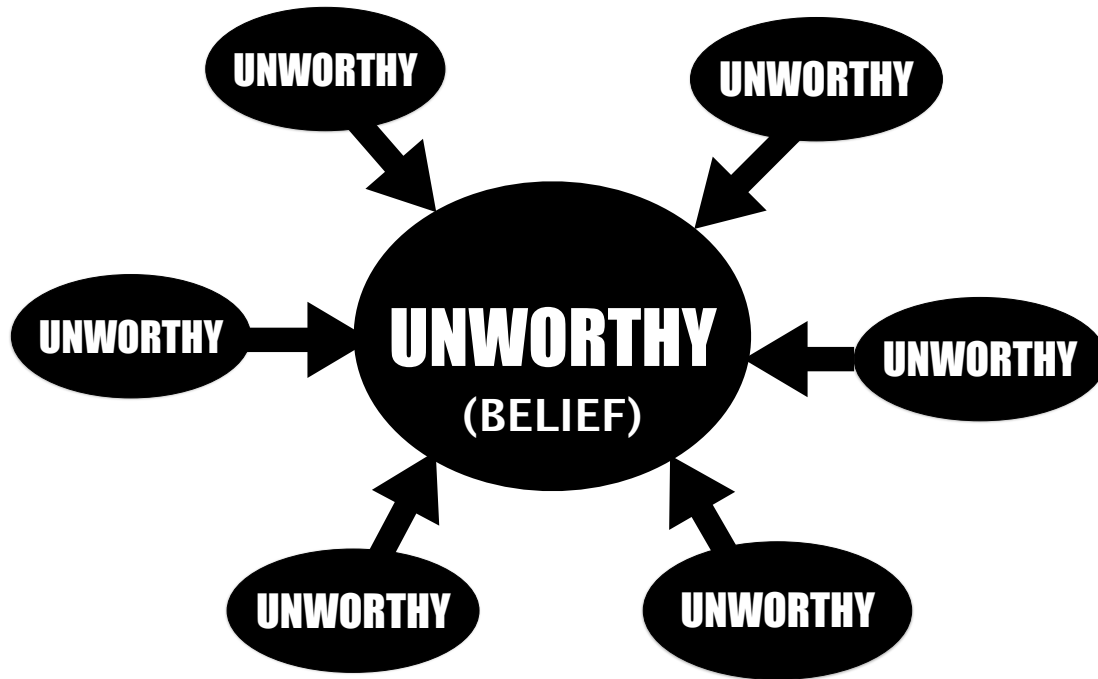
I believe or I feel that I am:

Unworthy	Secure in self
Unacceptable	Self-confident
Rejected	Self-sufficient
A failure	Successful in self
Anxious	Self-reliant
Inadequate	Self in control
Weak	Resourceful in self
Defeated	Competent in self
Insecure	Fearless in self
Fearful	Strong in self

How NEGATIVE False Beliefs Are Formed

Every one of the beliefs listed above are **false** beliefs. The beliefs on the left side are NEGATIVE false beliefs. Repeated negative messages lead to negative false beliefs. For example, if you have heard repeated messages that you are unworthy, if you continue to take ownership of those messages, you will eventually come to believe you are an unworthy person as the diagram on the following page illustrates.

A NEGATIVE False Belief

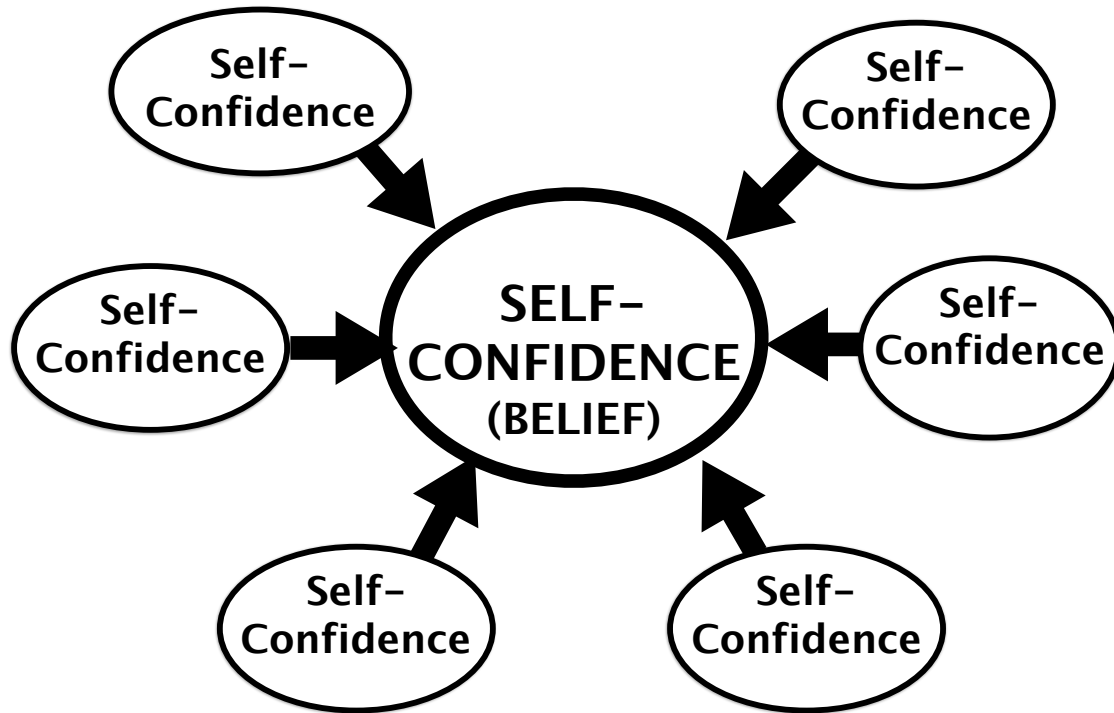


How POSITIVE False Beliefs Are Formed

The column on the right is a list of POSITIVE false beliefs. The positive false beliefs look appealing, but how do we know they are false beliefs? The key word is “self.” Anything that you believe about yourself that has “self” attached to it is a false belief.

Below is an illustration about how positive false beliefs can be formed as we continue taking ownership of positive messages. For example, the repeated positive message of, “there is nothing you can’t do” eventually leads to a positive false belief that “I am a self-confident person.”

A POSITIVE False Belief



If you picked one or more of the false beliefs from the list as being true of you, then you are still believing false beliefs about yourself. It is important to know your false beliefs because of how God dealt with those false beliefs as we will see in Lesson Three. Before we go to the next section, please do the following exercise.

Exercise: One way of helping you understand that the two lists above are false beliefs is to add the word “Christian” after each one – for example, “I am a **rejected** Christian” or “I am a **self-reliant** Christian.”

I am a _____ Christian.
I am a _____ Christian.
I am a _____ Christian.
I am a _____ Christian.
I am a _____ Christian.

Isn't it easy to spot that neither one of these false beliefs line up with the truth? We will explore this in greater depth in Lesson Three.

Are You Wearing A Mask?

Here is a key truth concerning our identity.

***Our tendency is to try and MASK our NEGATIVE false beliefs
with POSITIVE false beliefs.***

Since we all struggle on some level believing we are inadequate, unworthy, or insecure, we tend to put on masks of positive false beliefs so that people will see in us what we want them to see.

For example, if I believe I am inadequate, I might put on a mask of self-confidence so that people will see the mask versus seeing my inadequacy.

The key point is that if we don't know the truth of our true identity, we keep covering up our false beliefs with more false beliefs/masks.

What Happened As Your False Beliefs Were REINFORCED?

*"Then we will no longer be like children, forever changing our minds about what we believe because someone has told us something different or because someone has cleverly lied to us and **made the lie sound like the truth.**" Ephesians 4:14*

In addition to forming false beliefs, a further problem develops. If we continue to believe these false beliefs, they become reinforced to a point where they become the truth to us. This presents a serious problem.

The Problem:

Some of our false beliefs become so TRUE to us and so ENTRENCHED, that even when GOD'S TRUTH EXPOSES our false beliefs, we STILL believe our false beliefs.

We will see this point very clearly in Lesson Three when we learn about the characteristics of our true identity. The key point being, the longer we continue to believe our false beliefs, the more entrenched they become and the more resistant we become to God's truth.

ADVERSE Effects of Living From Your False Beliefs

There are primarily two adverse effects from living from your false beliefs.

Adverse Effect #1 - The Flesh

We saw earlier in this study that you will not live beyond what you believe. If what you believe is false, that is how you will live. There are adverse effects of continuing to live from your false beliefs which are negatively impacting you, your relationship with God, and your relationship with others. Another name for the adverse effects of our false beliefs is called living from the "**flesh.**"

*"For we know that the Law is spiritual; but I am of **flesh**, sold into bondage to sin."*
Romans 7:14

As a reminder from Book One, let's look again at the definition of the flesh.

The biblical meaning of the word “flesh” is man’s DESIRE to live life with HIMSELF as the source, INDEPENDENT or APART from God as the Source.

Some key truths about the flesh:

- The flesh is **not going away**. It will be with us for the rest of our lives.
- The flesh **cannot** be **changed** or **improved**. (It can get worse!)
- The focus of the Christian life is **NOT** for you to **manage**, **subdue**, or **defeat** the flesh independent of God.
- Your willpower is not great enough to have **consistent victory** over your flesh.

We will struggle the rest of our life with the flesh. The bad news is that going back to our fleshly, independent living is the “default” position for all of us. In other words, it is easy to go back to the flesh because that is what we are used to doing. However, now that we are Christians, we have another option. Since we have the fullness of God's power in us, we can now choose to walk dependently on God's power (which ALWAYS overpowers the flesh).

DAY THREE

Adverse Effect #2 - Fleshly Attitudes and Behaviors

From the FLESH flow sinful ATTITUDES and BEHAVIORS that result from the FALSE beliefs we have about ourselves.

*“Now the **works of the flesh** are obvious: **fornication, impurity, licentiousness, idolatry, sorcery, enmities, strife, jealousy, anger, quarrels, dissensions, factions, envy, drunkenness, carousing, and things like these....**” Galatians 5:19-21a*

Living from your false beliefs about yourself will result in **fleshly attitudes** or **fleshly behaviors** like those listed in Galatians 5:19-21 above. Fleshly behaviors and attitudes come in two forms, **positive** flesh and **negative** flesh. Below are some examples of **negative** and **positive** flesh.

NEGATIVE Flesh:

Negative flesh is easy to spot because it produces negative fleshly behaviors or attitudes. Look at the following examples to better understand what that looks like.

Examples of negative flesh: anger, manipulation, unforgiveness, envy, controlling, critical, and judgmental

The following is an example of a false belief and the negative fleshly behavior that results.

Example: Let's assume one of your false beliefs is that you are inadequate. What inadequate people want is to not feel inadequate. So, they manifest fleshly behavior such as being critical and judgmental of others to make themselves feel good about themselves. They can become people-pleasers to a point where they will do whatever it takes to be well thought of. Finally, if they can't shake the feelings of inadequacy, they might try to escape those feelings through such fleshly coping mechanisms as their job, hobbies, alcohol, pornography, etc.

POSITIVE Flesh:

Positive flesh is more difficult to recognize because it looks very appealing. The problem is that positive flesh is flesh that looks good, but is either done with the focus on yourself or is done independent of God. Let me show you examples of both:

1. Examples of positive flesh that focus on SELF: self-confidence, self-reliance, self-sufficiency, success, self-righteousness

The following is an example of a false belief and the positive fleshly behavior that results.

Example: Let's assume that one of your false beliefs is that you are self-confident. The thrust of self-confidence is to do whatever it takes to bolster that self-confidence. Some of the fleshly behaviors that flow from self-confidence are boasting and feeling like you have all the answers

(know-it-all). Self-confident people tend to be prideful in their accomplishments and look down on or take advantage of those that don't measure up to their standards.

2. Examples of positive flesh that are done INDEPENDENT OF GOD:

1. Trying to do your job independent of God
2. Trying to be a godly husband, father, wife, or mother independent of God
3. Sharing the gospel with others independent of God
4. Discipling someone independent of God
5. Going to church, giving to the church, or being involved in ministry to earn something from God

***Positive flesh is a result of TRYING to do certain things independent of God.
They may APPEAR very spiritual or good, but if they are done
independent of God, this is still the FLESH!***

Example of a man who was living from positive flesh independent of God: There was a man who entered the ministry and shared that he developed what he called “ministry” flesh. It was a very good-looking form of flesh, but it was still flesh. For example, there were times when he stood up to speak and felt totally prepared because he had his notes and his power point slides. Instead of depending on God to speak through him, he taught in his own strength and ability, independent of God's life and power. Even though truth was taught, he was teaching with a fleshly attitude because he taught the truth independent of God.

Let's look at more of the fleshly attitudes and behaviors associated with your negative or positive false beliefs. From the two lists that follow, see if you can identify with any of the fleshly behaviors.

Fleshly Attitudes and Behaviors Associated With NEGATIVE False Beliefs

Below is a list of negative false beliefs that you may remember from the exercise that you completed concerning your beliefs. The false belief is underlined. Following the false belief are some possible fleshly attitudes/behaviors that may flow from that belief.

1. **Unworthy**: overly introspective, self-condemning, being critical of others to build yourself up
2. **Unacceptable**: jealousy, envy, being a people pleaser
3. **Rejected**: angry, become defensive, reject others
4. **A Failure**: fear of making mistakes, become introspective, being envious of others' successes, becoming a loner
5. **Inadequate**: critical and judgmental of others, denial, people-pleaser, escape through such things as your job, hobbies, alcohol, pornography, etc.

6. **Fear**: isolate yourself, self-protection, avoid failure at all costs
7. **Insecure**: depression, stay in control, obsessed with accomplishments
8. **Defeated**: self-pity, pessimistic, depressed

Question: Do any of these fleshly behaviors apply to you?

DAY FOUR

Fleshly Attitudes and Behaviors Associated With POSITIVE False Beliefs

Below is a list of positive false beliefs and some examples of the fleshly attitudes and behaviors that may flow from those beliefs.

1. **Secure in self**: focus on material things, take pride in your intellect or looks, being critical of others
2. **Self-confident**: narcissistic, boasting, self-serving
3. **Self-sufficient**: driven by performance, controlling, boastful
4. **Successful in self**: dictatorial, demanding, manipulation of others
5. **Self-reliant**: loner, demanding of others, selfish
6. **Self in control**: perfectionist, not tolerant of others, do whatever it takes to stay in control
7. **Competent in self**: argumentative, stubborn, intimidating
8. **Strong in self**: controlling, domineering, little or no toleration for weakness

Question: Do any of these fleshly behaviors apply to you?

What is the result if we continue living from our false beliefs?

Continuing to live from false beliefs about yourself will keep you in BONDAGE to your fleshly attitudes and behaviors.

Exercise: Please refer to the previous page and pages 20 and 21 of this lesson entitled “Fleshly Behaviors” and write below five fleshly behaviors that you want to be set free from.

Take your five fleshly behaviors from the exercise above and enter them on the lines at the bottom of page 22. As you look at the diagram on page 22, you can now get a better idea of how your messages form your false beliefs and the fleshly behaviors that flow from those beliefs.

Question: In what ways might your fleshly behaviors be negatively impacting your spouse, your kids, your friends, or your co-workers? For example: “My false belief of rejection is causing me to reject my co-workers.”

What Is The Outcome of Your Fleshly Attitudes and Behaviors?

*"For the **mind set on the flesh is death**, but the mind set on the Spirit is life and peace."
Romans 8:6*

This verse says that continuing to live from your flesh leads to **death!** What kind of death is referred to in Romans 8:6? It is not spiritual death because we know that as a result of trusting Christ for salvation, we have eternal life in Christ and can never die again spiritually.

The "Death"
referred to is defined in Strong's Lexicon as
"the MISERY of the soul as a result of SIN."

In other words, if we continue to live from the fleshly behaviors that result from our lying beliefs about ourselves, the inevitable result will be **misery in our soul**.

The following are some examples of what misery of the soul looks like:

Self-condemnation	Stress	Anxiety	Shame	Unforgiveness
Anger	Guilt	Pride	Bitterness	Selfishness
Self-pity	Inadequacy	Fear	Worry	Frustration
Unworthiness	Blame	Rejection	Insecurity	Dissatisfaction

Exercise: From the list above, choose which things most characterize the "misery of the soul" that you may be experiencing now as the result of your fleshly behaviors.

Question: Do you want to be set free from the misery your fleshly behaviors are causing you and those around you?

Remember: If you keep living from your false beliefs about yourself, you are like the person in 2 Peter 2:22:

*"Of them the proverbs are true: '**A dog returns to its vomit**' and, '**A sow that is washed goes back to her wallowing in the mud.**'"*

"The dog returning to its vomit" and "a pig returning to wallowing in the mud" are great pictures of what it is like to continue living from your fleshly behaviors that flow from your false beliefs. If this is the case, why do we keep going back to the flesh? Here again, it is what we are used to. As sick as it sounds, we have learned to be at home and to be comfortable with the misery of our flesh. Does the fleshly behavior stemming from your false beliefs make you feel like Paul when he says:

*“For that which I am doing, I do not understand; for **I am not practicing what I would like to do, but I am doing the very thing I hate.**” Romans 7:15*

Paul’s struggle with his fleshly behavior was so great that he cried out in the second half of Romans 7:24:

“Who will set me free from the body of this death?”

Paul is in misery! He is in such misery that it seems like he is pleading when he asks to be set free. The “body of this death” is referring to the flesh and the associated misery that is within him.

Isn’t it interesting that Paul **didn’t** ask, “**Which** self-help program or **what** ten steps **will set me free?**” He asked,

“WHO will set me free?”

Final Note:

CONTINUING to live from your fleshly behavior will keep you in BONDAGE to your false beliefs about yourself. However, God’s promise in John 8:32 is that

“You will know the truth, and the truth will set you FREE.”

God will set you free when you know and live from the truth of your true identity.

Questions: Do you want to be set free from the lies that you believe about yourself? What do you think the results will be if you are not set free? Please write those down below.

DAY FIVE

How Living From Your False Beliefs and Fleshly Behaviors Negatively Impacts Every Area of Your Life

Let's look at some examples of how living from your false beliefs adversely impacts your relationships, your marriage, your children, and your workplace.

Relationships

If a friend has rejected you, you can harbor anger, bitterness, or unforgiveness. If your mind is not renewed to the truth of your true identity, these fleshly behaviors will cause misery in your soul for the rest of your life.

If you have suffered abuse (verbal, emotional, sexual, or physical) from a parent, you may be left believing that you are unworthy or "less than." If you are not transformed to walk in the truth, those false beliefs may lead you to marry an abuser, or to be abusive yourself.

Engaging God: Ask God to reveal to you how your false beliefs and/or fleshly behaviors are adversely impacting your life and the lives of others.

Marriage

In marriage, we tend to reject our spouses at different times. The tendency is that when one spouse is rejected, their flesh rears its ugly head and says, "I have the right to reject back." This will create what I call the "rejection cycle" that will eventually lead to a downward spiral in your marriage.

You, as a spouse, may need a lot of affirmation. When your spouse does not give it to you, it may feed your false belief that you are inadequate. You may react by getting angry or withdrawing. If this continues, it will create ongoing conflict in your marriage.

Engaging God: Ask God to expose the areas of your marriage where your false beliefs and/or fleshly behavior is creating conflict in your marriage.

Children

If you parent from your false beliefs, the fleshly behavior that flows from those false beliefs will have a negative impact on your children. For example, your anger may damage their sense of value or worth or promote angry behavior in response.

If you struggle with inadequacy, you may indulge or cater to your children so that they will affirm you or so that you can feel good about yourself as a parent.

Engaging God: Ask God to reveal how your false beliefs and fleshly behaviors are negatively impacting your children.

Workplace

If you don't know the truth of your identity in Christ, you may be trying to find your value or worth in your job. This may lead to working long hours, which can result in becoming a workaholic. If you are married with a family, this can take a huge toll on both the job and your family. If you lose your job, there will be a loss of identity.

Engaging God: Ask God to reveal how you are trying to find your identity, your worth, or your security in the workplace.

Summary

As a result of God exposing the impact that your fleshly behavior has on every area of your life, may this create a desire in you to not only learn the truth, but to be set free by the truth. The good news is that God knew that we needed a new identity to replace the old one. In the next lesson, we will look at what happened at the cross and at salvation to give you a new identity.

Let's end this lesson with a key truth that is crucial to remember throughout the study.

A Key Truth of Our Study:

Your fleshly behaviors are NOT and do NOT determine your TRUE identity.

Fleshly Behaviors

Be self-absorbed

become overly introspective
feel sorry for myself
get depressed
beat up on myself
play the role of victim/martyr
focus on my suffering to get
attention and sympathy
be jealous of another's
success and happiness

Withdraw (isolate myself)

be aloof (pull away)
distance myself from others
avoid others (be a loner)
go into a shell
become unapproachable
give them the silent
treatment
refuse to communicate

Escape (pain/pressure) by using:

promiscuity, carousing
drugs/alcohol, talking
staying busy, school
hobbies/games, reading
computers, fantasy
television, movies
pornography, sleep
overeating, religion
work/career, sex

Be anxious (worry and fret)

be fearful (apprehensive)
lack peace and rest
become paralyzed (numb)
be paranoid (overly
suspicious)
refuse to see the positive
assume the worst

Seek guidance from:

astrology/horoscopes,
fortune telling and/or,
the occult

Be self-disciplined (self-reliant)

base acceptance of self and
others on performance
become a perfectionist
try hard so as not to fail
fear making mistakes
be legalistic:
live "by the book"
feel obligated (have to,
should, ought to)
be too hard on
myself/others
set unrealistic standards
for myself/others

Become obsessed with:

accomplishments
recognition/status
acquiring material things
what others think of me
how I look physically
my physical health
the past (especially past hurts
and failures)
a devotion to a cause
structure, order, and
regulations

Become dominant

be dictatorial (bossy)
be demanding (pushy)
be overbearing (controlling)
intimidate others
refuse to give in

Stay in control through:

blackmail (making threats)
manipulation (use of guilt,
pity, silence, flattery, etc.)
coercion (physical threats)
profanity (swearing)
passivity (playing helpless)
not eating (anorexia/bulimia)

Be self-righteous (self- justifying)

make excuses (rationalize)
cover up and hide mistakes
have to prove my point
assume I am never the
problem
blame someone or something
else as the problem
avoid taking responsibility
for failure or problems
have difficulty: apologizing,
admitting I was wrong,
asking for forgiveness,
asking for help, and/or
expressing gratitude
have a superior attitude
(saying in effect):
"I know what is best"
"My way is the right way"

Be critical (judgmental)

find fault with others, myself,
and everything around me
nit-pick things to death
be prejudiced (intolerant)
complain a lot (nothing is
ever good enough)

Be self-assured (self- confident)

depend on myself instead of
God or others
become proud (haughty)
be egocentric (act pompous)
brag (be boastful)
become arrogant (cocky)
become conceited (smug)

Come across as insensitive,

uncaring, unsympathetic,
indifferent, or
unconcerned

Be complacent (nonchalant)

say things like, "it's okay"

Fleshly Behaviors (Continued)

Be pessimistic (negative)
lack confidence and optimism
be skeptical (suspicious)
distrust others, myself, God,
church and/or government
expect the worst
never pleased with self
or others
never be satisfied or content

Become hostile

be unfriendly
be sarcastic (caustic)
be cynical (contemptuous)
be hateful (mean-spirited)
be cruel (malicious)
have a quick temper
rant and rave to vent my anger
be physically abusive
be verbally abusive
break things

Hold a grudge (be resentful)
become moody (sulk)
harbor bitterness
be unforgiving
keep a scorecard of offenses
try to get even (seek revenge)
want others to fail or get hurt
punish myself or others

Fight unfair

be slanderous
misrepresent the situation
gossip (talk behind their back)
engage in passive-aggressive
behavior: use humor to hide
real feelings, forget things,
refuse to communicate, be
late, procrastinate, etc.

Be self-deprecating

assume I am always the
problem
become overly apologetic
be too hard on myself
uncomfortable with success

have difficulty receiving: love,
compliments, forgiveness
be unable to forgive myself

Challenge others

resist authority
be uncooperative (inflexible)
be unteachable (close-minded)
cause dissention (strife)
be irritating (aggravate others)
be argumentative
be stubborn (unyielding)
be unreasonable

Deny reality

ignore problems and hope they
will go away
deny anything is bad or wrong
be subjective
deceive others and myself
lie to self and others
exaggerate (overstate matters)
play games to hide real intent

Put up a front

hide what I really think
pretend
try to impress others
and/or get attention
fake it (act like I know
something even when I don't)
be pretentious (phony, unreal)
be superficial (never let
anyone
get too close)

Be passive (lack initiative)

quit too easily (give up)
don't take chances
wait for someone to tell me
how to think and what to do
vacillate (be too changeable)
be indecisive
avoid failure at all costs
procrastinate (put things off)
be irresponsible (unreliable)
be lazy (apathetic, lethargic)

Be tense ("on guard")

find it hard to relax
be restless
become impatient
be easily agitated

Become emotionally insulated

avoid intimacy
have difficulty expressing
feelings and opinions
suppress (stuff) emotions
be inhibited (restrained)

Live by my feelings

believe that truth is what I feel
be too sensitive to criticism
be hypersensitive
be touchy (irritable)
be controlled by fear, anger,
doubts, and insecurities
automatically read in rejection

Be a pleaser (be nice)

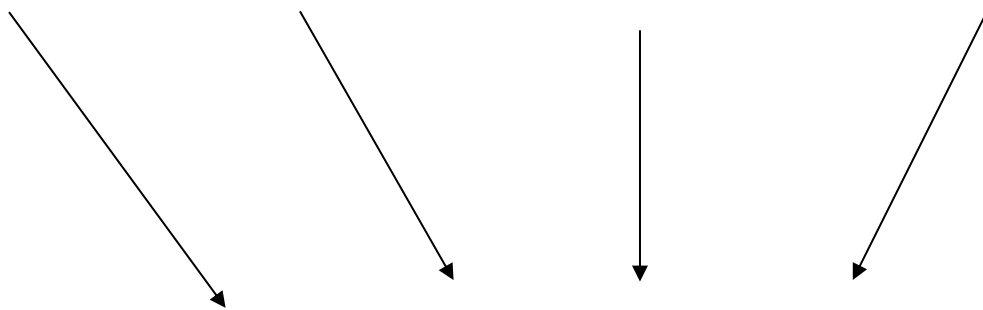
try to keep everyone happy
avoid conflict/keep the peace
say what I think others want
overly submissive
have difficulty saying "no"
can't stand up for myself
afraid to disappoint others
give in to others too easily

Be a caretaker (rescuer)

be overprotective
be overly responsible
become too involved with
others' affairs/concerns
be possessive (too invested)
talk too much and listen poorly
make decisions for others

MESSAGES ABOUT MYSELF THAT I RECEIVED:

--	--	--	--



Have made me feel and believe this way about myself:

FALSE BELIEFS

I FEEL or BELIEVE I AM:

A large, thick, black arrow pointing downwards from the bottom of the circle to the text 'My fleshly behaviors that result from my false beliefs:'.

My fleshly behaviors that result from my false beliefs:

Lesson Two

What Did God Accomplish To Give You A New Identity?

DAY ONE

Introduction

In this lesson, we will focus on the following:

- God's design for man
- The condition of Adam and Eve before the Fall
- The sin side and life side of the cross
- What God accomplished to crucify our old identity and give us a new identity

We will look at a number of diagrams to illustrate the key truths we will focus on. Please pray through this lesson rather than trying to learn these truths intellectually. Ask the Spirit to give you revelation of what you are about to read. Let's begin by understanding God's design of man.

God's Design of Man - Body, Soul, Human Spirit

1 Thessalonians 5:23 reveals to us God's design of man:

"Now may the God of peace Himself sanctify you entirely; and may your spirit and soul and body be preserved complete...."

This verse reveals that man is a three-part being. We are made up of a **body**, a **soul**, and a **human spirit**. Let's look further into the meaning of the body, soul, and human spirit.

BODY – The body represents the **physical** body or that part of you which is seen. This is where you relate to the physical world. This is the place of your five senses. This is the dwelling place of the next two parts of your being, the soul and the human spirit. They may be a little more difficult to understand because they are unseen. The body will pass away, but the soul and the spirit are eternal.

SOUL – The soul is your unique **personality** or the psychological part of you through which you relate to people and to the circumstances of life. The soul is made up of your **mind** (Proverbs 23:7), **will** (1 Corinthians 7:37a), and **emotions** (Luke 10:33).

HUMAN SPIRIT – The third part of your being is your human spirit. Your human spirit is not to be confused with the Holy Spirit. Your human spirit is that part of your human makeup that you have from birth. However, you did not receive the Holy Spirit until the point when you trusted Christ by faith for salvation. What is the function of the human spirit?

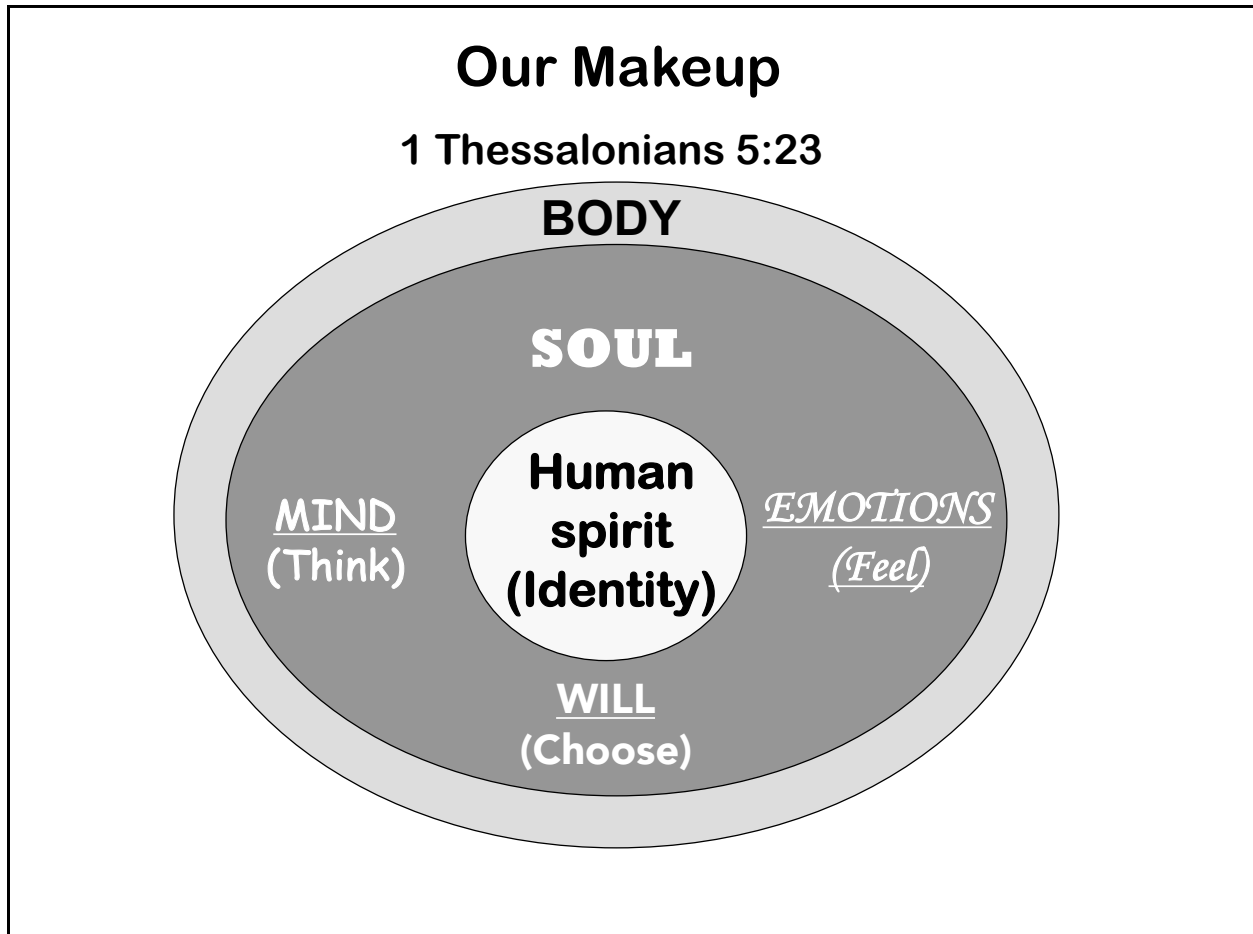
When God said in Genesis 1:26 that He created man in His likeness, He meant that He created man first and foremost as a "**spirit**" being. John 4:24 reveals that we, as spirit beings, can worship God:

“God is Spirit, and those who worship Him must worship in spirit and truth.”

In addition to worshipping God from our human spirit, it is also from our human spirit that we learn from (Job 32:8), commune with (Psalm 51:12), receive revelation and wisdom from (Ephesians 1:17), and most importantly, have an intimate relationship with God (Romans 8:16).

The key point for this study is that the HUMAN SPIRIT is the place of your IDENTITY.

The following diagram helps illustrate the body, the soul, and the human spirit.



The truth is that we can't slice ourselves down the middle and see these three parts. However, I trust that this diagram will give you a better idea of the three parts of man. We will see in the upcoming diagrams why it is so important to understand that the soul and the human spirit are distinctly different.

A Very Important Note To Remember

Sometimes people confuse the soul and the human spirit as evidenced by how they may use them interchangeably. However, the word of God makes it very clear in Hebrews 4:12 that there is a difference between the two:

*“For the word of God is living and active and sharper than any two-edged sword, and piercing as far as the **division of soul and spirit...**”*

This is a very critical scripture in that it clearly states (as does 1 Thessalonians 5:23) that the soul and spirit are uniquely different. You will better understand the difference as we progress through the study. Suffice it to say for now that the difference is that the soul is the place of **self-consciousness** while the human spirit is the place of **God-consciousness**.

Think About This:

God sees you first and foremost as a SPIRIT being having a HUMAN experience rather than a HUMAN being having a SPIRITUAL experience.

Questions: Have you thought about yourself being first and foremost a “spirit” being? How might it affect how you see yourself and others if you saw yourself as a spirit being having a human experience rather than as a human being having a spiritual experience?

Meditate: on the truth that your soul is different from your human spirit as written in 1 Thessalonians 5:23 and Hebrews 4:12.

Engaging God: Ask the Lord to give you a deeper understanding of the truth that He sees you primarily as a spirit being encased in a human body.

The CONDITION of The Body, Soul, and Human Spirit of Adam and Eve

Now that you understand the difference between the body, soul, and human spirit, I want to look at the condition of Adam and Eve’s body, soul, and human spirit before the Fall. This is important because we will see how significantly they changed after the Fall.

BODY – was ETERNAL. (Genesis 1:27)

SOUL – was PERFECT. (Genesis 1:26)

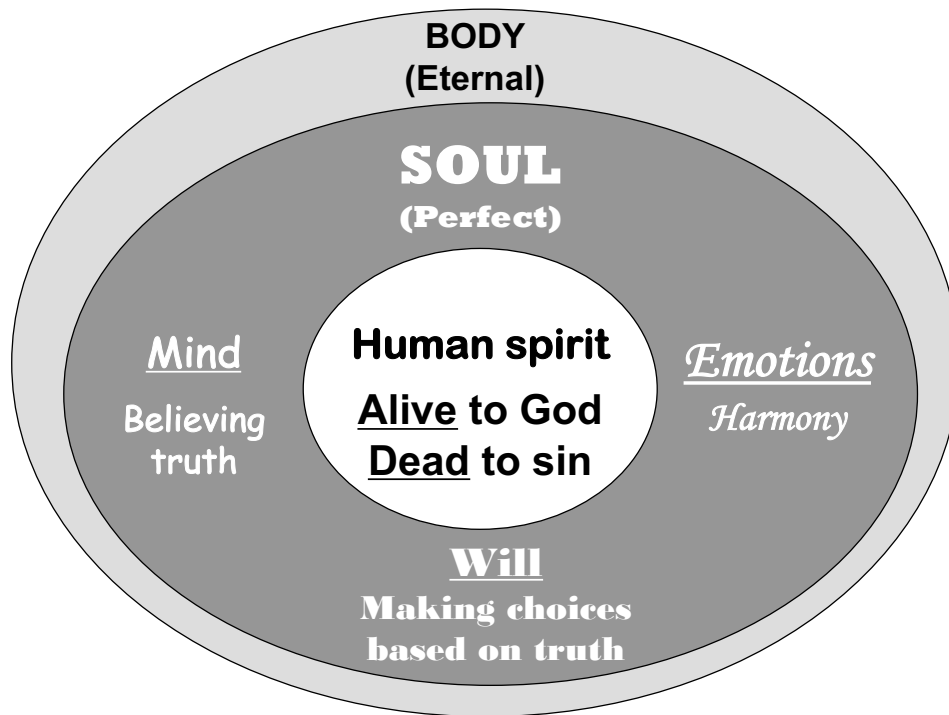
1. Their minds were believing TRUTH.
2. Their emotions were in total HARMONY with God and with each other.
3. Their wills were consistently choosing to walk in moment-by-moment DEPENDENCE upon God.

HUMAN SPIRIT – (Romans 6:11)

1. Was ALIVE to God.
2. Was DEAD to sin.

Below is a diagram depicting the condition of Adam and Eve before the Fall.

Condition of Adam and Eve Before The Fall



DAY TWO

When Adam and Eve Sinned, Things Changed

God's plan from the beginning was that Adam and Eve would experience eternal and abundant life. However, for man to continue to experience this eternal and abundant life, God gave man free will to make a choice. That choice was to continue living moment-by-moment in dependence upon God as their Source, or to make a sinful, disobedient choice to live independently of God.

We know from Genesis 3 that they were tempted by Satan, disobeyed God, and ate of the tree of the knowledge of good and evil. At that moment, their condition radically changed. Let's see what the Bible tells us about what changed.

At the point when Adam and Eve sinned, their condition changed:

- **Their human spirit DIED because of sin, i.e., spiritual death. The condition of the human spirit had changed. It is now DEAD to God and ALIVE to sin.**

"Therefore, just as sin entered the world through one man, and death through sin, and in this way death came to all men, because all sinned." Romans 5:12

- **They became separated from God HIMSELF.**

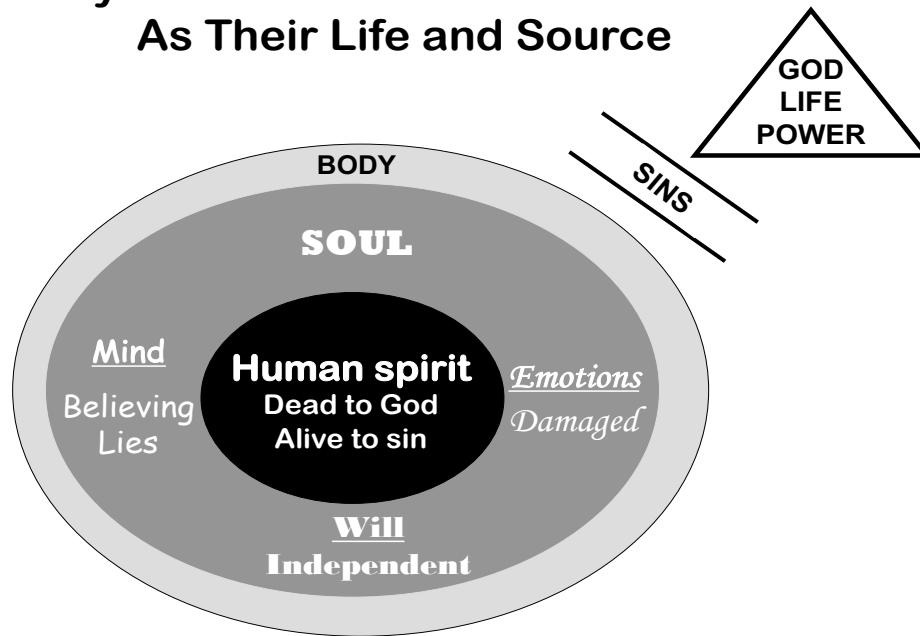
"But your iniquities have made a separation between you and your God, And your sins have hidden His face from you, so that He does not hear." Isaiah 59:2

- **They became separated from God's LIFE and POWER.**

"Being darkened in their understanding, separated from the life of God..."
Ephesians 4:18

The diagram below illustrates Adam and Eve's condition after the Fall. Notice that the human spirit is dead to God and alive to sin.

When Adam and Eve Sinned, They Died Spiritually and Became SEPARATED From God As Their Life and Source



Look at the condition of the body, soul, and spirit after Adam and Eve sinned.

BODY

1. Their bodies started decaying.

SOUL

1. Their minds started believing lies.
2. Their emotions were damaged.
3. Their wills started making choices independent of God (in the flesh).

HUMAN SPIRIT

1. Their human spirits were DEAD to God.
2. Their human spirits were ALIVE to sin.

KEY TRUTH:

Before the Fall, Adam and Eve's human spirits were ALIVE to God and DEAD to sin. However, after the Fall, their human spirits became DEAD to God and ALIVE to sin.

How Did Adam and Eve's Decision Affect You?

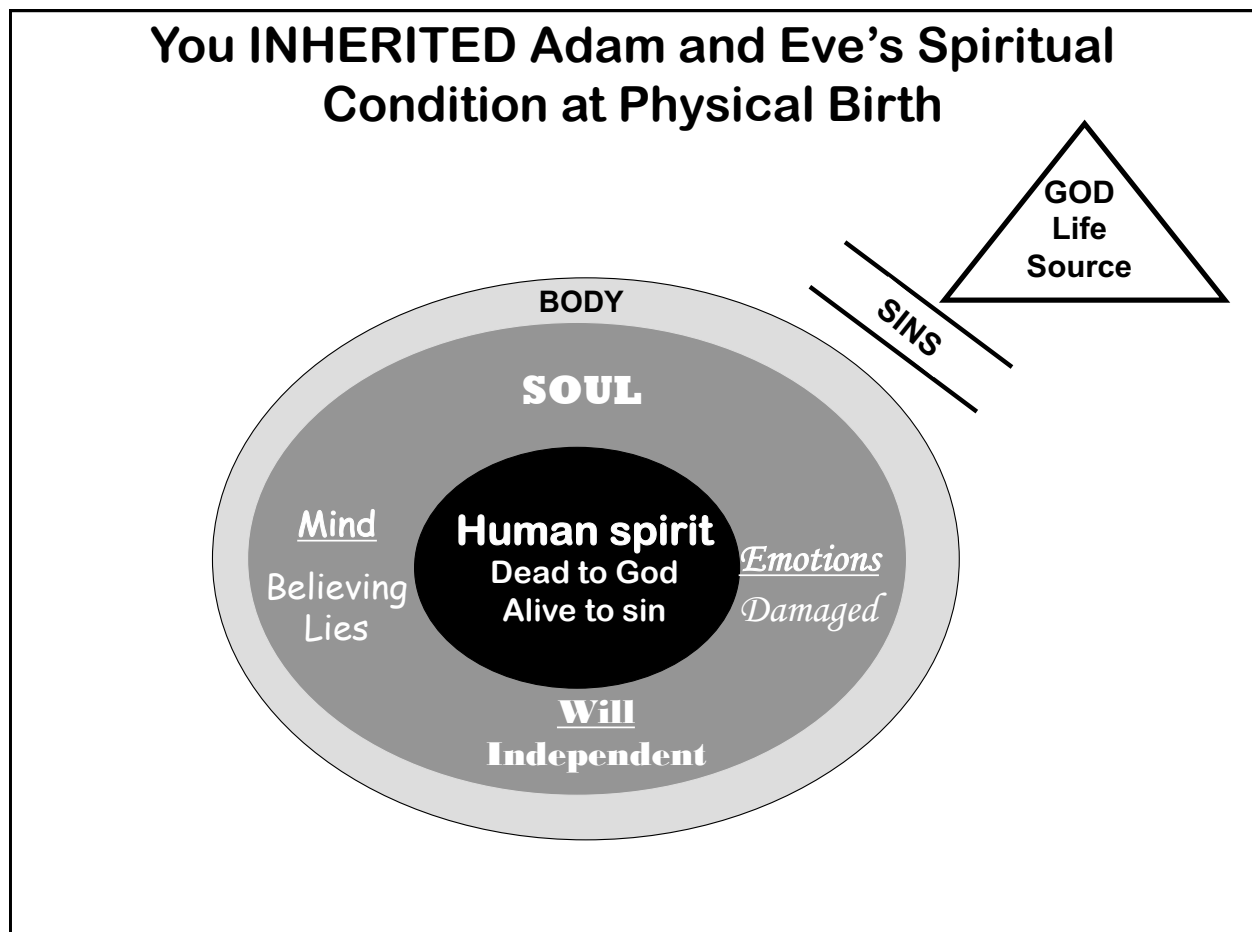
*"Therefore, just as through **one man** sin entered into the world, and **death through sin**, and so **death spread to all men**, because all sinned."* Romans 5:12

The problem is that we are all descended from Adam and Eve. As a result, when you were physically born, you inherited "spiritual" birth defects from Adam and Eve. In other words, you inherited their spiritual condition after the Fall.

At physical birth, you inherited Adam and Eve's condition:

- **You were born SPIRITUALLY DEAD to God. – Romans 5:12**
- **You were SEPARATED from God. – Isaiah 59:2**
- **You were SEPARATED from God's LIFE and POWER. – Ephesians 4:18**

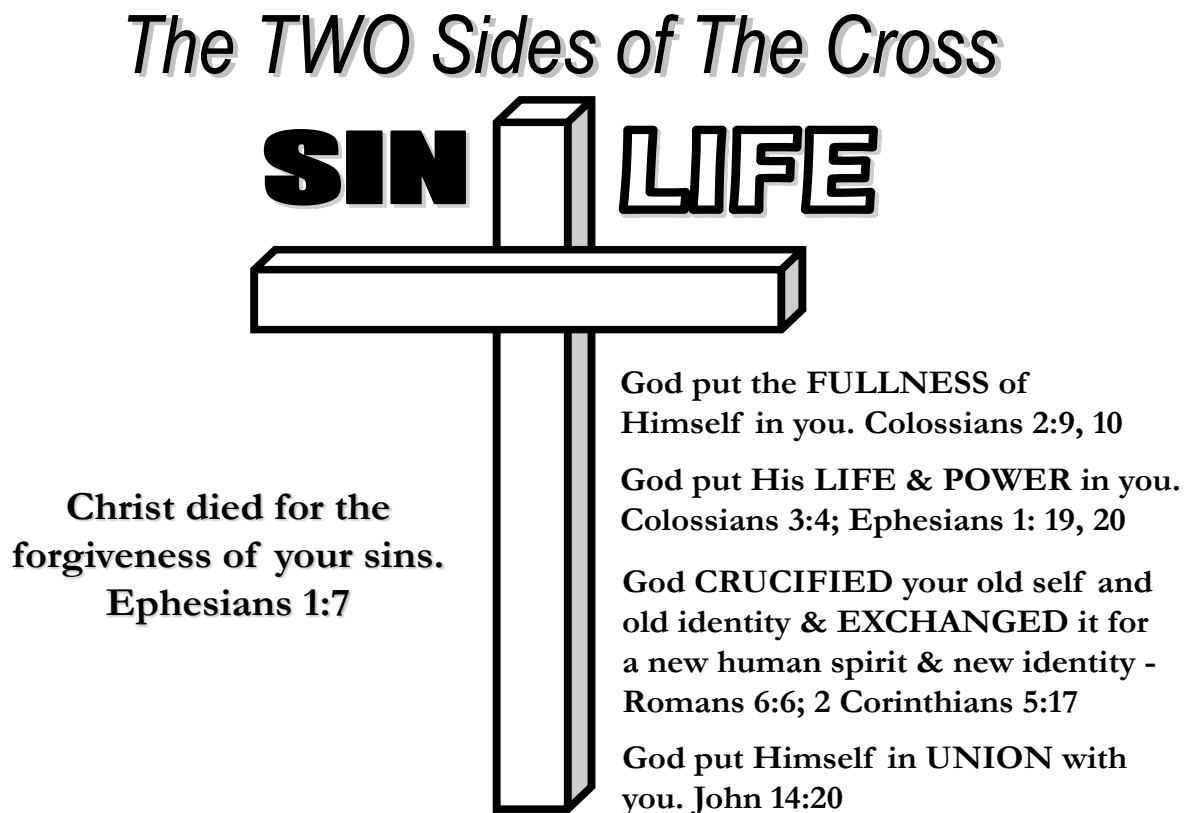
The diagram on the following page illustrates your spiritual condition at physical birth. You will discover that the condition of Adam and Eve's body, soul and spirit after the Fall is in exactly the same condition as your body, soul, and spirit were when you were born.



DAY THREE

Application To The Two Sides of The Cross

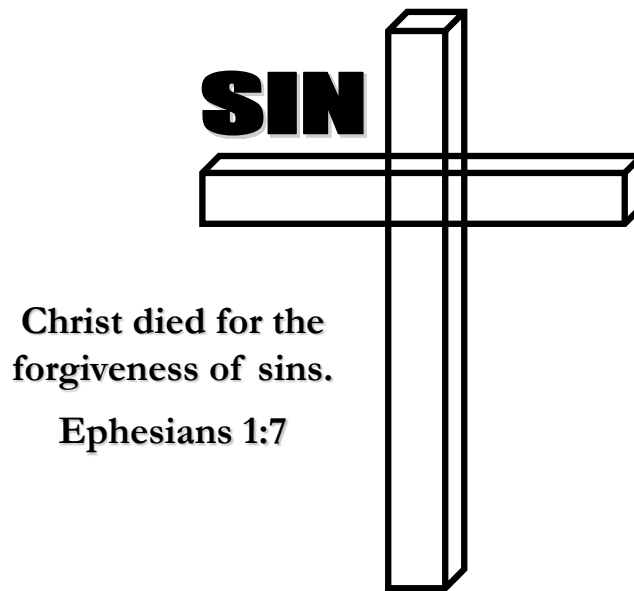
I want to apply the circle diagrams to the two sides of the cross that we talked about in Book One – *Growing Into Christ-Likeness*. Remember that there were two sides of the cross, the SIN side and the LIFE side. As a reminder, let's look at the two sides of the cross in the diagram on the following page.



Before we look at the two sides of the cross using the circle diagrams, you will see on the LIFE side of the cross, I have added that “God crucified your old self and old identity and exchanged it for a new human spirit and new identity.”

Therefore, let's start with the sin side of the cross.

The SIN Side of The Cross



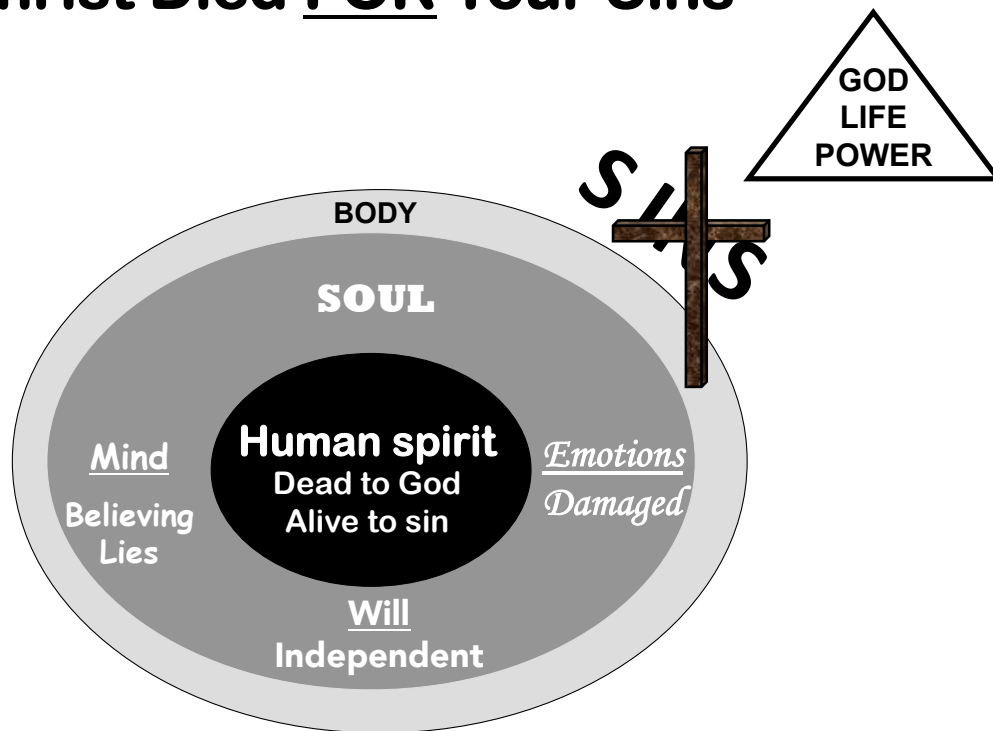
God's Solution For The SIN Side of The Cross: Christ Died FOR Your Sins

*"In Him we have redemption through His blood, the **forgiveness of our trespasses**, according to the riches of His grace, which He lavished upon us." Ephesians 1:7*

*"But God demonstrates His own love toward us, in that while we were yet sinners, **Christ died for us.**" Romans 5:8*

We, as believers, know that if Jesus had not gone to the cross in order to provide forgiveness of sins, there could be no salvation or reconciliation with God. We would still be eternally separated from Him and be destined for Hell. However, God, in His grace and love for you, sent His Son Jesus to die for your sins so that by receiving Him by faith as your Savior, you would spend eternity with Him. Therefore, the first part of God's solution was for Jesus to die **for** your sins. We see in the following circle diagram that our sins were **blotted out** through Christ's death on the cross.

Christ Died FOR Your Sins



However, even though the sins were dealt with, there was MORE that was needed to be accomplished at salvation.

Let's break down each of the truths of the LIFE side of the cross.

Part Two – The LIFE Side of The Cross

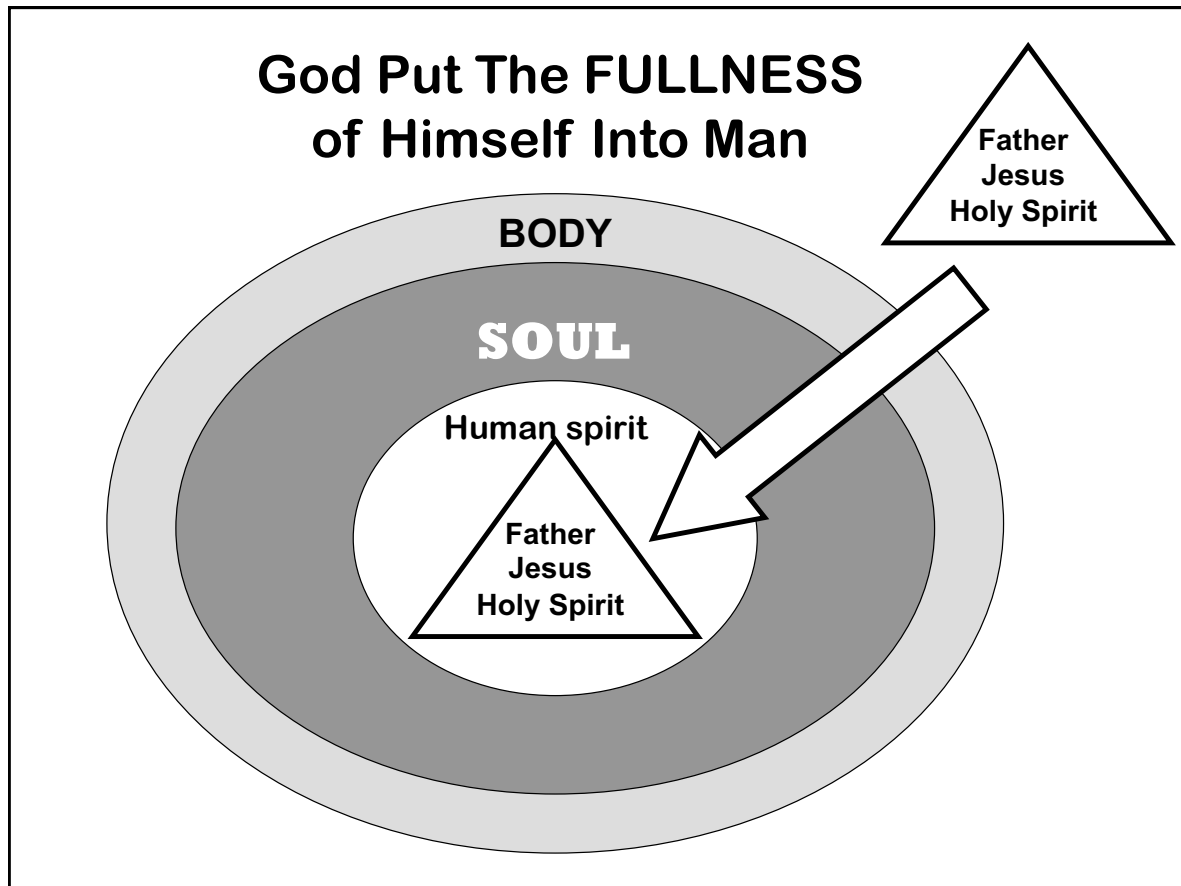
In addition to removing our sins, God still needed to deal with our human spirit that was dead to God and alive to sin. We still had our old identity and we were still separated from God. Therefore, let's look at what God did to remedy these issues. Remember, we learned that what God accomplished, in addition to removing our sins, is called the LIFE side of the cross. The diagram on the next page summarizes the LIFE side of the cross.

1. God Put The FULLNESS of Himself Into Man.

Since man was separated from God as his source for living life, the first thing God did was to reinsert Himself into man. As a result of being saved, we are now "in Christ." Therefore, "all the fullness of The Deity" dwells in us. We see this in Colossians 2:9, 10:

"For in Christ all the fullness of the Deity lives in bodily form, and you have been given fullness in Christ, who is the head over every power and authority."

You now contain the Father, Jesus, and the Holy Spirit. Look at the following diagram that illustrates this truth.



KEY TRUTH:

God put the FULLNESS of Himself into man so that man NO longer has to be the source from which to live life.

2. God Put His LIFE and POWER Into Man.

Christ's LIFE

"...Christ who is your life...." Colossians 3:4

"I am...the life." John 14:6

Christ put the FULLNESS of His LIFE into you to be YOUR life.

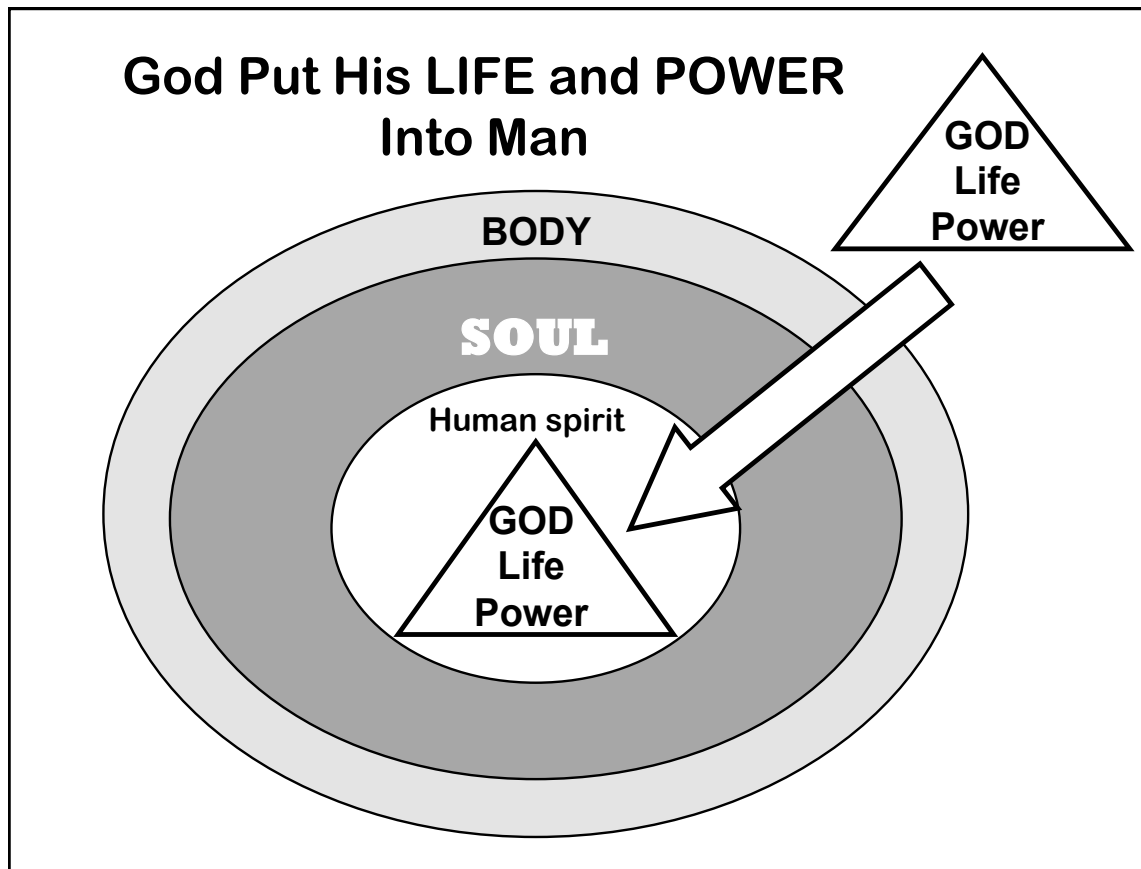
God's POWER

In addition to Christ's life, you now contain all of God's power. Paul informs us of this in 2 Corinthians 4:7:

*"But we have this treasure in jars of clay to show that **this all-surpassing power is from God** and not from us."*

God put His POWER into you to TRANSFORM you to think, believe, choose, and behave according to the truth of your true identity.

The following diagram illustrates this truth.



DAY FOUR

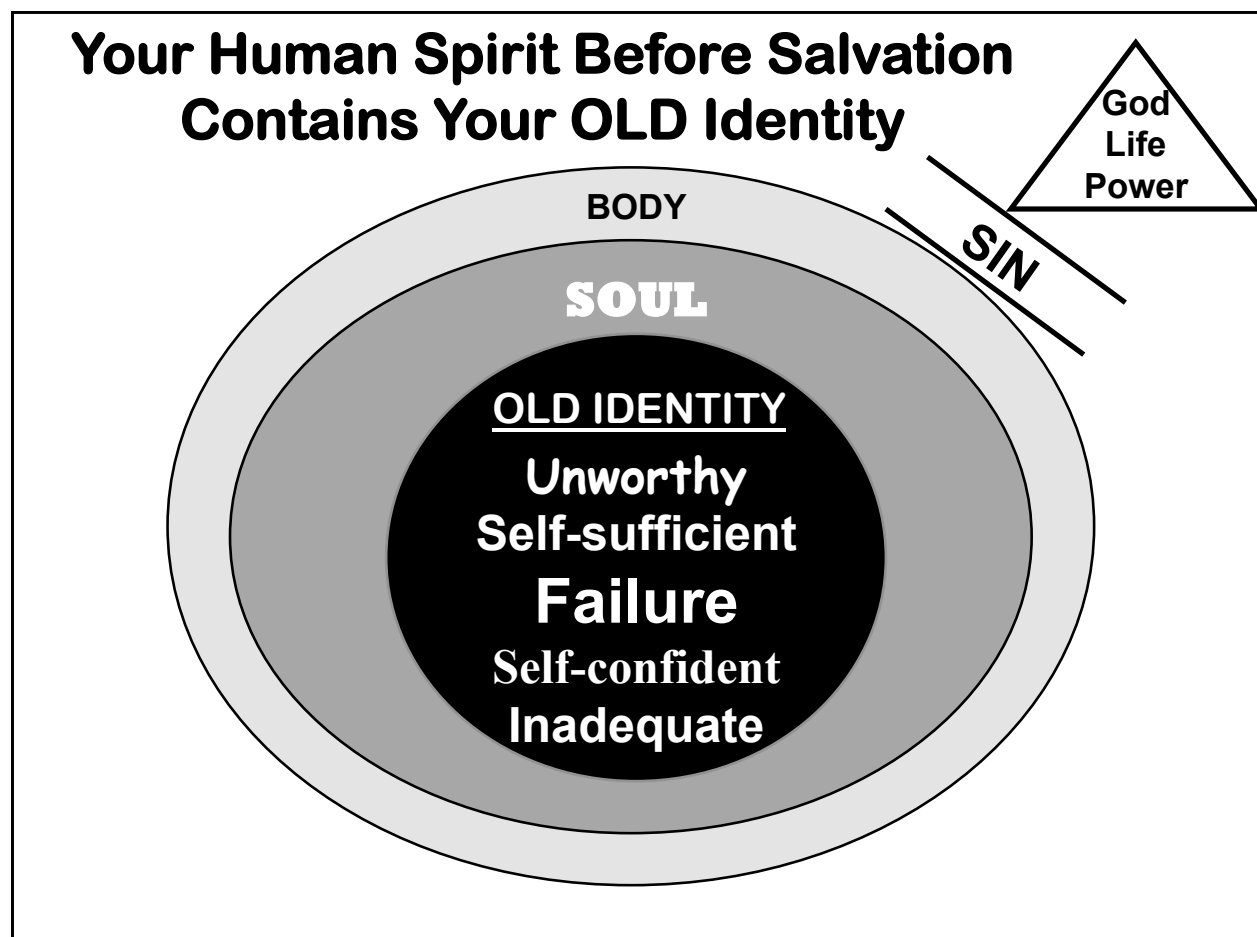
3a. God Crucified Your OLD SELF and Your OLD IDENTITY.

A key truth that we need to begin with is the following:

***Your positive and negative false beliefs about yourself PRIOR to salvation
made up your OLD IDENTITY.***

Your HUMAN SPIRIT is the place of your OLD IDENTITY.

Remember from the first circle diagram that your identity is located in your human spirit. What you believed about yourself before you were saved is your old identity. Therefore, your old identity was located in your human spirit. Below is the diagram that illustrates this truth.



Question: Remember that what you believed before you were saved is who you really WERE. Why is who you really “WERE” the truth?

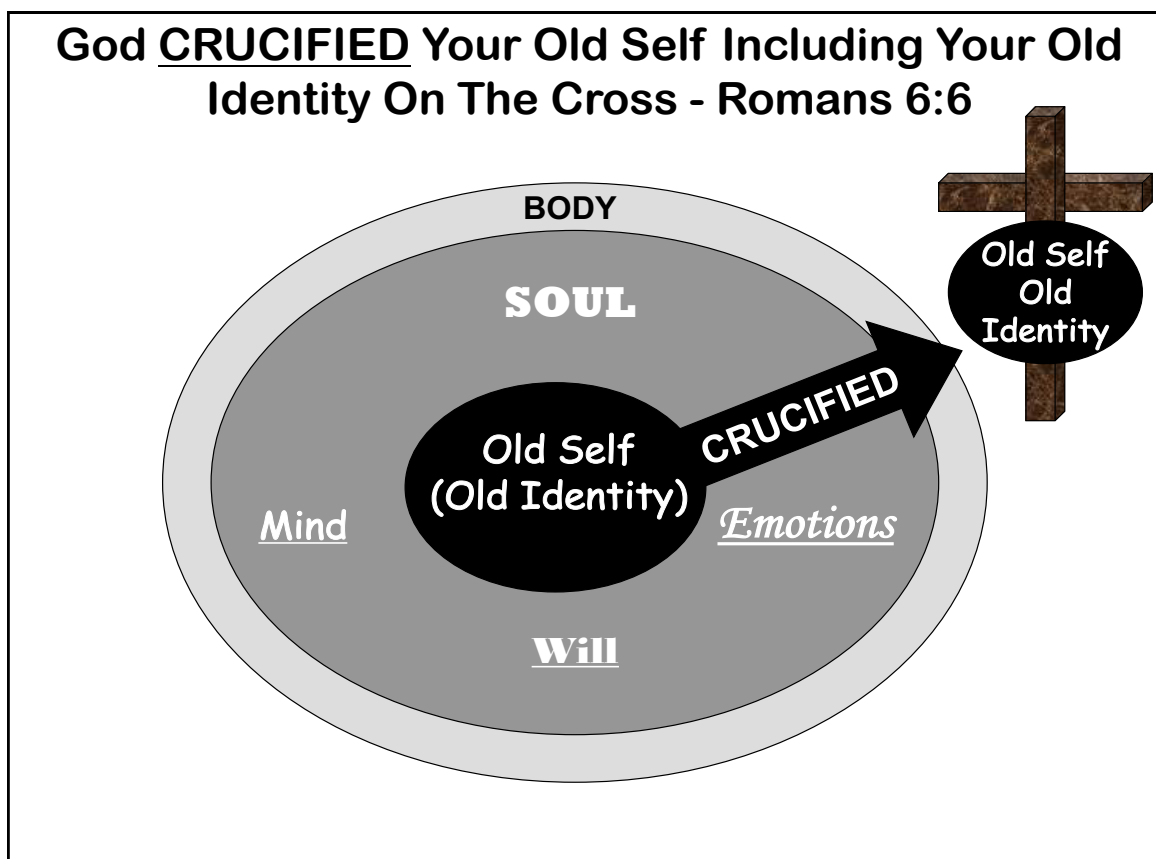
***Because of Your Spiritual Condition Before Salvation,
You had NO choice but to BELIEVE the false beliefs of your old identity and
to LIVE FROM the fleshly behavior of your old identity.***

Your human spirit that was dead to God and alive to sin is called in the Bible your “**old self**.” (See Romans 6:6 below.) Since your identity is located in your human spirit, your old identity is part of your “old self.” Before God could give you a new human spirit and a new identity, He had to deal with your old self and old identity. Therefore, He **crucified** your old self and old identity (with all of your lying beliefs) with Christ on the cross. We see this truth in the following verses:

*“knowing this, that our **old self (dead human spirit and old identity) was crucified with Him,**
that our body of sin might be done away with, that we should no longer be slaves to sin.”*
Romans 6:6

*“I (the dead human spirit and the old identity) **was crucified with Christ** and I (the dead
human spirit and the old identity) no longer live...” Galatians 2:20a*

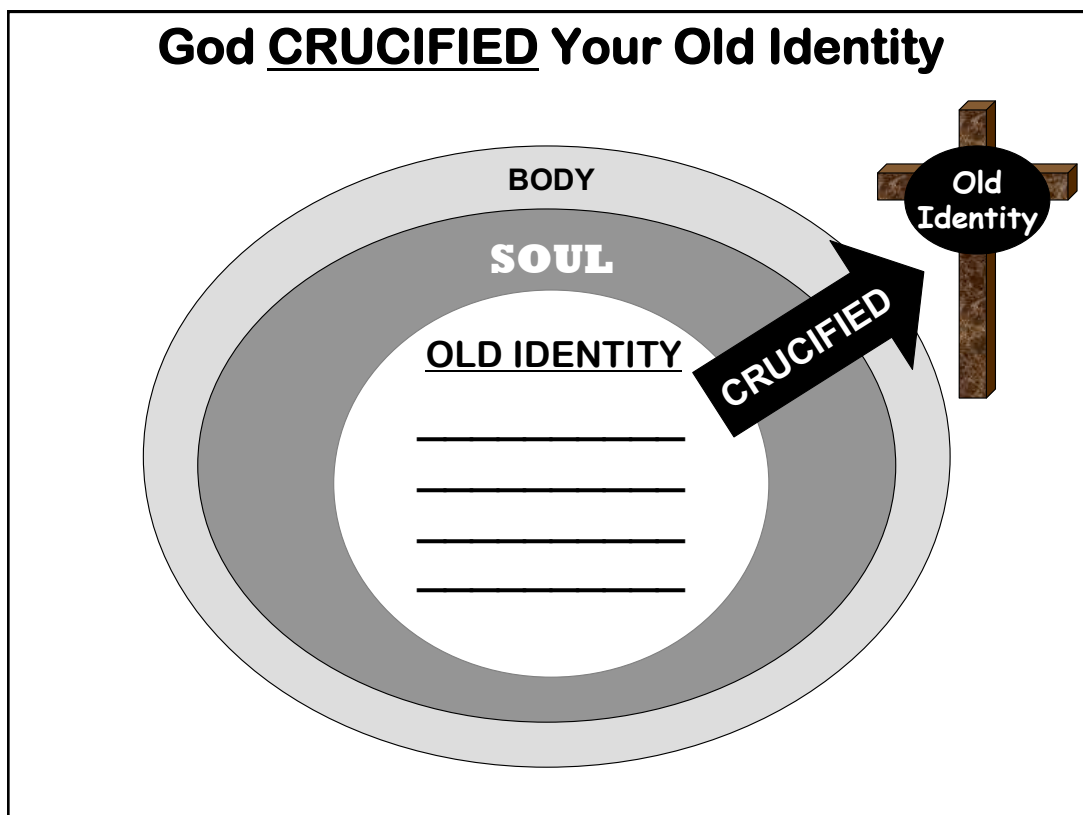
The next diagram depicts your old identity being crucified with Christ on the cross.



Note: You may be asking, “How can my old self and old identity be crucified with Christ since the crucifixion of Jesus took place over 2000 years ago?” The answer is that in the eternal realm with God, there is no time. Everything is present with God so that regardless of when you were saved, God sees your old self and old identity being crucified with Christ on the cross. This is truly

beyond man's comprehension. Like the rest of scripture, this is a place where we must believe by faith.

Exercise: Write in the center circle below labeled "Old Identity" your false beliefs from the diagram on page 22.



Question: Based on what we just learned, what happened to your false beliefs at salvation according to Romans 6:6 and Galatians 2:20?

Meditate: on Romans 6:6 and Galatians 2:20, and ask God to give you revelation and a deeper understanding of the significance of the fact that your old human spirit and old identity were crucified with Christ.

Engaging God: Ask God to give you a deeper revelation of the truth that the false beliefs you still have about yourself were crucified at the cross.

KEY QUESTION:

If your false beliefs are part of your old identity that was CRUCIFIED on the cross, then do you NEED to continue believing your false beliefs any longer?

DAY FIVE

3b. God EXCHANGED Your Old Self and Old Identity For A NEW Human Spirit and A NEW Identity.

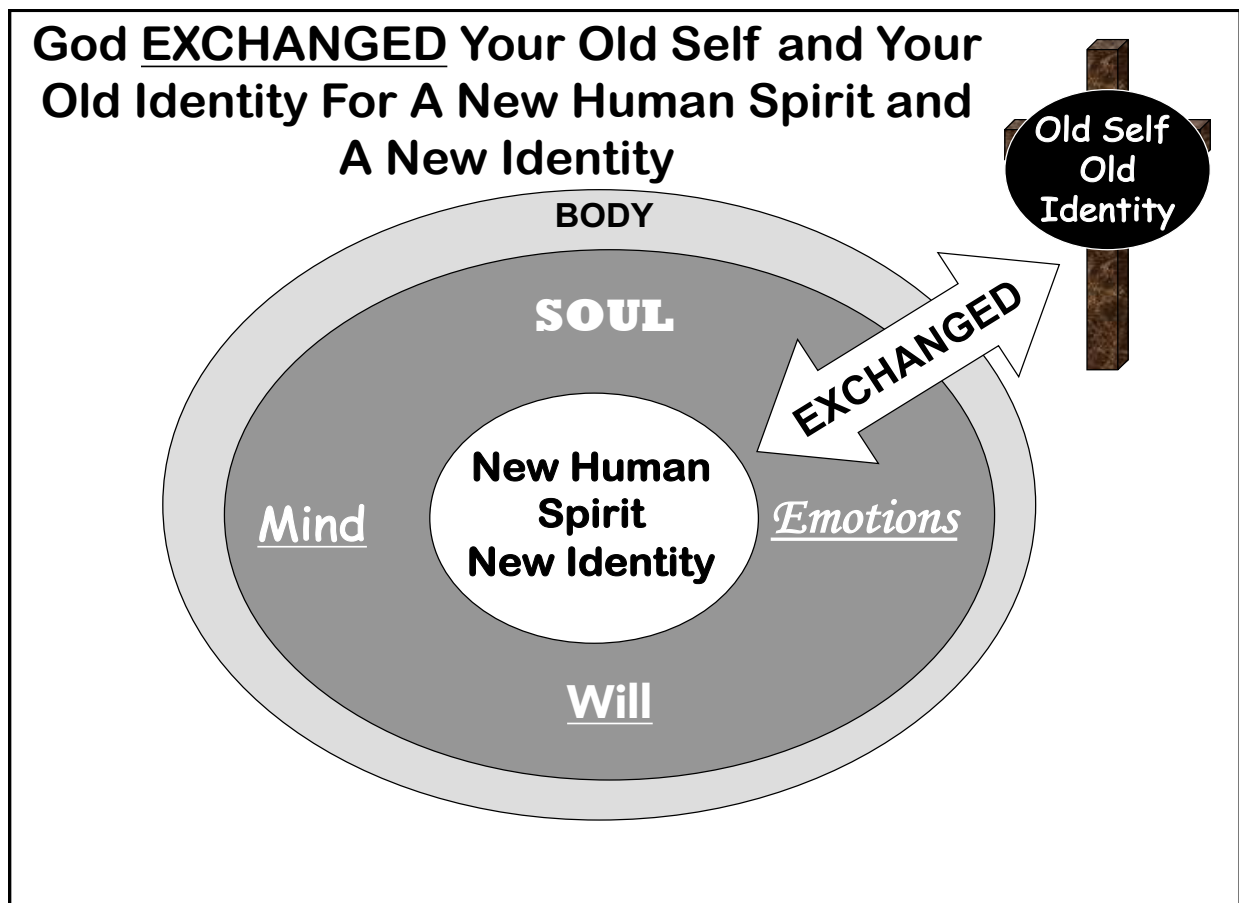
*“Therefore, if any man is **in Christ**, he is a **new creation**; the **old things** passed away; behold, **new things** have come.” 2 Corinthians 5:17*

This verse says that when you trusted Christ for salvation, you became a **new creation**. Becoming a new creation means that you now have a **new human spirit** and a **new identity in Christ**. The “old things” in 2 Corinthians 5:17 (referring to your dead human spirit and your old identity) were crucified (passed away), and the “new things” (your new human spirit and new identity) were given to you by God at salvation. In other words, at salvation God **exchanged** your old identity for a new identity.

Ezekiel 36:26, 27 describes the exchange of our old identity for a new one:

*“...I will...put a **new spirit (new human spirit and new identity)** within you, and I will remove the **heart of stone (dead human spirit and old identity)** from your flesh...”*

The next diagram illustrates how God EXCHANGED your old self and old identity for a new human spirit and a new identity.



Questions: If God has given you a new identity, do you have to continue living from your old identity? How might it change the way you live if you no longer lived from your false beliefs?

Meditate: on 2 Corinthians 5:17 and Ezekiel 36:26, 27 and ask the Lord to reveal to you the truth that He exchanged your old identity for a new identity.

4. God Put Himself In UNION With You.

Now that you are a new creation, God accomplished one more thing at salvation. He put Himself in UNION with you. In other words, the Father, Son, and Holy Spirit joined themselves to your new, righteous human spirit (new identity). God reveals this truth in the following verse:

*"But the **one** (the believer) **who joins himself to the Lord** is one spirit (in union) with Him."*
Corinthians 6:17

You no longer have a God who is separated from you. Your God is now in an **intimate, eternal, and inseparable** union with you. Read John 14:20 for further confirmation of your union relationship:

*"In that day you shall know that **I am in My Father**, and **you in Me**, and **I in you**."*

The following diagram shows your new identity in UNION with God.



Questions: Since God is in an inseparable union with you, can He ever leave you or forsake you (Hebrews 13:5)? If God is in an inseparable union with you, can you lose your salvation?

Meditate: on 1 Corinthians 6:17 and John 14:20 and think about the truth that God is in union with you.

Engaging God: Ask God to reveal to you in a deeper way what it means for you to be in union with Him. If you somehow believe that you can lose your salvation, ask God to persuade you that is impossible because of His inseparable union with you.

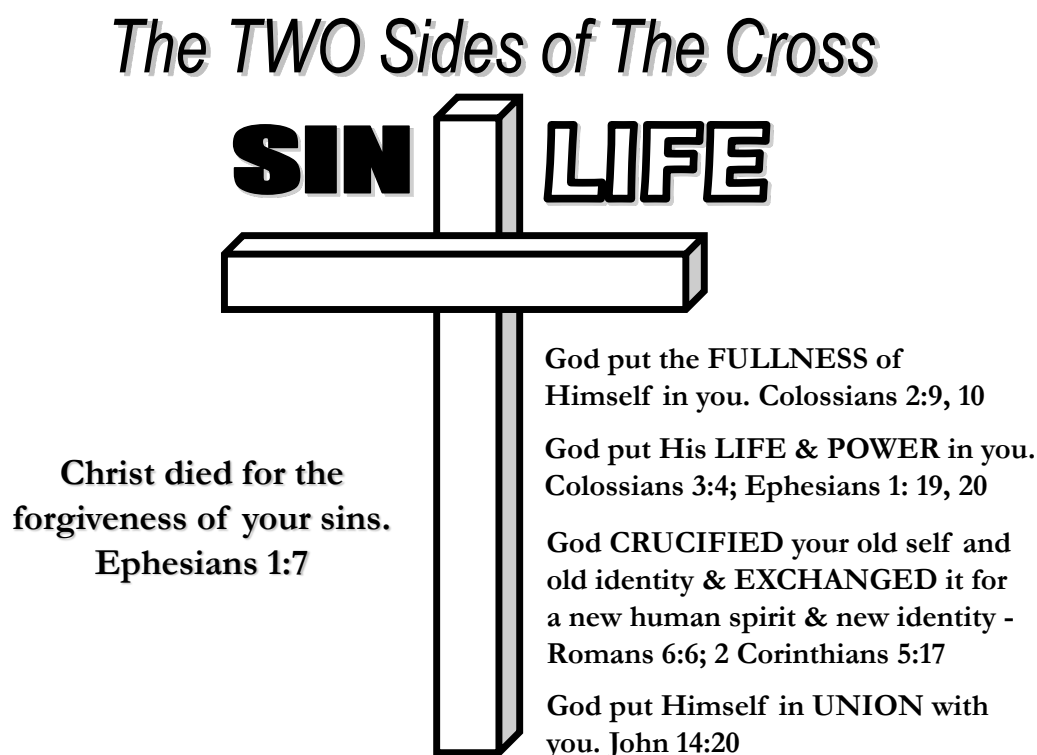
Question: If you doubt God's love for you, is it possible that through all He did for you at salvation, you might be persuaded in a deeper way that He truly does love you?

Meditate: on all that God did for you on the cross and at salvation to forgive your sins, to give you His life, and to give you a new identity. Does meditating on these truths give you a greater heart of thanksgiving?

Engaging God: If you doubt God's love for you, ask Him to use all that you have learned in this lesson to persuade you of His love for you.

Let's Review The Two Sides of The Cross

To summarize this chapter, look at the SIN side and the LIFE side of the cross once more.



Summary

Are you encouraged by all that God accomplished on the cross to restore your human spirit to the same condition as that of Adam and Eve before the Fall? The good news is that you no longer have to believe the false beliefs that you have about yourself. All of this was done as a result of God's love and desire to draw you into an intimate relationship with Himself. In the next lesson, you will discover your new identity in Christ.

Discussion Questions

Question: What truth(s) impacted you most in this lesson? Why?

Question: Why do you think it is important to know the difference between your body, soul, and human spirit and the condition of all three at the point you were born?

Question: Which diagrams in this study gave you new revelation about your new makeup? In what ways were they helpful?

Question: Why do you think it is so crucial to your spiritual growth to know that God crucified your old identity and gave you a new identity?

Question: Is knowing we are in union with God a new truth for you? If so, what difference might it make in your relationship with God knowing you are in an inseparable union with Him?

Lesson Three

What Is Your True Identity?

DAY ONE

Introduction

These are the topics we will be covering in this lesson:

- Another way to understand what God did at salvation
- Your new condition now that you are IN Christ
- Your true identity in Christ
- Your true identity and the circle diagrams
- Expanding on some of the characteristics of your new identity
- Contrasting living from human characteristics versus living from your new identity in Christ
- Two critical things to remember concerning your true identity

I trust that as a result of what you learned in the last lesson that you now have a better understanding of what God did at salvation to give you a new identity. I want to begin this lesson by giving you another way to understand what God did in you at salvation. After that discussion, we will see the makeup of your new identity in Christ.

Another Way To Understand What God Did At Salvation

“IN” ADAM

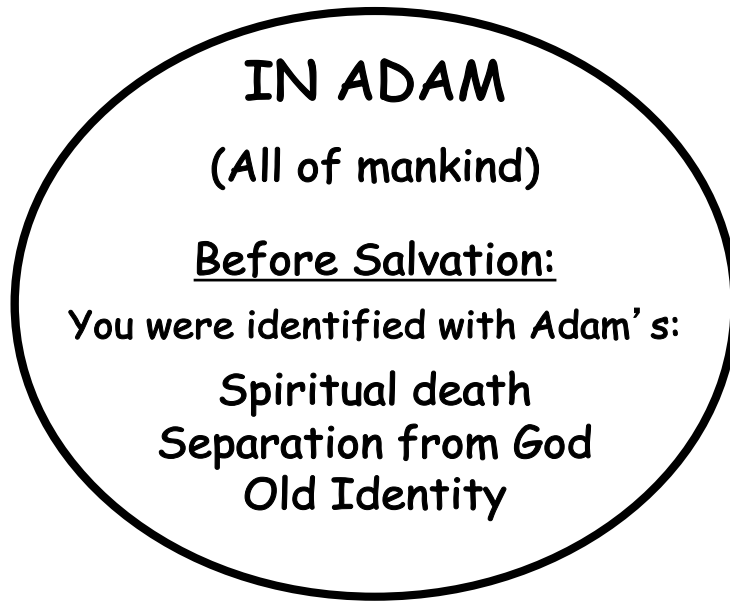
I want to give you another way to see what God accomplished by removing our old identity and giving us a new one. As I mentioned before, we inherited Adam’s spiritual condition. Another way to say this is that since we all came from Adam’s gene pool, we were all physically born **IN** Adam.

As a result, part of our old identity IN Adam means that before salvation we **IDENTIFIED** with Adam in his:

- **Spiritual death** – 1 Corinthians 15:22
- **Separation from God and His life and power** – Ephesians 4:18; Isaiah 59:2
- **Condemnation** – Romans 5:18
- **Old Identity (made up of false beliefs)** – Proverbs 23:7

We see in the diagram on the following page an illustration of what it looks like to be born **IN** Adam.

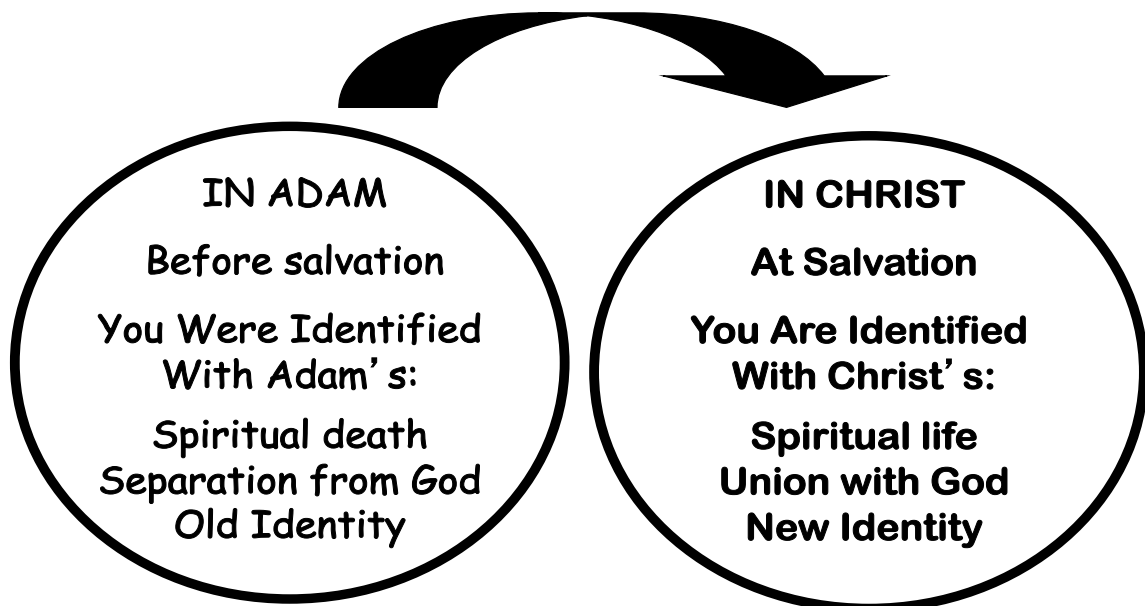
All Of Mankind Was Born “IN ADAM”



“IN” CHRIST

However, as a result of trusting Christ for salvation, you are NO longer identified with Adam in his spiritual death, separation, condemnation, and old identity. At salvation, God took you out of being IN Adam and placed you **IN Christ** with the result that you are now **identified with Christ**. The following diagram illustrates what God did at salvation by taking you out of being IN Adam and placing you IN Christ.

God Took You Out Of Being IN Adam and Put You IN Christ



*You had an OLD identity IN Adam before salvation.
However, now that you are IN Christ, you have a NEW identity.*

What Is Your New Condition Now That You Are IN Christ?

Your New Condition IN Christ

1. You are spiritually ALIVE.

God brought you from death to life. We see this is 1 Corinthians 15:22:

*“For as in Adam all die, so in Christ all will **be made alive.**”*

2. You are now in UNION with God.

You are no longer separated from God. We saw this previously in John 14:20:

*“In that day you shall know that **I am in My Father**, and **you in Me**, and **I in you.**”*

3. You have a NEW IDENTITY. (You are a PARTAKER of the divine nature.)

“Therefore if any man is in Christ, he is a new creation; the old things (old identity) passed away; behold, new things (new identity) have come.” 2 Corinthians 5:17 (Parentheses mine)

Having a new identity means that you are a PARTAKER of God’s divine nature.

*“For by these He has granted to us His precious and magnificent promises, in order that by them you might become **partakers of the divine nature....**” 2 Peter 1:4*

God made you a partaker of His divine nature the moment you were saved. **“Partaker”** in the Greek means “one who shares.” Therefore, as a result of your union with God in your human spirit, you share part of God’s divine nature. Another way of saying this is that there are some “godly characteristics” that God is sharing with you. This does not mean that you are becoming deity. It means that there is a part of God’s divine nature that He is sharing with you or is imparting to you.

Partaker of God’s divine nature means that you SHARE with God GODLY characteristics that He imparts to you as part of your new identity.

Meditate: on the three verses above and the truth that you were taken out of Adam and put IN Christ with the result that you are now spiritually alive and in union with God, and you have a new identity.

Question: Have you ever thought of yourself as a “partaker” of God’s divine nature?

Engage God: To give you deeper revelation of the importance of being IN Christ versus being IN Adam.

DAY TWO

Your True Identity In Christ

Characteristics of Your TRUE Identity “IN” Christ

“For we are God’s MASTERPIECE....”

Ephesians 2:10 (NLT)

Below is a list of the characteristics of your true identity in Christ. As you go down this list, please read each characteristic slowly, and let the truth of your true identity sink in. When you read through this list, remember that “in Christ” refers to “who you are in your true identity.” For example, you might read each characteristic like this: “In my true identity in Christ, I am victorious.”

Romans 8:35, 38, 39	In Christ, I am unconditionally loved.
1 Corinthians 15:57	In Christ, I am victorious.
Psalms 71:5	In Christ, I am confident.
Psalms 56:4	In Christ, I am fearless.
2 Corinthians 9:8	In Christ, I am sufficient.
Psalms 139:14	In Christ, I am worthy.
2 Corinthians 3:5	In Christ, I am adequate.
Romans 8:37	In Christ, I am more than a conqueror.
Ephesians 6:10	In Christ, I am strong.
Psalms 71:5	In Christ, I am confident.
Romans 15:7	In Christ, I am accepted and acceptable.
Ephesians 4:24	In Christ, I am righteous and holy.
Colossians 3:13	In Christ, I am a forgiving person.
Colossians 2:10	In Christ, I am complete in Him.
Galatians 5:1	In Christ, I am free.
Colossians 3:12	In Christ, I am compassionate, humble, kind, and patient.
Psalms 139:5	In Christ, I am secure.
Ephesians 1:1	In Christ, I am a saint. (See 1 Cor. 1:2; Phil. 1:1; Col. 1:2.)
John 15:13	In Christ, I am sacrificial.
Philippians 2:3	In Christ, I am others focused.
Galatians 5:22, 23	In Christ, I am joyful, peaceful, patient, kind, good, faithful, and gentle.
Romans 8:17	In Christ, I am a joint-heir with Christ.
John 1:12	In Christ, I am a child of God (part of His family).
1 Corinthians 2:16	In Christ, I am in possession of the mind of Christ.
Galatians 3:26, 28	In Christ, I am a son of God.
John 15:15	In Christ, I am Christ’s friend.
Colossians 3:12	In Christ, I am chosen of God, holy, and dearly loved.
Hebrews 3:14	In Christ, I am a partaker of Christ.
1 Peter 2:9, 10	In Christ, I am a chosen race, a royal priesthood.

Question: What are some of the characteristics listed above that you do not feel or believe are true of you?

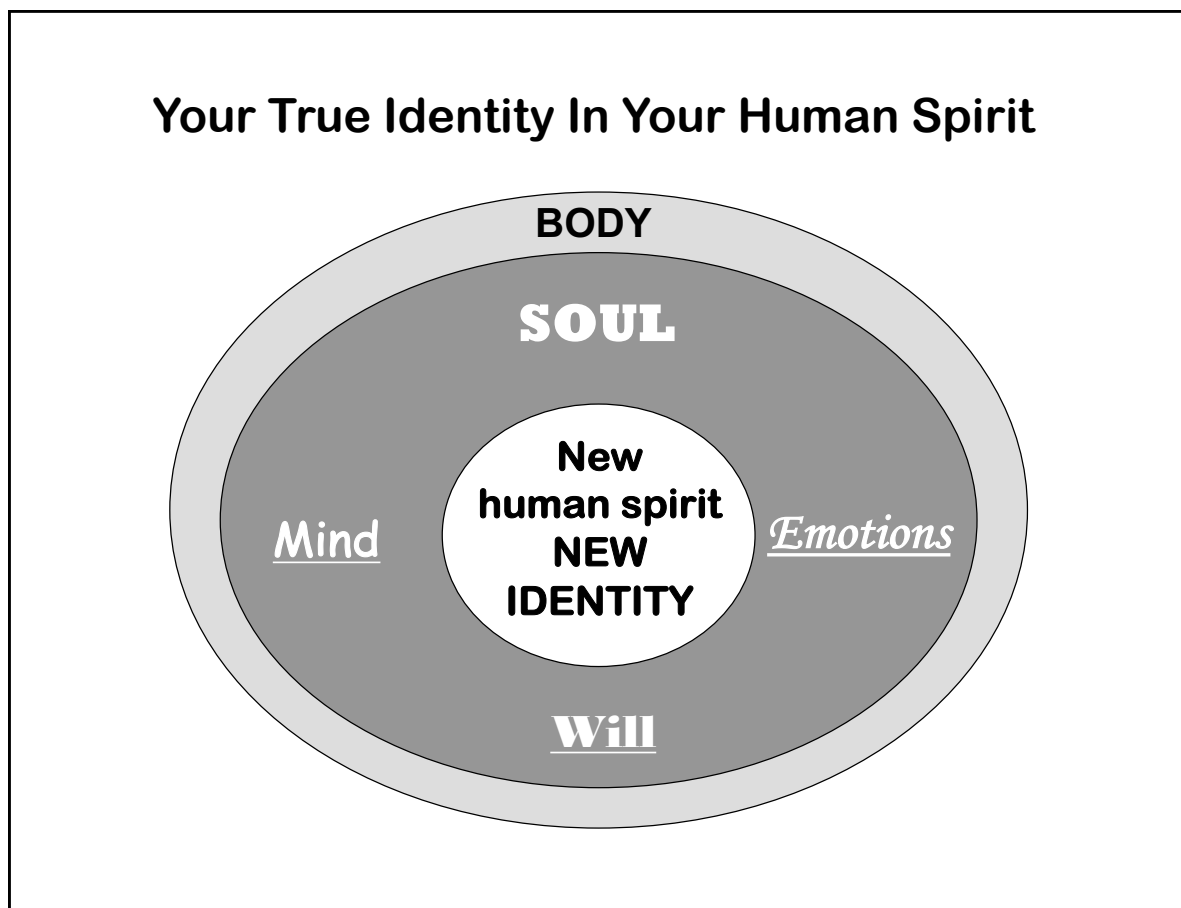
Exercise: Read each of the characteristics of your true identity out loud. From that list, choose five of the characteristics that you would most like to experience. Look up the verses for each of those characteristics.

Meditate: on these characteristics of your true identity.

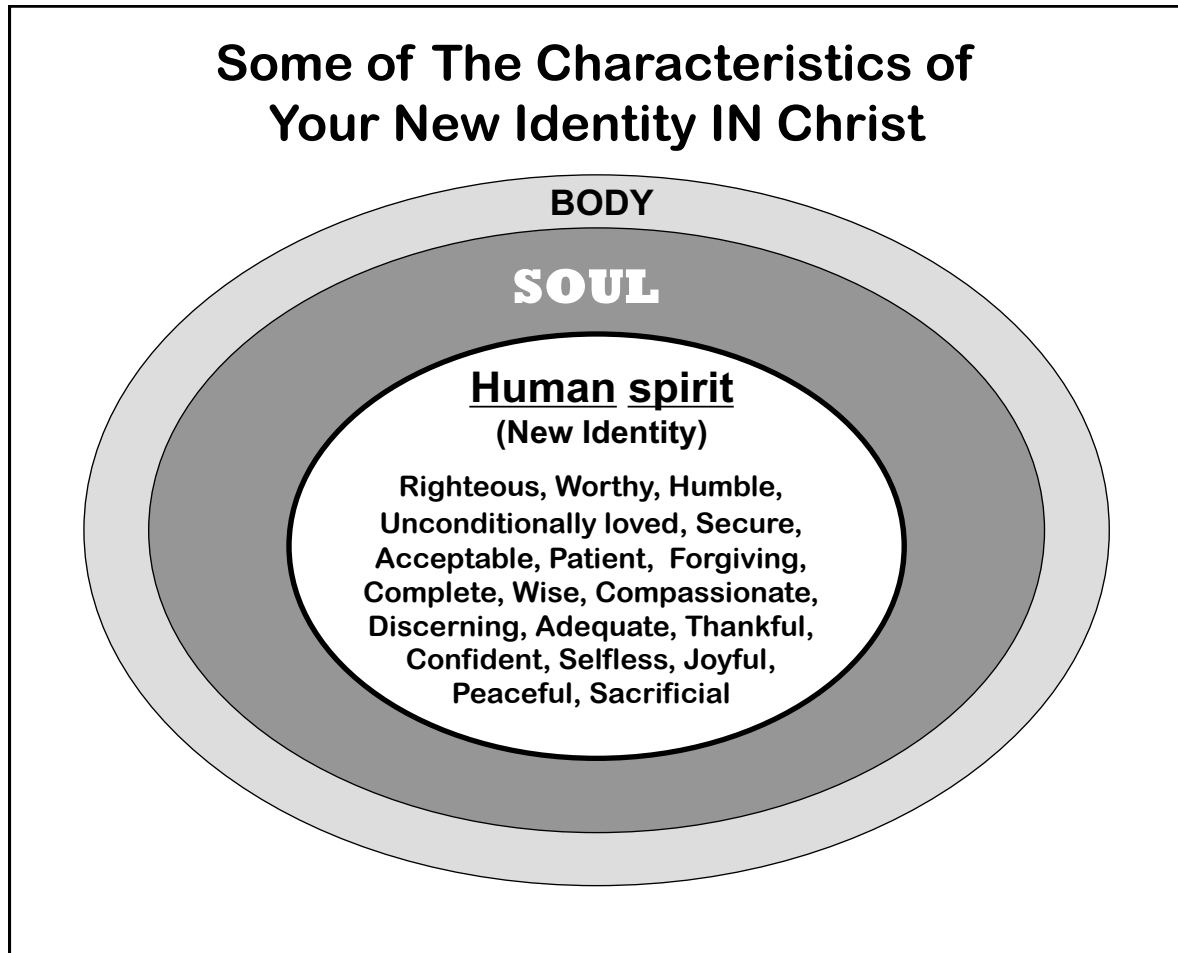
Engaging God: Begin asking God to renew your mind to the truth of who you are in your true identity. Specifically ask Him to persuade you of the scriptural truth of those five characteristics that you would most like to experience.

Your True Identity and The Circle Diagrams

Do you remember the diagram below that we studied in Lesson Two? It depicts your true identity being located in your human spirit.



In the following diagram, the human spirit is enlarged to show some of the characteristics of your true identity from the list on the previous page.



DAY THREE

Expanding On Some of The Characteristics of Your New Identity

To give you a better sense of what your new identity looks like, let's take a closer look at a few of the characteristics of your new identity.

In Christ, You Are Now RIGHTEOUS!

There is another critical way that you became identified with Christ. When God crucified your old unrighteous identity within you, He exchanged it for a **righteous** new identity. You are no longer under condemnation. God made you RIGHTEOUS in your new identity! Warning: You may have a struggle with this truth but look at God's word concerning your righteousness.

*"for with the heart a **person believes, resulting in righteousness**..." Romans 10:10*

*"Consequently, just as the result of one trespass (sin) was condemnation for all men, so also the result of one act of righteousness was justification that brings life for all men. For just as through the disobedience of the one man (Adam) the many were made sinners, so also through the **obedience of the One man (Jesus) the many will be made righteous**." Romans 5:18, 19
(Parentheses mine)*

*"God made Him (Jesus) who had no sin to be sin for us, so that **in Him we might become the righteousness of God**." 2 Corinthians 5:21 (Parenthesis mine)*

*"**having been filled with the fruit of righteousness which comes through Jesus Christ**, to the glory and praise of God." Philippians 1:11*

*"and may be found in Him, not having a righteousness of my own derived from the Law, but that which is through faith in Christ, the **righteousness** which comes **from God on the basis of faith**." Philippians 3:9*

Please Read This

Have you believed the lie that you have to work for God to be righteous? Have you thought that it was up to you to do (or not do) something to attain God's righteousness? These three verses (and many others) tell us that we became righteous the moment that we were saved! In other words, righteousness is not something that you earn. It is something that you receive at salvation because God gave you a new righteous identity.

Your RIGHTEOUSNESS in Christ has nothing to do with what you do or don't do. It is the result of what God did IN you at salvation.

Questions: Have you believed up to this point that you had to do (or not do) something to earn God's righteousness? What difference might it make in your life if you no longer had to work or to strive to be righteous?

Meditate: on Romans 5:18, 19; 2 Corinthians 5:21; and Philippians 3:9. Ask God to persuade you that you are righteous based on what He did at salvation.

It is also important to know that since you are now righteous in Christ, there is **no** more condemnation from God. He will never condemn you again for your sins. Furthermore, you no longer have to condemn yourself. Paul confirms this in Romans 8:1:

*"Therefore, there is now **no condemnation** for those who are **in Christ Jesus**."*

***Now that you are **RIGHTEOUS** in Christ,
God **NO** longer condemns you, and you **NO** longer have to condemn yourself.***

Question: If there is no more condemnation and you are righteous, do you have to continue believing that God will condemn you or that you have to condemn yourself?

Meditate: on the truth that since God no longer condemns you, you no longer have to condemn yourself.

In Christ, You Are COMPLETE.

Colossians 2:9 – "For **in Him** all the **fullness** of Deity dwells in bodily form,"

Colossians 2:10 – "and **in Him** you have been made **complete**...."

Before salvation we were all incomplete. However, at salvation God made us complete in Christ. All of God's fullness dwells in Jesus, and Jesus dwells in us with the result that we are complete in Him. In other words, there is nothing that we need to add to our completeness in Christ.

Question: If you feel or believe that you are incomplete, does that change the truth that you are complete in Christ? What difference would it make if you believed you are complete?

In Christ, You Are Totally ACCEPTED and Are ACCEPTABLE.

Romans 15:7 – "Accept one another, then, just as **Christ accepted you**..."

The reason why a holy God can totally accept us is because He has made us acceptable. You may feel or experience rejection coming from others, but that does not change the truth that you are accepted by God unconditionally! This means that there is no sinful behavior too great to cause

God to reject you. (God does not condone sinful behavior, but He does not reject you because of your sinful behavior.) As a result, you no longer have to earn (or perform for) God's acceptance or the acceptance of others. You can receive God's acceptance and be free from rejection by others. Believing that you are accepted in Christ will give you the freedom to accept others unconditionally.

Questions: Since God unconditionally accepts you, can He ever reject you? If you really believe that you are accepted in Christ, do you have to take ownership of any rejection directed toward you by others (or even by yourself)? What difference would it make if you believed you are accepted and acceptable?

In Christ, You Are Totally SECURE.

Psalm 91:14 – *“Because he has loved Me; therefore, I will deliver him; **I will set him securely on high because he has known my name.**”*

Ezekiel 34:28 – *“They will no longer be a prey to the nations, and the beasts of the earth will not devour them; but they will live **securely**, and no one will make them afraid.”*

What are you feeling insecure about? Is it your job, your marriage, or just those insecure feelings that keep you believing you are insecure? You no longer have to believe you are insecure because in Christ you are totally secure. Are you trying to find security in something or someone other than God? The truth is that our only true security is in Christ. Since He is sovereign and the only One who is truly in control, we can live from our security in Him.

Questions: What events or relationships in your life are making you feel or believe you are insecure? What difference would it make in those situations if you really believe that you are secure in Christ?

In Christ, You Are STRONG.

Ephesians 6:10 – *“Finally, be **strong in the Lord and in the strength of His might.**”*

We all have an inner strength, a physical strength, and an intellectual strength. We tend to use our strength to resolve or deal with the issues of life. However, events, circumstances, and relationships can rob us of those human strengths. God allows events in our lives to reveal to us that our human strengths are no match for the power of sin, the flesh, or Satan. He reminds us through these events that the supernatural strength He provides for us in our true identity can never be defeated or overcome. Paul came to realize that his human strengths were actually weaknesses in 2 Corinthians 12:8-10.

Questions: What are some things that can rob you of your physical, intellectual, and inner strength? What do you think it would look like in your life to live from Christ's strength instead of your own strength?

DAY FOUR

In Christ, You Are Totally ADEQUATE.

2 Corinthians 3:5 – “Not that we are adequate in ourselves to consider anything as coming from ourselves, but our **adequacy** is from God.”

Many believers feel or believe they are unworthy and/or inadequate. We look at ourselves, and we don't measure up to the world's standards of adequacy/worthiness. We may seek our adequacy and worth in relationships, our job, or in “things.” However, these will never bring us the adequacy or worthiness that we can only find in Christ. Here's the good news: Believing and living from your adequacy in Christ relieves you of the pressure of trying to find your adequacy in someone or something else.

Questions: Even though you feel or believe that you are inadequate, does that change the truth that you are totally adequate in Christ? How do you believe it would change your behavior if you truly believe that you are adequate in Christ?

In Christ, You Are UNCONDITIONALLY LOVED and An UNCONDITIONAL LOVER.

John 17:26 – “and I have made Your name known to them, and will make it known, so that ***the love with which You loved Me may be in them, and I in them.***”

1 John 4:9 – “By this ***the love of God was manifested in us***, that God has sent His only begotten Son into the world so that we might live through Him.”

Romans 8:38, 39 – “For I am convinced that neither death, nor life, nor angels, nor principalities, nor things present, nor things to come, nor powers, nor height, nor depth, nor any other created thing, ***shall be able to separate us from the love of God***, which is in Christ Jesus our Lord.”

You no longer have to believe that you are unlovable because God immeasurably, eternally, and unconditionally loves you. It is His essence to do so! He has no greater desire than to love you because of Who He is. In addition, Romans 8:38, 39 clearly points out that nothing can separate you from His love. There is nothing that you can possibly do that will change God's continuous flow of His love for you.

God's love does not depend on who you are or on what you have or have not done. It is based solely upon Who He is. Since God is love, and He is in you, then you possess all of God's love. You not only can receive God's unconditional love, but you can also allow God's love to flow through you to others. You are an unconditional lover in Christ. Think of it: You can love others in Christ just the way God loves you.

Questions: If you don't feel or experience God's unconditional love, does that change the truth that He loves you? How would it change your perspective toward God if you truly believe that there is nothing that you can do (or not do) to change His love for you? In what ways would it impact your relationships being able to love others with God's love?

Meditate: on the three verses above concerning God's love.

In Christ, You Are VICTORIOUS and You Are More Than A Conqueror.

1 Corinthians 15:57 – “*but thanks be to God, Who gives us the **victory** through...Christ.*”

Romans 8:37 – “*But in all these things we overwhelmingly **conquer through Him** who loved us.*”

You may see yourself as a failure, but in Christ you are victorious and a conqueror. There is no problem, conflict, or adversity that Christ cannot conquer through you. On the other hand, you may see yourself as a “self-sufficient” victor or conqueror in life apart from Christ. Since apart from God you can do **nothing** (John 15:5), God loves you enough that He will bring impossible circumstances (or relationships) into your life to reveal to you your inability to overcome those situations.

Recognizing your weakness and inability to resolve a situation will turn you to dependence upon God and will allow Him to be victorious through you. Therefore, start living from the victory in Christ in your true identity.

Questions: If you feel like a failure, does that change the truth that in Christ you are more than a conqueror? If in Christ you are victorious, do you have to strive to be victorious? In what ways would it change your life if you were living from victory instead of defeat?

In Christ, You Are FREE.

Galatians 5:1 – “*It is for freedom that **Christ has set us free**. Stand firm, then, and do not let yourselves be burdened again by a yoke of slavery.*”

Romans 8:2 – “*For the power of the life-giving Spirit **has freed you through Jesus Christ** from the power of sin that leads to death.*”

Take a close look at Galatians 5:1. It says that you have been set free. It is past tense! It is a completed act. Your freedom was won at the cross. As a result, in Christ, you are free from the power of sin, from your fleshly behaviors, from legalism, and from your defeating sin patterns.

You are also free from the grip of the world and the power of Satan. In other words, you no longer have to live as if you are still enslaved to those things because the truth is that you have been set free from them.

Question: Even though you may not be feeling freedom in some area of your life, does it change the truth that you have been set free? In what ways would it change your life if you were living from your freedom in Christ concerning your fleshly behaviors and sin patterns?

In Christ, You Have The MIND of CHRIST.

1 Corinthians 2:16b – “...we have the **mind of Christ.**”

What does it mean that you have the mind of Christ? It means that you no longer have to rely on your limited and finite wisdom, understanding, discernment, and intellect to try and figure out life. For every situation that you face, you can draw on Christ’s infinite knowledge, wisdom, understanding, and discernment.

Question: Could it be that God allows difficult situations in your life so that you will see your need to draw on Him as your Source for divine wisdom, discernment, and understanding? What are the situations you are facing today in which you need the mind of Christ?

In Christ, You Are A SAINT.

Colossians 1:12 – “giving thanks to the Father, who has qualified you to share in the inheritance of the **saints** in the kingdom of light.”

Most believers I know identify themselves as sinners. Why? Because they believe their sinful behavior determines their true identity. However, since you are a “saint,” you no longer have to identify yourself as a sinner. Why? God says over and over in His word that you are a saint.

This doesn’t mean that you will never sin again. It means that in God’s eyes your identity is no longer determined by your sinful behavior. You might say it this way: In your true identity, you are no longer a sinner. Rather, you are a saint who sometimes sins. Since all of your sins have been removed and God remembers them no more (Isaiah 43:25), then know with confidence that God no longer sees you as a sinner.

Question: How might it change the way you think if you saw yourself as a saint who sometimes sins rather than as a sinner?

In Christ, You Are A FORGIVING Person.

Ephesians 4:32 – “Be kind to one another, tender-hearted, **forgiving each other**, just as God in Christ also has forgiven you.”

You may have been offended by another person, and you don’t feel that you have to forgive them (or you believe that you have the right **not** to forgive). The truth is that you have no excuse for not forgiving others. Why? It is because in your true identity, you **are** a forgiving person. Whether or not you feel like forgiving is not the issue. You can choose to forgive because that is your true identity in Christ. If you are unwilling to forgive, ask God to move your heart to be willing to forgive.

Questions: Is there someone in your life that you don’t feel like forgiving? Since you are a forgiving person in Christ, do you still have the right not to forgive that person? What do you think will be the consequences to you if you don’t forgive? (Be sure to read the study on Forgiveness in the Addendum.)

As we end this section, here is a key truth that is important to understand concerning your true identity.

KEY POINT TO REMEMBER:

***How you FEEL or what you BELIEVE about the truth of your new identity
does NOT change the fact that God’s truth is TRUE.***

DAY FIVE

Contrasting Living From Human Characteristics Versus Living From Your New Identity In Christ

This is a good place to draw a contrast between living from human characteristics versus living from the divine characteristics of our new identity in Christ.

Human strength – is a human strength of character that has limitations and weaknesses.

Christ's strength – has no limitations or weaknesses.

Human self-confidence – has limitations in that there are people or circumstances that can rob man's self-confidence.

Christ's confidence – has no limitations and cannot be compromised by circumstances or people.

Human fearlessness – is an illusion because every man has one or more things that they fear.

Christ's fearlessness – means that you do not have to be fearful in any situation.

Human control – is also an illusion. Man has very little control over circumstances, relationships, and even his own life.

Christ's control – keeps you from sinning and keeps you at rest by knowing that God is in control.

Human acceptance – is based on what others think about you. You can be rejected by others.

Christ's acceptance – means that you don't take ownership of another's rejection of you because of your unconditional acceptance in Christ.

Question: Which one of these contrasts speaks the most to you? Why?

Two Critical Things To Remember Concerning Your New Identity

#1 Your BEHAVIOR Does NOT Determine Your Identity In Christ.

This is a question you may be asking: "Even though God's truth says that I am righteous, accepted, forgiving, etc., my attitudes and/or behavior may tell me just the opposite. Which is true: What my behavior tells me, or what God is telling me is true of me?"

Even though your behavior may not always line up with what God says is true about you, does it change the truth of your identity in Christ? The answer is NO! As believers, God has given you, in your human spirit, a new identity that is separate and apart from your sinful behavior. Before salvation, what you believed and how you behaved revealed your identity.

However, now that your new identity is part of God's divine nature in you, your fleshly, sinful behavior no longer determines who you really ARE. Consider this illustration. Let's assume you were born into the Smith family. At that point, you became a Smith. It doesn't make any difference

if you were a good Smith or a bad Smith – your behavior doesn’t change your identity as a Smith. In the same way, your identity in Christ remains unchanged by your behavior.

Let’s look at some examples:

Example #1: Even though you may choose fleshly behavior and commit an unrighteous act of being critical or judgmental, it does not change the truth that in your new identity in Christ you are righteous.

Example #2: Your sinful behavior may lead you to an unforgiving attitude toward your spouse who has offended you. This does not change the truth that since you are a forgiving person in Christ, you can forgive.

Does the fact that your fleshly behavior does not determine your identity give you license to live from your fleshly behavior? Of course not. God is never pleased with your sin in any form. However, it is essential to understand that because of what God has done in giving you a new identity, you have the choice to no longer live from your sinful behavior.

Questions: What are some of your sinful attitudes/behaviors that contradict your identity in Christ? How do those sinful behaviors affect what you think about yourself? How do you think it might affect you if you believed God’s truth about your new identity over your sinful behavior?

Meditate: on the truth that your behavior does not determine your identity.

***As a Christian, your sinful, fleshly behavior
does NOT determine your identity in Christ.
What GOD SAYS about you determines your new identity.***

#2 Your FALSE Beliefs and Feelings Don’t Determine Your Identity In Christ.

Even though God has given you a new identity in your human spirit, you still have false beliefs and negative feelings about yourself. It is important to understand that your false beliefs or negative feelings about yourself don’t change the truth of who you are in Christ. In other words, the false beliefs you are believing or the negative feelings you are having do not change the truth of your new identity in Christ.

Let's look at some examples:

False Belief Or Feeling

You feel/believe you are rejected.

You believe that you are self-sufficient.

You don't feel like forgiving.

You don't feel unconditionally
loved by _____.

The Truth of Your New Identity In Christ

You are accepted and acceptable in Christ.
(Romans 15:7)

Your sufficiency can only be found in Christ.
(2 Corinthians 9:8)

You are a forgiving person in Christ.
(Ephesians 4:32)

God unconditionally loves you. (1 John 4:16)

***Your false beliefs and/or your negative feelings DO NOT
determine your true identity.***

What God says is true of you is your TRUE identity.

Perhaps up until now your false beliefs and negative feelings have been the truth to you. However, now that you at least understand intellectually that God has given you a new identity, He wants you to believe His truth as opposed to what your negative feelings and false beliefs are telling you.

Meditate: on the truth that your false beliefs and negative feelings do not determine your true identity.

Summary

Now that you have deeper insight into the makeup of your true identity, you may be asking, "I know that I have a new identity, but why do I still choose to live from my false beliefs?" and "How do I move from living from my false beliefs to living from God's truth?" We will explore the answers to those two questions in the next lesson.

Discussion Questions

Question: What truth(s) impacted you most in this lesson? Why?

Question: Write down three characteristics of your true identity you most want to experience? If you were experiencing those three characteristics, how do you think it would change how you see yourself?

Question: In what specific ways do you think living from those three characteristics might change your behavior?

Question: How would the overflow of living from those three characteristics positively impact your marriage, your parenting, your workplace, and your other relationships?

Lesson Four

The Condition of Your Soul Before Transformation

DAY ONE

Introduction

Now that you understand your divine makeup and your true identity, we are going to look at the following truths in this lesson:

- The condition of your mind, will and emotions prior to salvation
- The line analogy and your true identity
- Transformation of your soul and the renewing of your mind
- Engaging God to renew your mind to the truth
- The three spiritual filters to filter your thoughts

The Condition of Your Soul Prior To Salvation

The Condition of Your Mind, Emotions, and Will

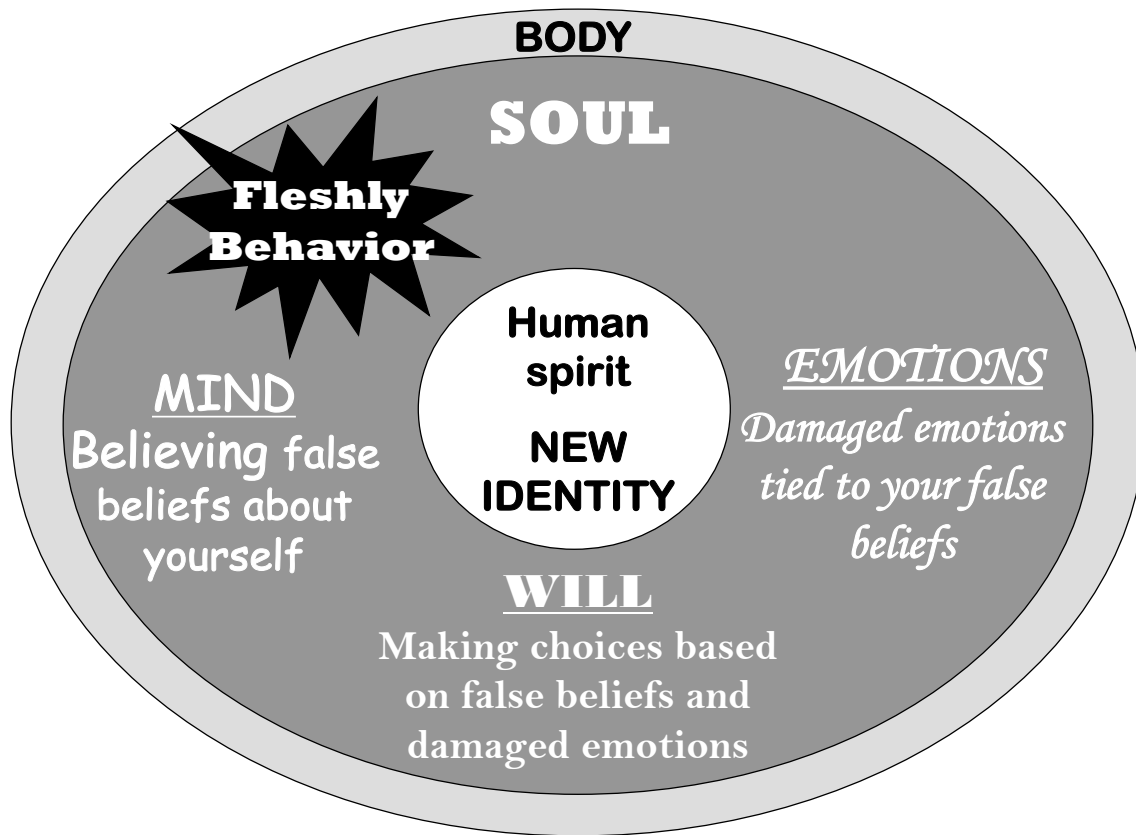
This is a crucial question because the answer to this question reveals in a deeper way why it is important to differentiate the soul from the human spirit. Remember from Lesson Two that God removed your old human spirit and your old identity and gave you a completely new human spirit with a new identity. The problem is that even though we possess a new identity in a new human spirit, our **soul** needs to be transformed to a place where we are experiencing and living from the characteristics of our new identity versus living from our false beliefs.

As we saw in a previous lesson, your soul is made up of your mind, emotions, and will. Let's look at the condition of your soul before salvation.

- **MIND** – believing false beliefs about yourself.
- **EMOTIONS** – tied to your positive and negative false beliefs become damaged emotions.
- **WILL** – makes choices based on your false beliefs and/or your damaged emotions.
- **FLESHLY BEHAVIORS** – are what flow from choosing to live out of your false beliefs and/or your damaged emotions.

The diagram on the following page illustrates the condition of the soul prior to being transformed.

The Condition of Your SOUL Before Being Transformed



***Even though you have a NEW identity in your HUMAN SPIRIT,
your SOUL is that part of you that still needs to be TRANSFORMED.***

Meditate: on what the consequences might be if your soul is not transformed to believe your true identity in Christ.

Exercise: Write down some of those consequences.

FALSE BELIEFS – EMOTIONS – WILL

FALSE BELIEFS

Since we learned from Lesson One about our false beliefs, how they were formed, and the fleshly behaviors that flow from them, we don't need to revisit these issues. However, before we talk about how God transforms our soul, we do need to understand the negative impact our false beliefs have on our emotions and our will.

EMOTIONS

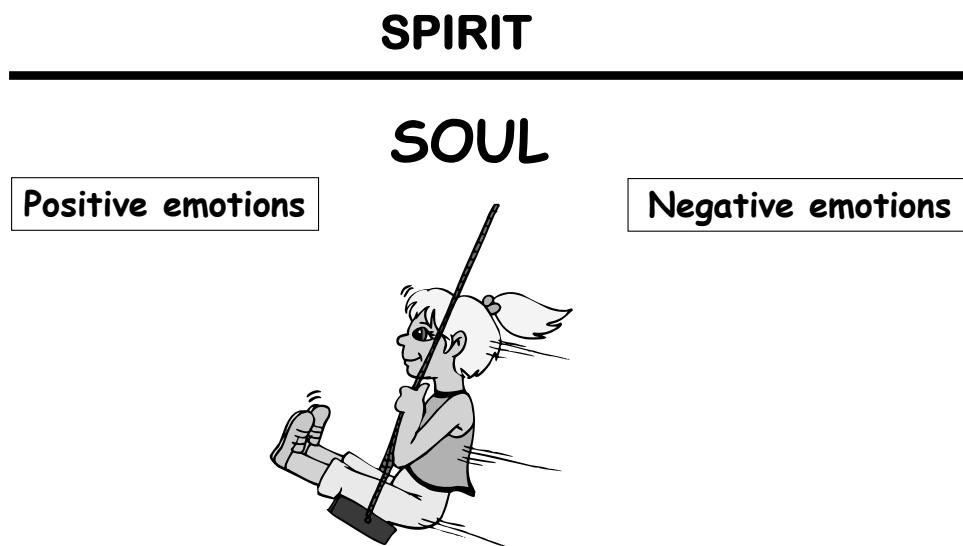
What Do We Need To Understand About Emotions?

From the beginning God created us with emotions as part of the makeup of our soul. This is part of our “human-ness.” Emotions are a gift from God. They allow us to express our feelings about all that has happened or is happening in our lives.

A noted author writes: “Emotions are God’s indicators of what is going on inside. Just like you respond to the warnings of physical pain, you need to learn to respond to your emotional indicators as well.” Another way to look at emotions is that they are a barometer of what is going on in your soul.

The “Emotional” Swing

Another key truth to understand is that our emotions are like a swing. We experience **positive** emotions such as love or happiness on one side but we can very quickly experience **negative** emotions such as fear or anger and swing to the other side. We want to try to control the swing, but the truth is that we can’t stop the emotions from swinging as illustrated below. Positive and damaged emotions will continue to swing but we will see in Lesson Six what happens to our emotions as the Holy Spirit transforms our souls to line up with our true identity.



Our Emotions Are Like A Swing

DAY TWO

Jesus Had Emotions Too!

Jesus in His humanity had feelings and emotions just like we have. Here are some examples. Jesus **wept** as He saw the grief of Mary and her friends over the death of Lazarus (John 11:35), and Jesus **was astonished** at the centurion's faith (Matthew 8:10). We see His (righteous) **anger** at the temple when He overturned the tables (John 11:13-16), and His great **anguish** and **grief** at the Garden of Gethsemane as we read below:

"Then He said to them, 'My soul is deeply grieved, to the point of death; remain here and keep watch with Me.'" Matthew 26:38

One of the key reasons why Jesus had the same emotions as we do is not only were they a display of His humanity, but also so that He would be able to empathize with us when we are experiencing the emotional fallout of our damaged emotions. We see this in Hebrews 4:15:

"We have a high priest who can feel it when we are weak and hurting...."
(New International Reader's Version)

Question: Why do you think it is important that Jesus understands and empathizes with our damaged emotions?

What Are DAMAGED Emotions?

Like thoughts, feelings can be an integral part of forming your beliefs. Early in life we began to feel certain ways about ourselves (i.e., inadequate, insecure, self-confident, etc.). If your feelings continue and begin to attach themselves to your negative false beliefs of inadequacy, insecurity, or unworthiness, then your emotions become "damaged" emotions. In the same way, your emotions tied to your positive false beliefs (i.e. self-confidence, self-sufficient, etc.) result in damaged emotions as well because they reinforce "self" (i.e. pride, self-focus, etc.) Let's sum it up this way:

***DAMAGED emotions are those emotions that are TIED TO or
FLOW FROM our POSITIVE and NEGATIVE false beliefs.***

Look at the first negative damaged emotion in the Garden of Eden after the Fall:

"Then the Lord God called to Adam and said to him, 'Where are you?' So he said, 'I heard Your voice in the garden, and I was afraid because I was naked; and I hid myself.'" Genesis 3:9, 10

The question is: “Why were Adam and Eve experiencing fear?” Before the Fall, they never experienced fear because their beliefs lined up with God’s truth. He was their security and their protection. However, after they sinned at the Fall, they felt condemned by God which led them to doubt His love, His goodness, and His grace for them. Since they no longer believed the truth, they hid themselves because they were afraid of God. Let’s look at some damaged emotions that flow from our negative and positive false beliefs.

Examples of Damaged Emotions That Flow From NEGATIVE False Beliefs

Below are some examples of damaged emotions from negative false beliefs. Keep in mind that we can all feel these emotions from time to time, but what are the reoccurring emotions that may be tied to your false beliefs?

Discouraged	Hopeless	Dejected	Unloved	Helpless
Worthless	Rejected	Envious	Inadequate	Burdened
Frustrated	Angry	Condemned	Critical	Unhappy
Empty	Inadequate	Exploited	Vindictive	Guilty
Confused	Depressed	Fearful	Lonely	Paralyzed
Troubled	Perplexed	Judged	Unworthy	Anxious
Defeated	Overwhelmed	Powerless	Ashamed	Insecure
Resentful	Misunderstood	Insignificant	Vulnerable	Incapable

Here is an example of a negative false belief tied to a damaged emotion.

Example:

Because I believe I am a **failure**, I feel **depressed** and **incapable**.

Because I believe I am **inadequate**, I feel **powerless** and **insignificant**.

Exercise: Below write down three false beliefs that you listed on page 22. Then write down the feelings that you feel flow from your false beliefs.

Since I believe I am _____, I feel _____.

Since I believe I am _____, I feel _____.

Since I believe I am _____, I feel _____.

Examples of Damaged Emotions That Flow From POSITIVE False Beliefs

Below are some examples of damaged emotions from positive false beliefs:

Pride	Controlling	Self-serving	Narcissism
Critical of others	Dictatorial	Demanding	Manipulation
Selfishness	Argumentative	Stubborn	Domineering
Judgmental	Condescending	Insensitive	Intolerant
Boasting	Driven	Perfectionist	Impatient

Here are some examples of positive false beliefs tied to a damaged emotion.

Examples:

Because I believe I am **self-confident**, I feel **pride** and **self-serving**.

Because I believe I am **competent in self**, I feel **argumentative** and **demanding**.

Exercise: Below write down any positive false beliefs that you listed on page 22. Then write down the feelings that you feel flow from your false beliefs.

Since I believe I am _____, I feel _____.

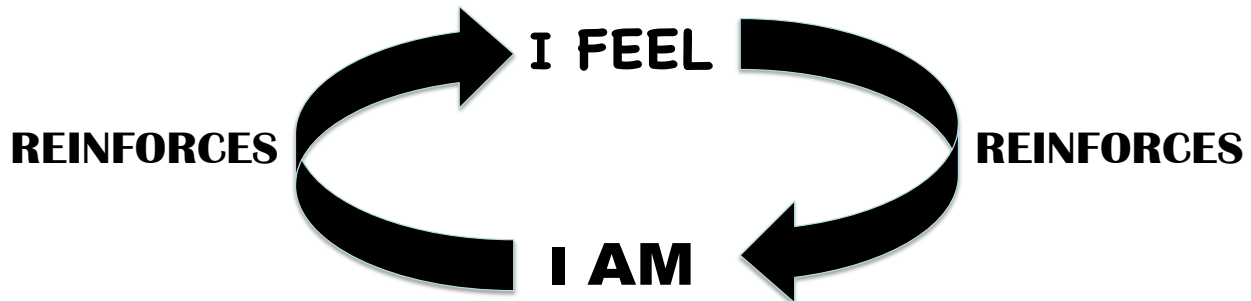
Since I believe I am _____, I feel _____.

Since I believe I am _____, I feel _____.

DAY THREE

“I Feel” REINFORCES “I Am”

The problem with continuing to take ownership of damaged emotions is that they reinforce our false beliefs. In turn, from our reinforced false beliefs flow our damaged emotions. It is a vicious cycle of false beliefs and damaged emotions feeding off each other. When this happens, then “I feel” reinforces the false belief of “I am” which in turn reinforces “I feel.”



Example Using A NEGATIVE False Belief: Let’s assume that as a result of your ongoing feelings of insecurity, you also have a false belief that you are an insecure person. The damaged emotions associated with your false belief such as feelings of insecurity, anxiety, or vulnerability, in turn, reinforce your false beliefs. At this point, when you say, “I feel insecure,” this is equivalent to saying, “I am insecure.” From then on, every time you have feelings of insecurity, they continue to reinforce the false belief that you are insecure. This is when “I feel” becomes the same thing as “I am.”

Example Using A POSITIVE Belief: Let’s assume that as a result of your ongoing feelings of self-confidence and strength in self, you have a false belief you are a self-sufficient person. Every time you have feelings of “self-confidence,” they reinforce the false belief that you are a “self-confident” person. In the same way as negative false beliefs, “I feel” reinforces “I am” and vice-versa.

Exercise: Think about your emotions associated with your false beliefs and fill in the blanks below.

I feel _____, reinforces the false belief I am _____.

I feel _____, reinforces the false belief I am _____.

I feel _____, reinforces the false belief I am _____.

Therefore, our damaged emotions need to be healed. Why?

***If our damaged emotions are NOT HEALED, then they continue to
REINFORCE our false beliefs with the result we will never be set FREE.***

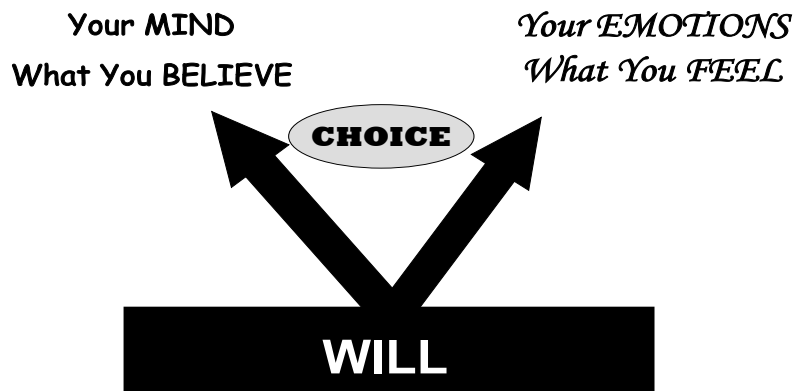
The WILL

The Negative Impact of False Beliefs On Our WILL

As we have discussed before, it is from your will that you make choices.

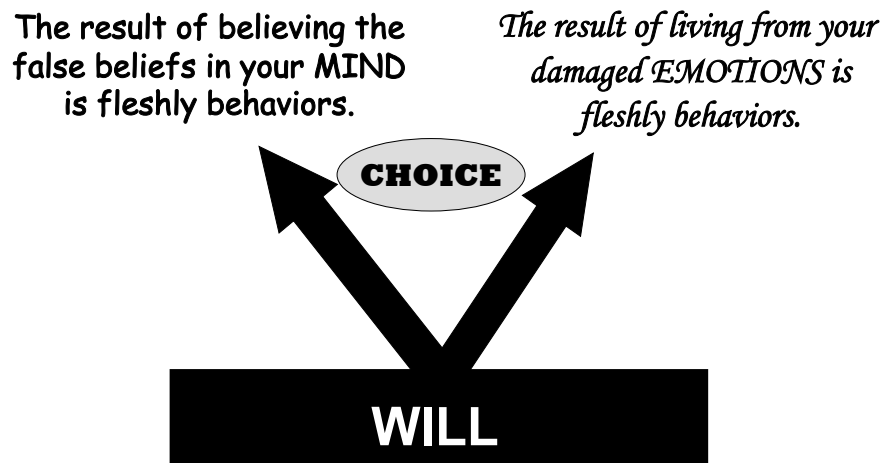
***Your WILL makes CHOICES based on what you BELIEVE
or how you FEEL about yourself.***

We see this in the diagram below.



**You WILL make choices on what you
BELIEVE or how you FEEL**

The issue of the will is crucial because it is from your will that you make choices. Concerning your spiritual journey, you make choices based on God's truth or your false beliefs. If you do not seek the Lord to renew your mind and heal your damaged emotions, then you will continue to choose living from your false beliefs and damaged emotions. As you do, the overflow will continue to be fleshly behaviors as illustrated below.



The Overflow of Your False Beliefs

FLESHLY BEHAVIORS

As we saw in Lesson One, the toxic overflow of your false beliefs will be fleshly behaviors which create “death” (i.e., misery in your soul). Recall Romans 8:6:

*“For the **mind set on the flesh is DEATH**, but the mind set on the Spirit is life and peace.”*

Exercise: Take a moment and look back at the fleshly behaviors you wrote down in on page 21. Write them down below. Take a look at the following list to see if there are any additional fleshly behaviors that apply to you on an ongoing basis, and also write them down below.

Unforgiving	Unloving	Fearful	Jealous
People-pleasing	Envious	Angry	Defensive
Self-condemning	Rejecting	Judgmental	Comparing
Denial	Impatient	Envious	Self-protect
Depressed	Self-confident	Fantasizing	Self-pity
Pessimistic	Prideful	Critical	Anxious
Self-righteous	Driven	Controlling	Boastful
Dictatorial	Demanding	Manipulative	Selfish
Perfectionist	Intolerant	Stubborn	Intimidating
Domineering	Argumentative	Insensitive	Guilt
Shaming	Overbearing	Vindictive	Sarcastic
Uncaring	Unsympathetic	Indifferent	Unconcerned

Question: What will be the negative impact on yourself and your other relationships if you are not set free from the fleshly behaviors you wrote down?

Engaging God: If you can’t see the “death” your flesh is creating in you, and especially in those around you, seek the Spirit to reveal this to you. An example prayer might be: “Lord, I can’t see the ‘death’ my flesh is creating in me or in those around me. Give me Your eyes to see the death it is creating.”

DAY FOUR

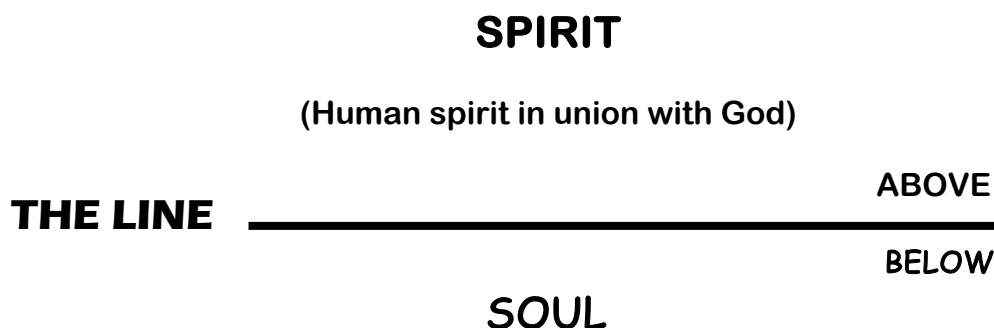
THE LINE and Your True Identity

The Line

In Book One, *Growing Into Christ-Likeness*, we saw the “line” analogy as it pertains to Christ-likeness and experience, with “Christ-likeness” shown above the line and “experience” shown below the line. Concerning our true identity, let’s look at the line analogy through a different lens. Above the line represents our “human spirit (our true identity)” and below the line represents our “soul.” By way of reminder, look at Hebrews 4:12 again:

*“For the word of God is living and active and sharper than any two-edged sword, and piercing as far as the **division of soul and (human) spirit**....”*

This verse reminds us there is a separation between the soul and the human spirit. Also, remember that our human spirit is in union with God. We see this illustrated below.



Your True Identity Versus Your Soul BEFORE Transformation

Let’s now look at the diagram below illustrating our true identity above the line versus the condition of our soul below the line before we are transformed. Above the line, in our human spirit, is our true identity, and below the line, in our soul, is the condition of our soul before transformation. Your false beliefs and damaged emotions lead your will to choose to live from fleshly behaviors. The illustration below is based on the circle diagram on page 58.

Condition of Your Soul Before Transformation

SPIRIT

Unconditional Love	Righteous	Humble
Secure	Acceptable	Patient
Forgiving	Fearless	Complete
Compassionate	Discerning	Wise
Adequate	Thankful	Confident
Sacrificial	Sufficient	Selfless
Free	Victorious	Strong
Joyful	Peaceful	Good

SOUL

False Beliefs

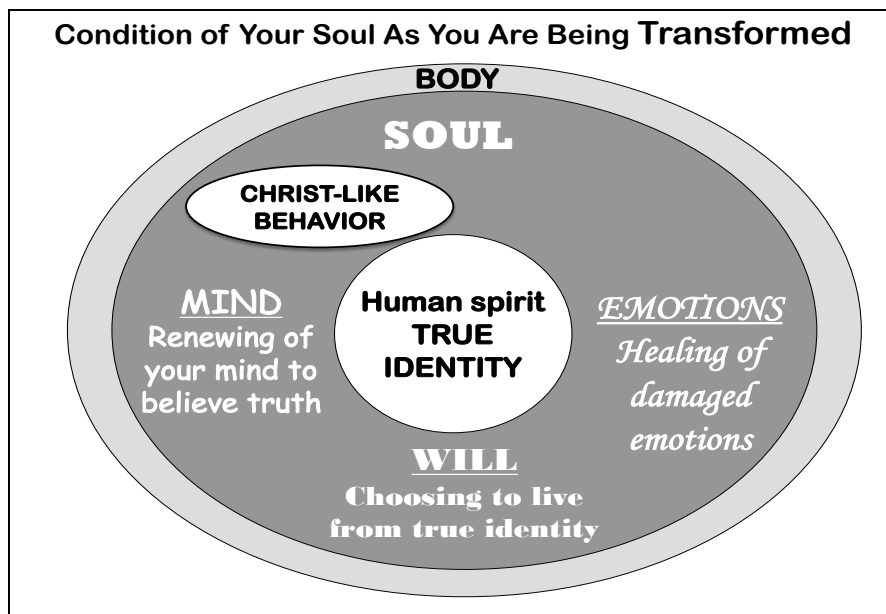
Negative/Damaged Emotions

Your will chooses to live from false beliefs

Fleshly Behavior

Your True Identity Versus Your Soul AFTER Transformation Begins

Before we look at the line analogy, look at the circle diagram on the following page to illustrate what happens to your soul when transformation is taking place.



As we engage the Holy Spirit to transform us, He first renews our mind, with the result that our emotions are healed and line up more with our true identity. Our will chooses to live from our true identity which results in Christ-like behavior.

Let's apply this diagram to the line analogy.

Human Spirit

Unconditional Love	Righteous	Humble
Secure	Acceptable	Patient
Forgiving	Fearless	Complete
Compassionate	Discerning	Wise
Adequate	Thankful	Christ-Confident
Sacrificial	Sufficient	Selfless
Free	Victorious	Strong
Joyful	Peaceful	Good

Soul

Renewing of the mind to believe your true identity

Healing of your damaged emotions

Your will chooses to live from your true identity

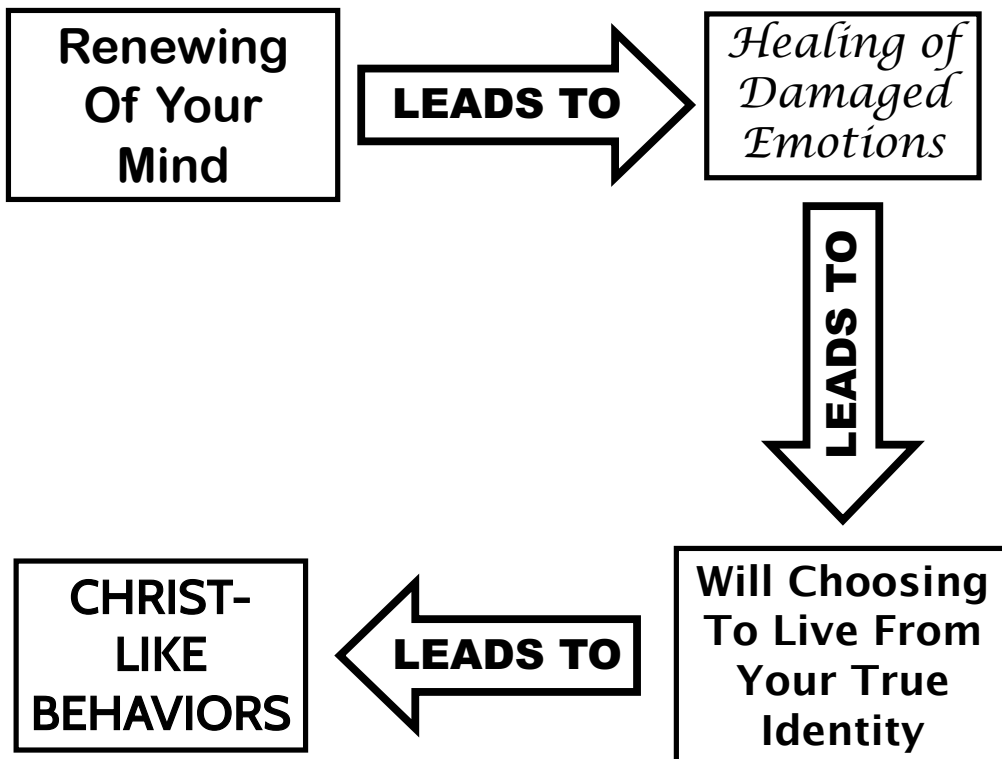
Christ-Like Behaviors

We will take a deeper look at this diagram in Lesson Six. For now, it is important to see the difference between before transformation and what changes take place during transformation.

Transformation of The Soul Begins With The Renewing of Your Mind

*"Do not conform any longer to the pattern of this world, but **be transformed by the renewing of your mind**. Then you will be able to test and approve what God's will is – his good, pleasing and perfect will." Romans 12:2*

The key to transformation of your soul to experience your true identity begins with the renewing of your mind. You can see from the diagram below the transformation that takes place that eventually leads to Christ-like behaviors.



To begin to understand God’s supernatural process let’s look at the difference between the brain and the mind.

The Difference Between Your BRAIN and Your MIND

To better understand the renewing of our minds, let’s take a quick look at the difference between the brain and the mind.

Your Brain - “The Hard Drive”

Your brain is like the hard drive of your computer. It stores data, events, images, etc. You have heard the expression “forgive and forget.” The truth is that you can forgive, but you may never forget because all the information, events, etc., are permanently stored in your brain.

Your Mind - “The Evaluator”

Your mind, on the other hand, **evaluates** all the data and then comes to **conclusions** about events in your brain and then **forms beliefs** around those conclusions. If the conclusions are false, then the result will be false beliefs. Therefore, to move from false beliefs to believing the truth about your true identity starts with the renewing of your mind.

DAY FIVE

The Renewing of Your Mind Begins With Taking Every Thought Captive

The foundation for the renewing of your mind starts with taking every thought captive. This is crucial because as we have discussed, the thoughts you take ownership of either reinforce your false beliefs or they renew your mind to and reinforce the truth. That is why the command in 2 Corinthians is to take every thought captive.

“...we (in Christ) destroy arguments and every proud obstacle raised up against the knowledge of God, and we (in Christ) take every thought captive (discerning your thoughts) to obey Christ.” (Your thoughts will line up with the truth.)

2 Corinthians 10:4b, 5

“Take every thought captive” practically means that we are to discern through the Spirit and God’s word if a thought is true or not. The words “in Christ” follow the word “we” because many Christians have been taught that they, in and of themselves, apart from the Holy Spirit, can take their thoughts captive. What is the truth?

The truth is that APART from the power of the HOLY SPIRIT taking those thoughts captive THROUGH you, you CANNOT take your thoughts captive.

Keep this key truth in mind as you go through the rest of this section on our thought life.

Since you have an average number of 30,000 - 50,000 thoughts running through your mind per day, what is your answer to the following question?

Do you THINK about what you think ABOUT?

What do you do with your thoughts? Do you evaluate or question or filter your thoughts? Do you take ownership of all your thoughts? Do you question the origin of your thoughts? Do you believe all your thoughts, or do you measure your thoughts against God’s truth? How many of these 50,000 thoughts do you think are godly, truthful thoughts versus sinful, fleshly, lying thoughts?” One study showed that 80% of our thoughts are negative and 95% are repetitive. That alone should reveal the need to think about what we think about.

Imagine if you were living in a crime-ridden neighborhood and someone told you to unbolt your deadbolt, unlock your lock, and then take the door off the hinges and put it in the garage. What would be your response? You probably would say, “You are crazy!” However, aren’t you doing the same thing with your mind by letting every thought come through the door of your mind? So many Christians have said that they never thought about questioning or filtering their thoughts. As a result, they let every thought come into their minds. Therefore, it is crucial that we think about what we are thinking about.

If you want to get a sense of how many thoughts are flowing through your mind, get in a quiet place and let your mind go for about two minutes. You might be surprised where your mind will

take you, especially if you begin thinking about ongoing problems with your spouse, your kids, your relationships, your finances, or your work, etc. You may even try to turn off your thoughts or try to redirect them only to find out your mind has a “mind” of its own. It is amazing how we can get into these “mental” squirrel cages and keep thinking the same things over and over.

What might be some of the results if you don’t think about what you are thinking about?

- You take OWNERSHIP of every false thought that comes into your mind.
- Those false thoughts can TEMPT you or LEAD you into sin.
- False thoughts REINFORCE your false beliefs about yourself.
- Repetitive false thoughts not only reinforce your false beliefs but can lead to SIN strongholds/addictions.

[Note: For the rest of this study, all our sinful, fleshly, tempting, condemning thoughts associated with our false beliefs are defined as “**false**” thoughts.]

You Have Three SPIRITUAL FILTERS For Your Thoughts

As a Christian, you have three “spiritual filters” you can use to discern whether the thoughts in your mind are truth or lies. Let’s look at those three filters.

Filter #1 - GOD’S WORD

We see the power and the necessity of God’s word in Hebrews 4:12.

*“For the **word of God is living and active and sharper than any two-edged sword, and piercing as far as the division of soul and spirit, of both joints and marrow, and able to judge the thoughts and intentions of the heart.”***

One of the key reasons that we learn God’s Word is because it is a vital filter concerning our thought life. The word “judge” in Hebrews 4:12 means “to discern.” Therefore, as we learn God’s word, we will be able to discern or filter our thoughts and determine whether or not they are truthful thoughts or sinful, fleshly thoughts.

God’s truth is able to DISCERN the ORIGIN of your thoughts and to EVALUATE them so you will know whether or not they line up with the truth.

Meditate: on Hebrews 4:12 and seek the Spirit to give you a deeper understanding of this verse.

Engaging God: Begin seeking the Lord to bring scriptures to mind that deal with the false beliefs you have.

Filter #2 - You Have The MIND OF CHRIST

*“...we have the **mind of Christ.**” 1 Corinthians 2:16b*

In addition to the other characteristics of our true identity in Lesson Three, there is one more. You possess the mind of Christ. Paul gives us this amazing promise in 1 Corinthians 2:16. What does that mean?

Having the mind of Christ means that you have **CONSTANT** access to Christ's WISDOM, DISCERNMENT, UNDERSTANDING, and REVELATION.

In the context of your identity in Christ, it means that you no longer have to figure out in your own finite mind such things as God's truth, His will, or His plans for your life. You now have access to the "eternal internet" (i.e., Christ's wisdom, discernment, understanding, and revelation). What this means to you concerning your thought life is that you have access to Christ's discernment to figure out whether or not your thoughts are the truth or not.

Question: What might be some of the consequences concerning our thought life if we don't draw on Christ's discernment?

Meditate: on 1 Corinthians 2:16.

Filter #3 - The HOLY SPIRIT

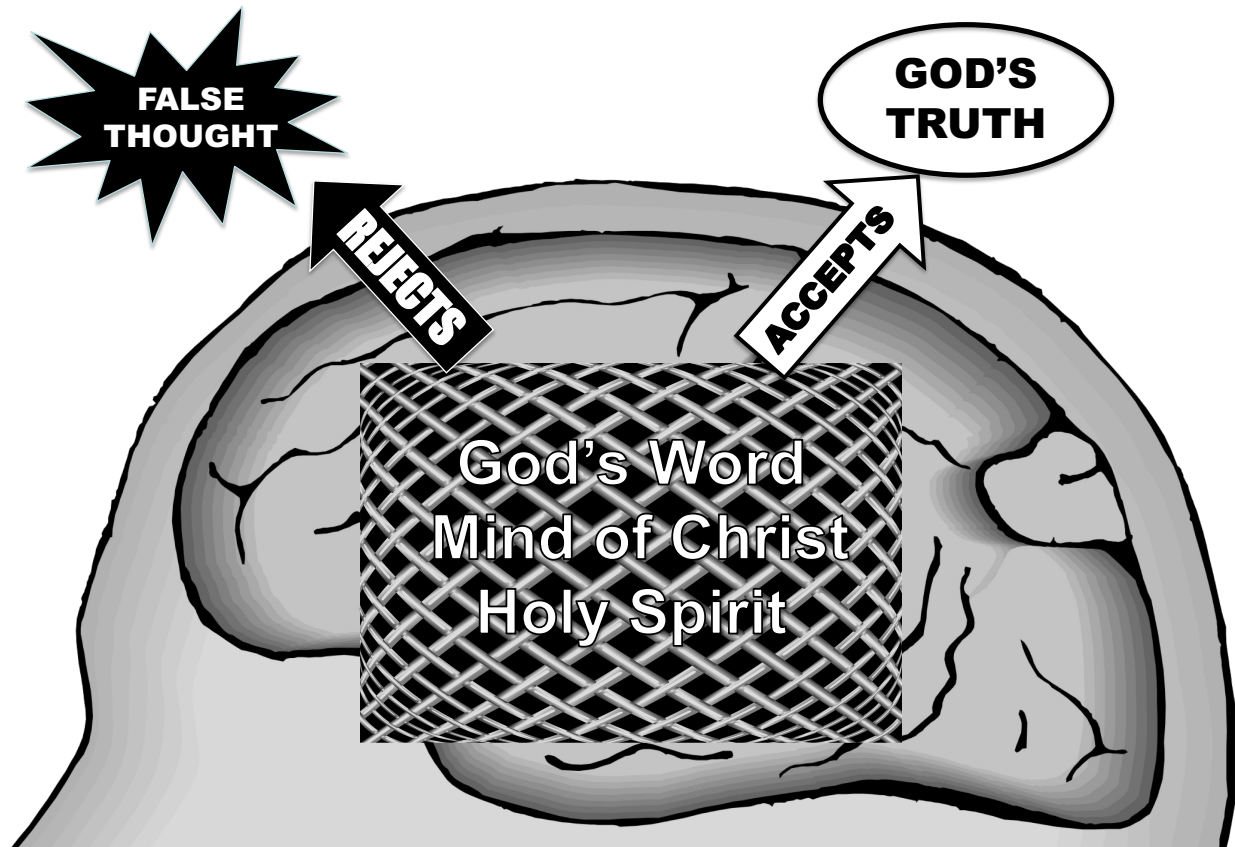
*"But the Helper, the Holy Spirit, whom the Father will send in My name, **He will teach you all things, and bring to your remembrance all that I said to you.**" John 14:26*

The Holy Spirit is the divine "evaluator" in that He is non-stop speaking to us to reveal whether a thought is true or false. Therefore, one of the key reasons we walk in the Spirit is to continue to draw closer to Him to hear His voice more clearly (i.e., through our thoughts) and discern whether a thought coming into our mind lines up with God's truth or not.

Engaging God: Seek the Holy Spirit to filter out the false or condemning thoughts that are associated with your false beliefs.

Below is an illustration that shows that through God's word, the mind of Christ, and the Holy Spirit, each acts as a spiritual filter to reject false thoughts that line up with our false beliefs and then accept the thoughts that line up with God's truth.

You Will Begin To Filter Your Thoughts



Exercise: Write down what you believe might be some of the consequences if you don't use these three filters in renewing your mind.

In the next lesson, we are going to see practical application of how to engage God using the three spiritual filters to take our false thoughts that reinforce our false beliefs captive.

Discussion Questions

Question: What truth(s) impacted you most in this lesson? Why?

Question: What new truths did you learn from the emotions section of this lesson? In what ways did what you learn help you?

Question: When you look at the fleshly behaviors you wrote down on page 64, in what ways do you think your fleshly behaviors negatively impact you and those around you?

Question: Why is it so important to think about what you think about? What might be the consequences if you don't?

Question: Why are the three spiritual filters necessary to take every thought captive?

Lesson Five

God's Process of Transforming You To Live From Your True Identity

DAY ONE

Introduction

In this lesson we will look at:

- How to engage God to take your thoughts captive and renew your mind to the truth of your true identity
- The ongoing battle going on in your mind
- Engaging God to win the battle for your mind

Engaging God To Take Your Thoughts Captive and Renew Your Mind

You Must Be INTENTIONAL and DETERMINED

This is a key truth because how intentional and determined you are, will determine how deep your spiritual transformation will go. Look at your life for a moment. Can you think of something you are or were determined to do and you weren't going to let anything or anyone stop you? Do you remember how focused you were to attain whatever it was you were seeking to attain? If you are working, how determined are you to do a good job? One pressing reason to do so is for financial security. It is no different when it comes to being transformed. Look at Paul's determination in 1 Corinthians 2:2.

*"For I **determined** to know nothing among you except Jesus Christ, and Him crucified."*

As in English, the Greek word for "determine" means to "resolve to do something." Can you hear Paul's resolve? There was nothing or no one who was going to stop Paul from seeking Christ and being transformed. As we read his letters, we see the spiritual results in his life of his determination. It is no different with you.

Engaging God: Do you feel something or someone is hindering or blocking your determination, or are you just experiencing a lack of determination? Seek Christ to BE your determination. If you do, He will produce a Christ-like determination in you that like Paul, will be unstoppable.

Let's apply spiritual determination to experiencing your true identity.

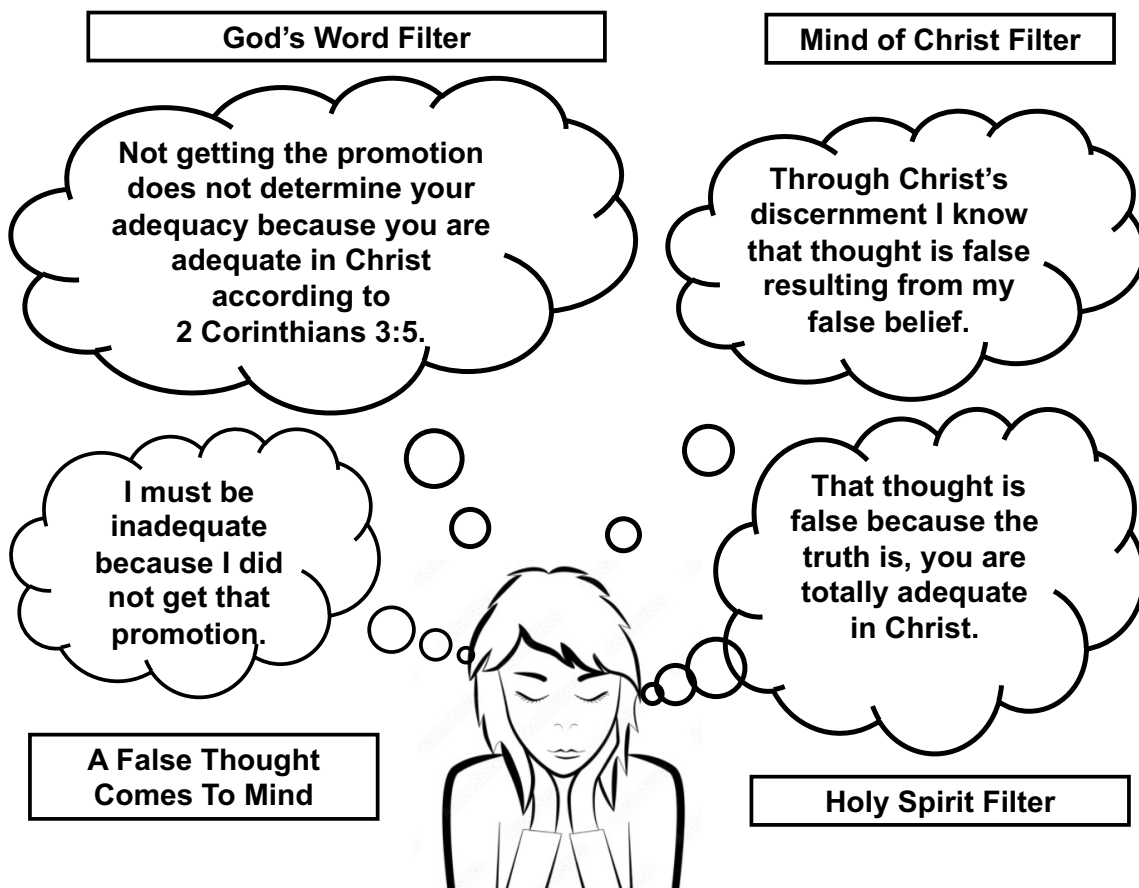
To the extent you are DETERMINED to be transformed to experience your TRUE IDENTITY will determine how DEEPLY spiritual transformation will take place.

Use Your SPIRITUAL Filters To Take Your False Thoughts Captive

*“Therefore, **prepare your minds for action**, keep sober in spirit, fix your hope completely on the grace to be brought to you at the revelation of Jesus Christ.” 1 Peter 1:13*

We prepare our minds for action primarily by using our three spiritual filters: the word of God, the mind of Christ, and the Holy Spirit. Remember, these three filters “filter out” false thoughts that reinforce your false beliefs. Let’s apply these filters to an example in order to understand how each works.

Let’s assume you have the false belief that you are inadequate. You go to work and find out that you did not get the promotion you deserved. The false thought comes into your mind to reinforce your false belief that you are inadequate because you did not get the promotion. Before you take ownership of that thought, you use the three spiritual filters to filter out and take that thought captive. The illustration on the following page shows how to use these three filters to filter your false thoughts.



When that thought comes into your mind, you can bring God’s word to mind or ask the Holy Spirit to do so to filter the thought. (This is one of the key reasons we learn the word of God.) As we discussed earlier, living from the mind of Christ means we have Christ’s wisdom, discernment, and understanding concerning our thoughts. Engaging the mind of Christ, we draw on His discernment to see it is a false thought associated with our false beliefs. In addition to the Holy Spirit bringing His word to our mind, He can insert thoughts as illustrated. This is why knowing the word of God, engaging the mind of Christ, and hearing from the Holy Spirit are vital in filtering our thoughts.

Let’s end this section with this key truth.

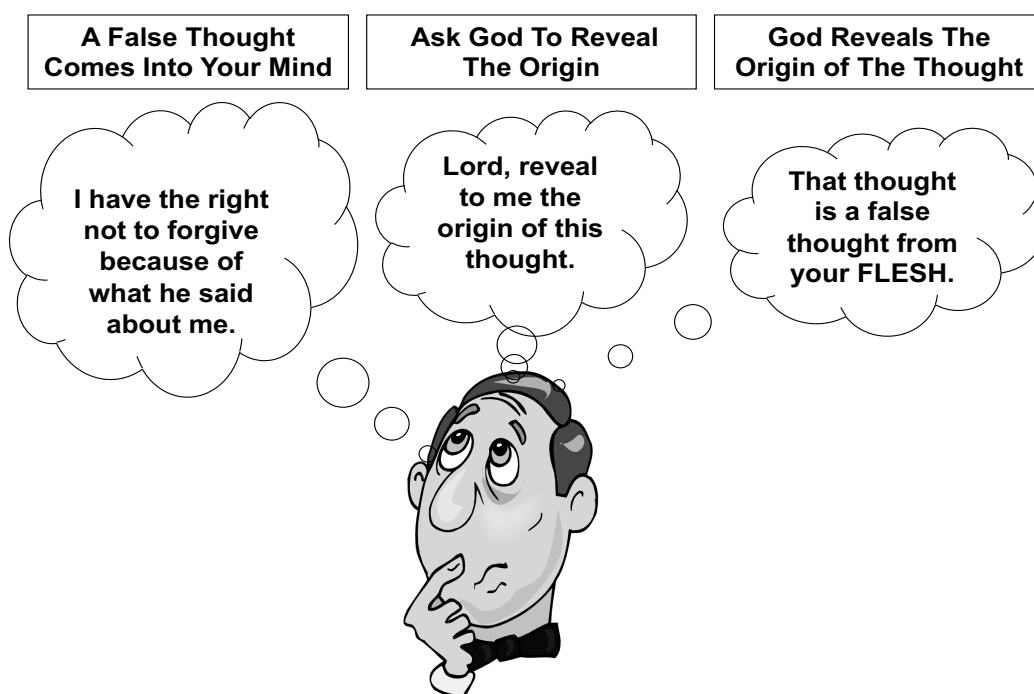
As you engage your SPIRITUAL filters, they not only BLOCK false thoughts but will be part of the RENEWING of your mind to the truth of your true identity.

Engaging God: As you take inventory of your thoughts, begin using the three spiritual filters to filter your thoughts.

Ask The Holy Spirit To Reveal The ORIGIN of Your Thoughts

“Examine yourselves to see whether you are in the faith; test yourselves. Do you not realize that Christ Jesus is in you—unless, of course, you fail the test?” 2 Corinthians 13:5

Another key application in our thought life is to seek the Holy Spirit to tell us the origin of our thoughts. Our thoughts come typically from three origins: our flesh, Satan, and God’s truth. Because some of our entrenched thought patterns don’t line up with the truth, we are to “examine ourselves” by seeking the Spirit to tell us where the thought came from. The following diagram illustrates this.



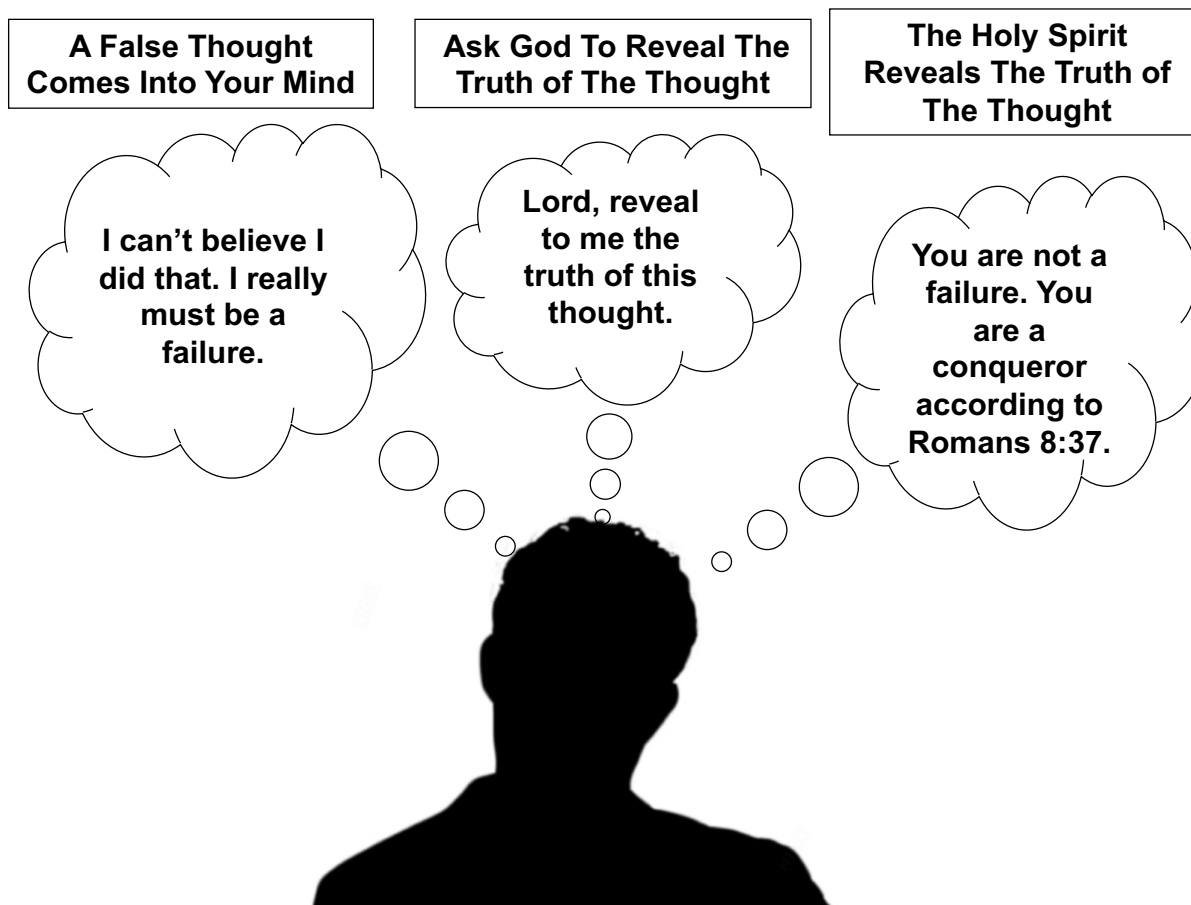
Engaging God: Ask the Holy Spirit to give you a greater awareness of what you are thinking about. Ask Him to reveal the origin of your thoughts.

Ask The Holy Spirit To REVEAL The Truth Concerning Your Thoughts

*"But when he, the **Spirit** of truth, comes, **he will guide you into all truth.**"*

John 16:13a

Since one of the responsibilities of the Holy Spirit is to speak truth to you, ask Him to reveal the truth concerning the thoughts that you are thinking. Here is an example of what that looks like practically.



Engaging God: Begin asking God to reveal to you what is the truth concerning your thoughts.

DAY TWO

Instead of Taking Ownership, ENTRUST Your False Thoughts To God

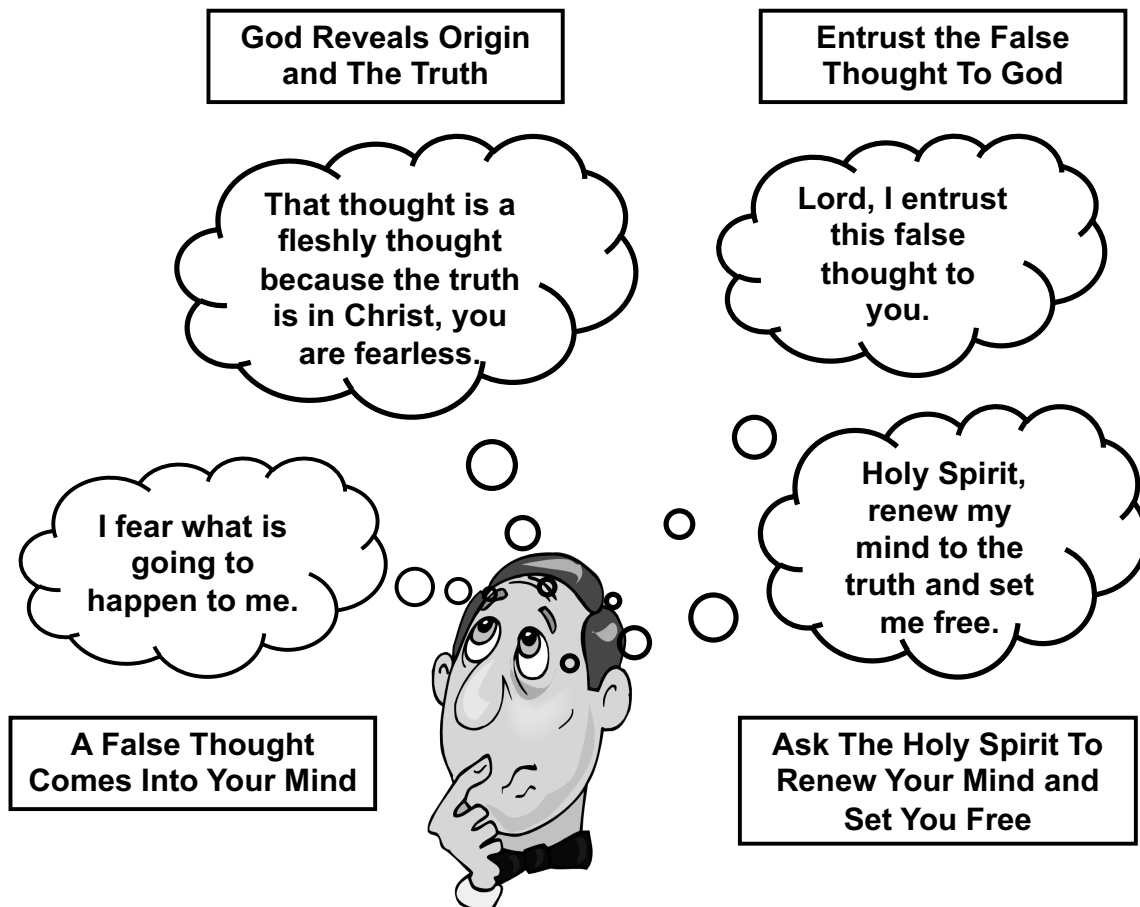
“do not let sin reign in your mortal body so that you obey its evil desires.” Romans 6:12

When the Spirit exposes false thoughts, REFUSE to take ownership by ENTRUSTING them to God.

Once the Holy Spirit has revealed to you the origin and/or whether or not that thought is the truth, you can, in Christ’s power, say “**NO**” to any false thought. Think of it this way. If a false thought comes through the front door of your mind, simply open the back door and let it out.

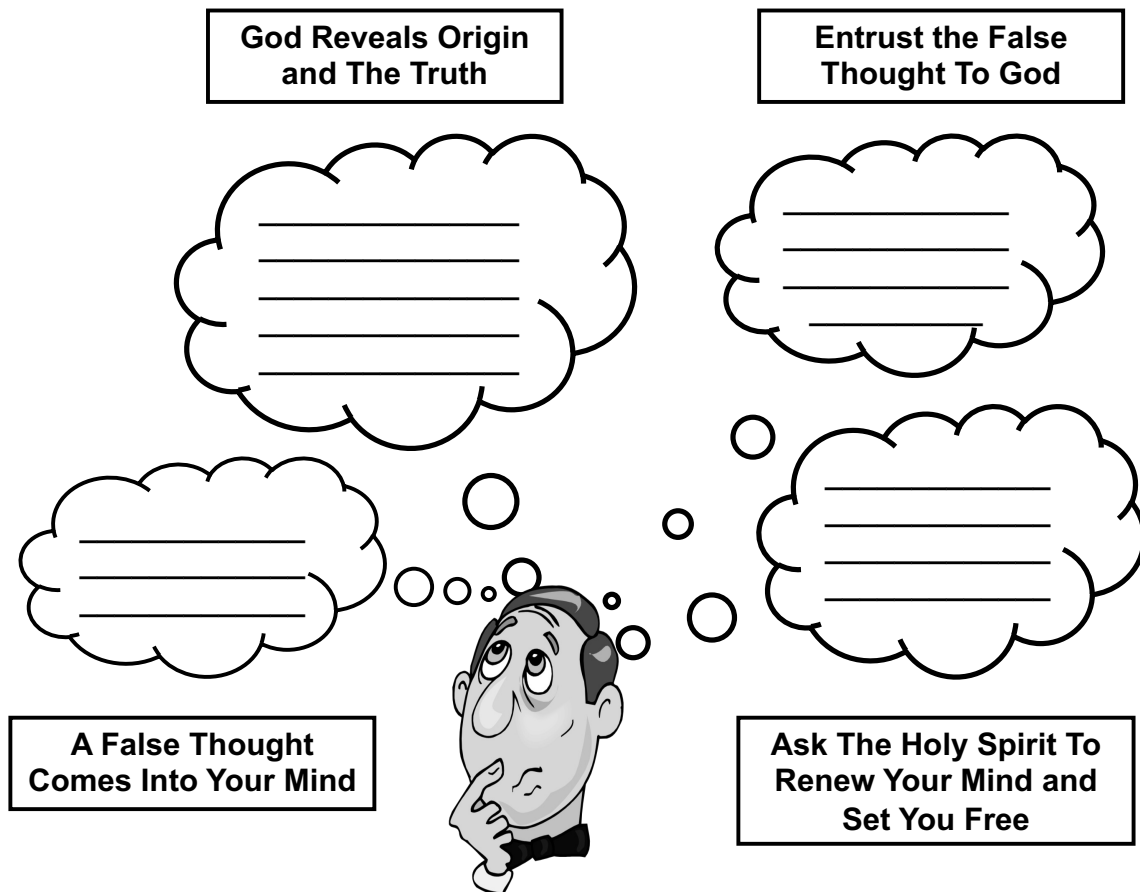
The way to refuse a false thought is to entrust that thought to God to take captive and seek Him to renew your mind. Remember, if you don’t entrust false thoughts to God, the temptation is to continue thinking this thought until you take ownership of it which leads to reinforcing false beliefs about yourself.

Let’s put all these truths together using the example below.



Engaging God: Begin developing a holy habit of seeking the Spirit to reveal the truth and origin of your thoughts, entrusting your false thoughts to God, and seeking the Holy Spirit to renew your mind.

Exercise: Using the diagram on the following page, fill in the blanks with a false thought you typically have, what God’s truth is regarding that thought, what it looks like for you to entrust that thought to God, and ask the Holy Spirit to renew your mind and set you free.



Examples of How To Take Steps of Faith To Engage The Holy Spirit To Renew Your Mind

In this section, we will look at specific false beliefs and examples of steps of faith that we can take to have our minds renewed to the truth of our true identity.

Example #1:

False Belief: Because I act selfishly, I must be a selfish person.

Choices and Consequences: Fleshly Behaviors — If you choose to take ownership of thoughts that line up with this false belief, it can result in fleshly behaviors such as being self-focused; self-serving; controlling and manipulating others to get your own way; or getting frustrated or angry when you don’t get your own way.

The Truth: Even though you may exhibit those selfish fleshly behaviors, the truth is that in Christ, you are **selfless** according to Philippians 2:3, 4.

*“Do nothing from selfishness or empty conceit, but with **humility of mind regard one another as more important than yourselves**; do not merely look out for your own personal interests, but also **for the interests of others**.”*

Choices and Consequences: Christ-like Behaviors — As you choose to seek the Holy Spirit to take your false thoughts captive and renew your mind to the truth, over time, you will experience a greater selflessness and a greater desire to focus on others more than yourself. You will find yourself being less controlling or manipulative because you will see the “death” it creates in you and others. Ultimately, you will find yourself not only caring for others, but loving them more deeply with the unconditional love of Christ.

Steps of Faith: “Lord, I am seeking You to take those false thoughts captive and to renew my mind to the truth that in You I am a selfless person. I am trusting You to set me free from selfish attitudes and behaviors.”

Example #2:

False Belief: I am a conditional lover because for me to love you, I expect you to _____.

Choices and Consequences: Fleshly Behaviors — If they don’t meet your expectations in loving you, you may express such fleshly behaviors as frustration, anger, or manipulation.

The Truth: Even though you get frustrated because people are not meeting your conditions for you to love them, it does not change the truth that in Christ, you are an unconditional lover according to 1 John 4:19.

*“We love, because **He first loved us**.”*

Choices and Consequences: Christ-like Behaviors — As you seek the Spirit to renew your mind to the truth that you are an unconditional lover, you will find yourself removing your conditions in order to love others, loving the unlovable people in your life, and loving people you don’t even know. In addition, as you more and more unconditionally love others, it will give you the desire to encourage others to become unconditional lovers according to Hebrews 10:24.

*“and let us consider **how to stimulate one another to love and good deeds**.”*

Steps of Faith: “Holy Spirit, I am trusting you to renew my mind to the truth that I am an unconditional lover in my true identity. Give me the willingness to drop my conditions for loving others, to love the unlovable people in my life, and to even love perfect strangers with your unconditional love.”

Example #3:

False Belief: I am just a sinner.

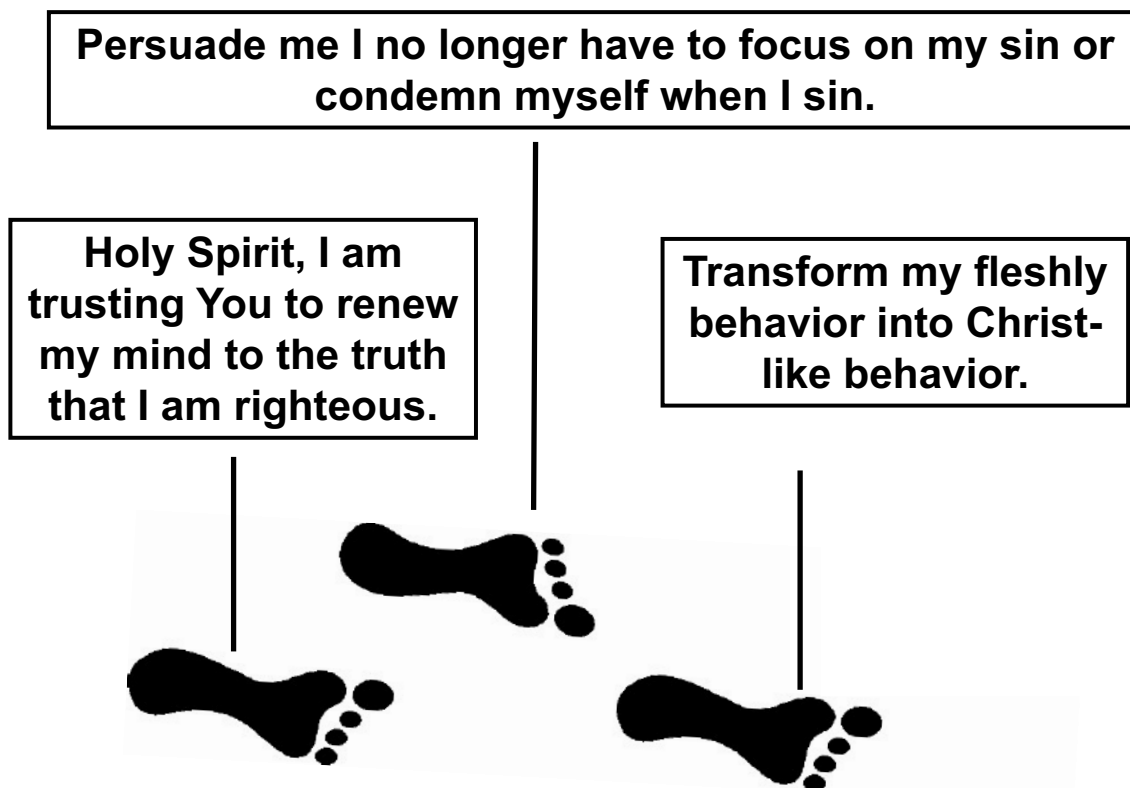
Choices and Consequences: Fleshly Behaviors — If you see yourself as a sinner, your focus will be on your sin, trying to sin less. In addition, when you do sin, you will condemn yourself for sinning.

The Truth: In Christ, you are righteous.

*“for with the heart a **person believes**, resulting in **righteousness....**” Romans 8:10*

Choices and Consequences: Christ-like Behaviors — As you seek the Spirit to renew your mind to the truth that you are righteous, you will sin less because your behavior will start lining up with the truth of your righteousness. As your mind is being renewed, you will find yourself living less from self-condemnation and more from your righteousness. In addition, you will walk less in your fleshly behaviors and more in Christ-like behaviors.

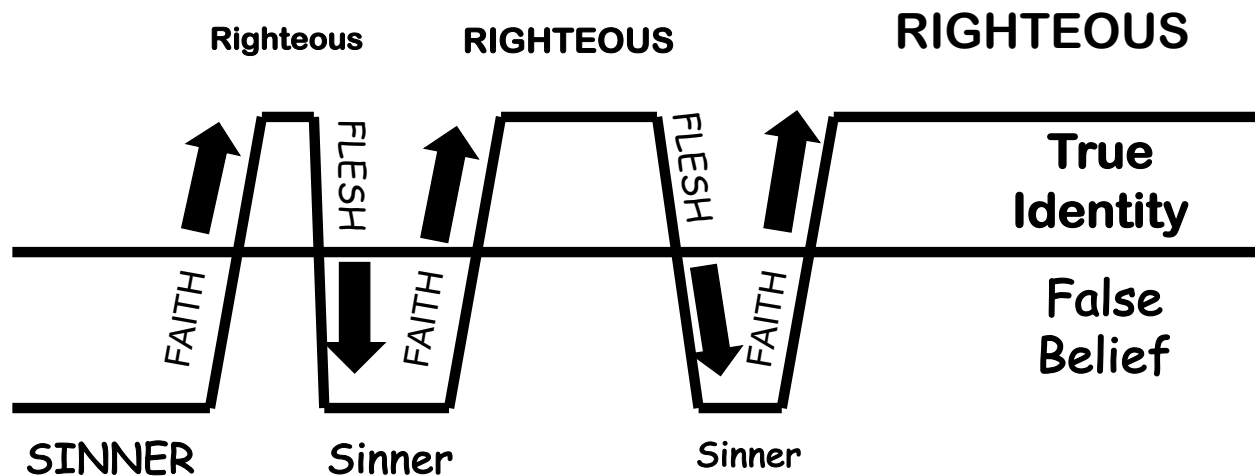
Steps of Faith: Below are some examples of steps of faith to be transformed.



DAY THREE

Moving From A False Belief To The Truth Using The LINE Analogy

In the diagram on the following page, above the line is the characteristic of your true identity (You are righteous.) while below the line is your false belief (I am just a sinner.). You take initial steps of faith engaging God to renew your mind to the truth that in your true identity, you are righteous. Because of the grip of your false belief, early on you fall prey to your fleshly behaviors and fall back below the line.



You take a step of faith and move above the line. However, this false belief has such a grip on you that you fall prey to your flesh and fall below the line. During the transformation process, you will fall below the line several times, but don't let that discourage you. This is the normal transformation process. The key, as we studied in Book One, is to repent of your flesh and take another step of faith.

During this process pray for Christ's patience and perseverance. Over time, your flesh will have less and less of a grip on you because your mind is being renewed to the point that you will be living more out of Christ-confidence and less out of self-confidence.

Here is a sample prayer: "Lord, I am trusting You to BE my patience and perseverance when I fall below the line. Continue to remind me that transformation is a process and falling below the line is part of the process. Remind me that when I fall below the line as a result of giving into my false belief, I don't have to condemn myself. I just need to repent of my fleshly response and take another step of faith.

Exercise: Enter your false beliefs from page 22. Write down the truth concerning that false belief, and write down the steps of faith you will take to engage the Holy Spirit to begin renewing your mind to the truth.

False Belief #1: _____

The Truth: _____

Steps of Faith: _____

False Belief #2: _____

The Truth: _____

Steps of Faith: _____

False Belief #3: _____

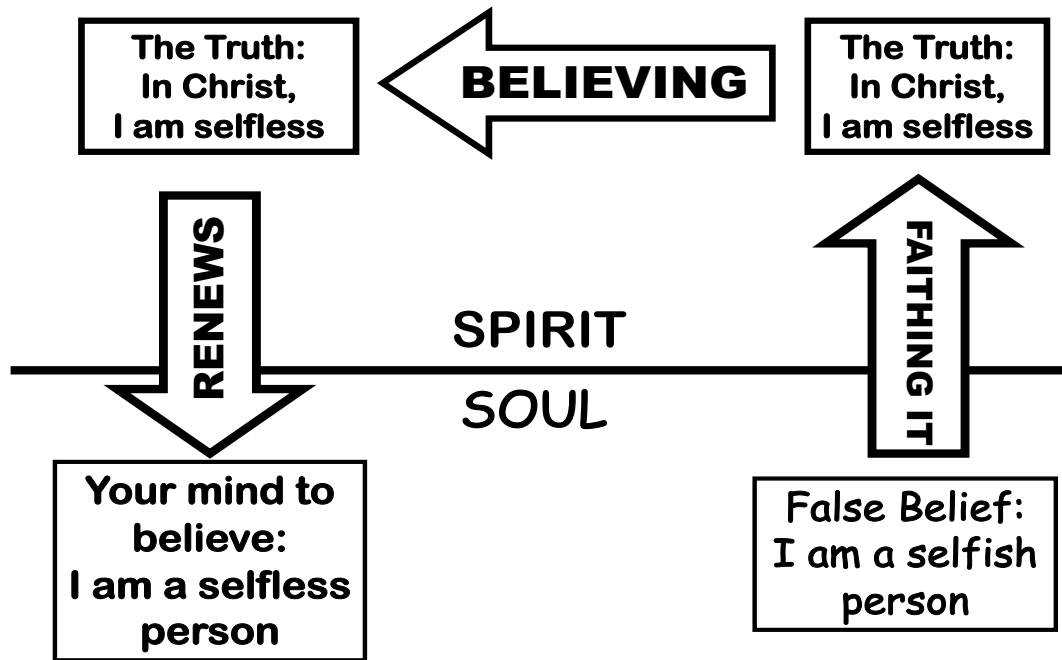
The Truth: _____

Steps of Faith: _____

Renewing of The Mind Using The Line Analogy

Let's look at God's process of moving us from faith to belief and to the renewing of our minds using the line analogy. Let's assume you have a false belief that you are a selfish person. However, in our true identity, we are selfless. In order to be transformed, we begin taking steps of faith ("faithing it"). As we do, the Holy Spirit begins moving us supernaturally from unbelief to believing we are selfless in Christ. As He does, whether we can feel it or not, He is renewing our mind to the truth until we not only believe it but are experiencing more selflessness and less selfishness.

Renewing Your Mind To God's Truth



Key Truths To Remember As Your Mind Is Being Renewed

1. The renewing process begins as you take INTENTIONAL and DETERMINED steps of faith in God's ability to renew and transform your mind.
2. Remember that you, for the most part, won't FEEL or EXPERIENCE God replacing false beliefs with the truth of your true identity because it is a SUPERNATURAL process. (Supernatural means we don't know what God is doing or how He is transforming our lives.)
3. However, during the renewing process, you will find yourself living LESS out of your false beliefs and the fleshly behaviors that they produce.
4. Your desire to live from your false beliefs will DECREASE, and your desire to live from your true identity will INCREASE.
5. God's transformation process will produce a BATTLE in your mind.

The last point concerning the renewing of your mind is important to understand because there will be resistance to God's renewing process. This resistance results in the battle of the mind that we will be discussing in the next section.

DAY FOUR

There Is An Ongoing Battle For Your Mind

According to Romans 7:23, there is a non-stop battle being waged in our minds:

*“but I see another law at work in the members of my body, **waging war against the law of my mind...**”*

We can all agree with Paul that there is an ongoing battle in our minds, especially when we start engaging the Holy Spirit to renew our minds to the truth. Therefore, let's look at three key truths about the battle in our minds.

Who Are The Enemies In This Battle?

There are three primary enemies in the battle for our minds: the flesh, the power of sin, and Satan and his demonic forces. When it comes to your mind being renewed and transformed to believe your true identity, all three enemies have one objective.

They are working in CONCERT, to keep you in BONDAGE to your FALSE BELIEFS.

Let's take a closer look at how these three enemies work.

#1 - The FLESH

Since we took an in-depth look at the flesh in Lesson One, the key thing to remember concerning the flesh and the battle of the mind is that the flesh is constantly producing fleshly thoughts that line up with and continue to reinforce our false beliefs.

#2 - The POWER of SIN

Let's review the meaning of the power of sin from Book One.

*“But if I am doing the very thing I do not wish, I am no longer the one doing it, but **(the power of) sin which dwells in me.**” Romans 7:20*

In this verse, Paul is not referring to individual sins because all our sins (past, present, and future) have been dealt with by Christ's crucifixion. What Paul is talking about here is the power of sin. What is the power of sin?

***The Power of Sin
is an indwelling INTERNAL and ONGOING power that seeks to
DRAW you into or TEMPT you to SIN.***

The power of sin works in concert with your flesh. For example, you have a false thought that you are self-sufficient. The flesh grabs that thought and reinforces your false belief that you are self-sufficient, and then the power of sin uses that thought to tempt you to act out your false beliefs through your fleshly behaviors.

#3 - SATAN and His DEMONIC FORCES

Even though we spent a good deal of time talking about Satan in Book One, we need to look at the key strategy of Satan concerning the battle in our minds. That key strategy is deception. We see this strategy in the following two verses.

*“But I am afraid, lest **as the serpent deceived Eve** by his craftiness, **your minds should be led astray** from the simplicity and purity of devotion to Christ.” 2 Corinthians 11:3*

*“And no wonder, for **Satan himself masquerades as an angel of light.**”
2 Corinthians 11:14*

Remember Satan’s strategy that we talked about in Book One.

***He constantly tries to DECEIVE you by making you believe that your
OWN mind is the origin of HIS thoughts.***

Satan is constantly inserting thoughts in first person hoping you will believe those thoughts originated with you. He will never insert a thought that says, “You are a failure.” It will always be first person, “I am a failure.” This is where he is most dangerous because you are being deceived into thinking you are the source of those thoughts when in reality they are Satan-inserted thoughts.

Question: Are there recurring thoughts that you continue to take ownership of that continually take you to sin? Is it possible that Satan, not you, is the origin of those thoughts?

Engaging God: Ask Christ to BE your discernment to reveal when Satan is inserting false thoughts into your mind.

Key Point To Remember: Satan and his demonic forces are not totally responsible for all of our false thoughts. Our flesh can produce those same thoughts as well.

How To Engage God To Win The Battle

Here are some keys truths in engaging God to win the battle in your mind:

- LEARN God’s truth because it is the “spiritual filter” to screen out any thought Satan inserts into your mind.
- When Satan inserts sinful, fleshly thoughts into your mind, seek the Holy Spirit to remind you of the truth so that you WON’T take OWNERSHIP of those thoughts.
- Instead of taking ownership, ENTRUST the Satanic-inserted thoughts to the Lord and seek Him to renew your mind to the truth.

Let's now look at some examples of how to engage God to defeat Satan concerning the battle in our minds.

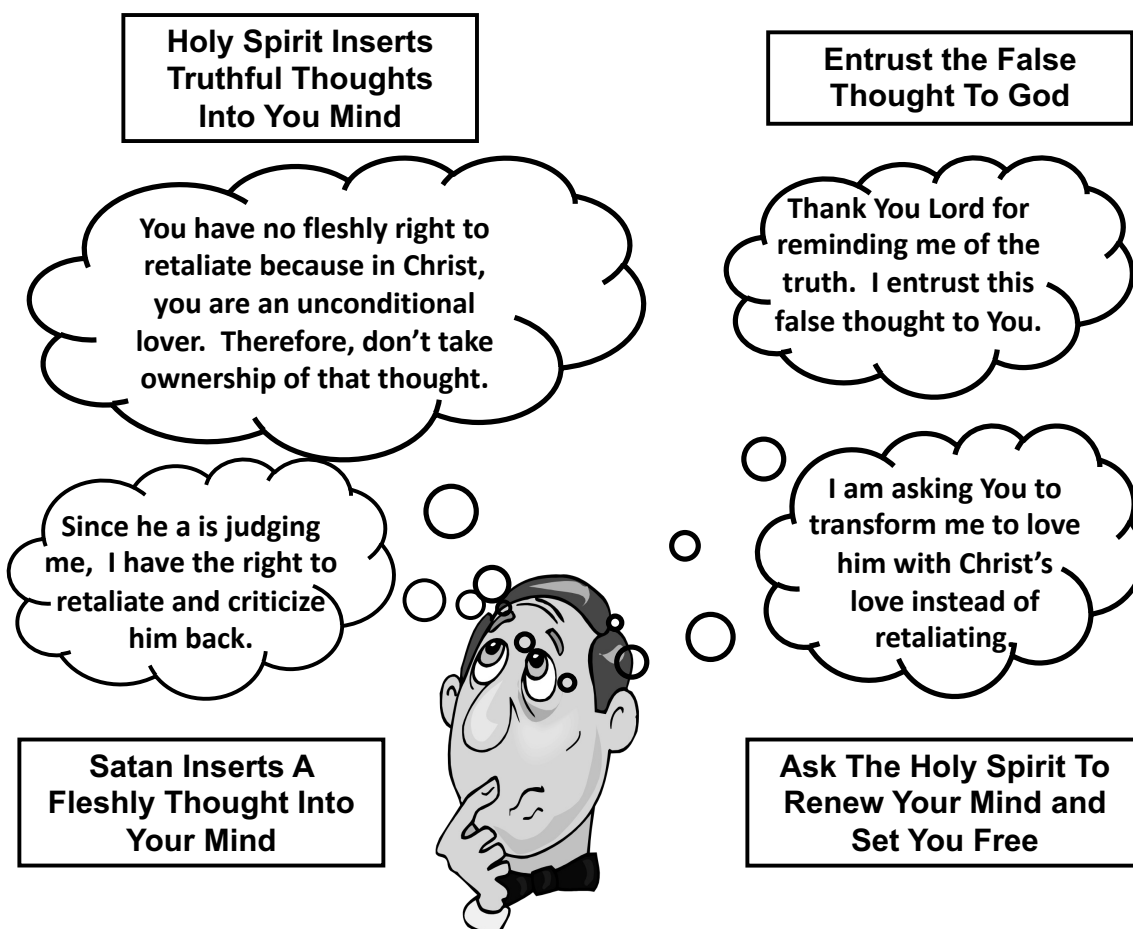
Example: Let's assume someone is judging and condemning you verbally.

Satan Inserts A Fleshly Thought: (In first person in your own voice) saying, "Since he is judging me, I have the right to retaliate and criticize him back." If you take ownership of that thought, your flesh reacts and you retaliate.

Holy Spirit Inserts The Truth: "You have no fleshly right to retaliate. In Christ, you are an unconditional lover, so don't take ownership of that thought or his rejection. This will free you to love him in spite of what he is saying. Remember that no matter what someone says about you that is negative, it does not change the truth that you are accepted and loved in Christ."

Steps of Faith: "Holy Spirit, thank you for reminding me of the truth. I am entrusting this fleshly thought to You and I am asking You to transform me to love him with Christ's love instead of being critical."

On the following page is an illustration of this example.



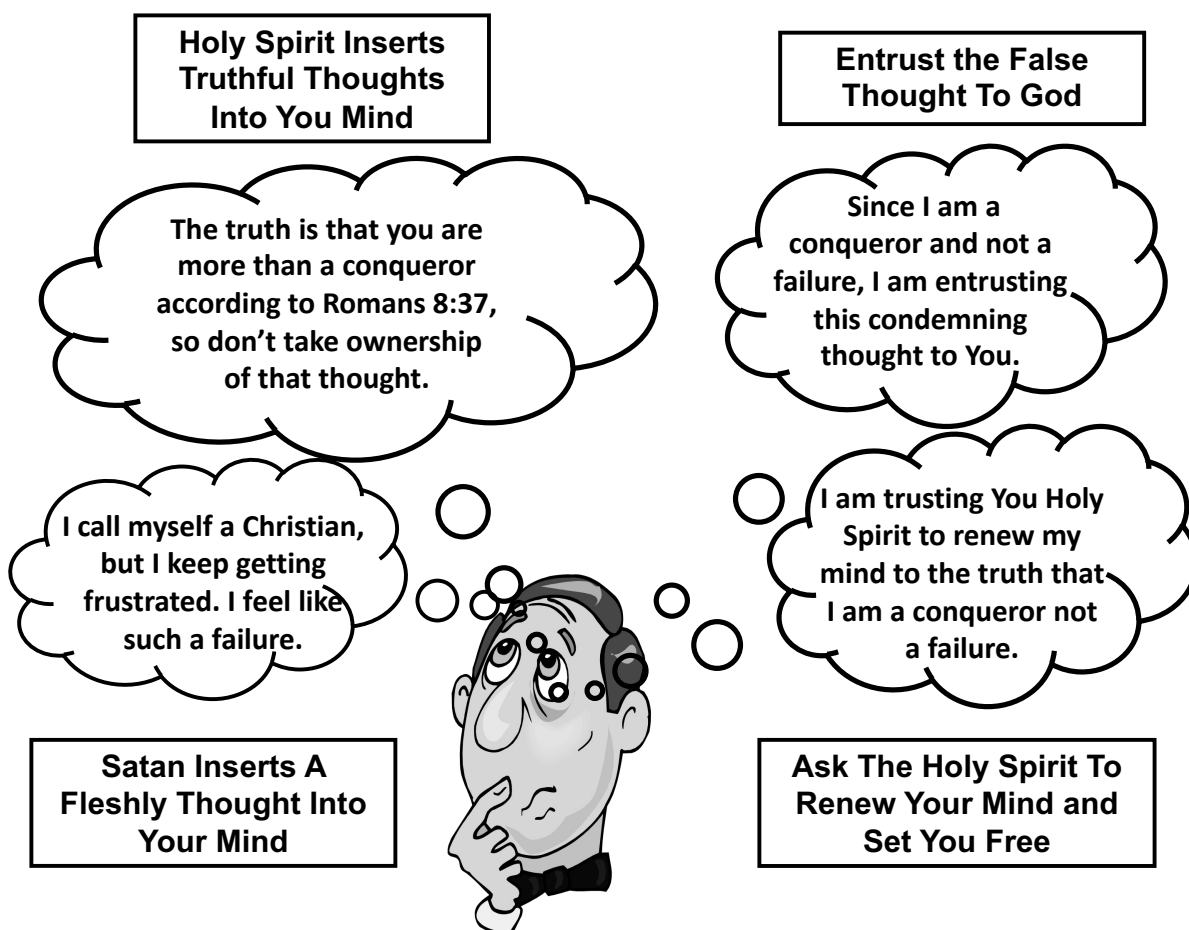
Example #2: Let's assume you struggle with getting frustrated about _____
(you fill in the blank).

Satan Inserts This Fleshly Thought into your mind (in first person). "I call myself a Christian, but I keep getting frustrated. I feel like such a failure." (Remember: Every thought we take ownership of that lines up with our false belief only reinforces that false belief.)

Holy Spirit Inserts The Truth: The truth is that you are more than a conqueror according to Romans 8:37. (Also, God's truth says in Romans 8:1, "*There is now no condemnation for those who are in Christ Jesus.*" Since God no longer condemns you, you no longer have to condemn yourself.)

Steps of Faith: "Lord, the truth is, according to Romans 8:37, I am not a failure. So, I am entrusting this condemning thought to you and trusting you to renew my mind to the truth that I am a conqueror, not a failure."

The diagram on the following page illustrates this example.



DAY FIVE

Final Thoughts Regarding Winning The Battle In Your Mind

1. Early on in your walk of faith, you will CONTINUE to take ownership of thoughts that Satan inserts into your mind because your discernment is not that strong.
2. However, as you continue to walk by faith using your spiritual filters, Christ's DISCERNMENT in you will grow and you will have a greater spiritual sensitivity to where those thoughts are coming from with the result you will not take ownership of them.

Questions: Do you have recurring negative, false, or condemning thoughts? Is it possible that Satan could be inserting those thoughts into your mind? Do you ever stop and question the origin of your thoughts, especially when they are stirring up negative emotions?

Final Truths Concerning The Battle In Our Mind

Truth #1 - Self-Talk

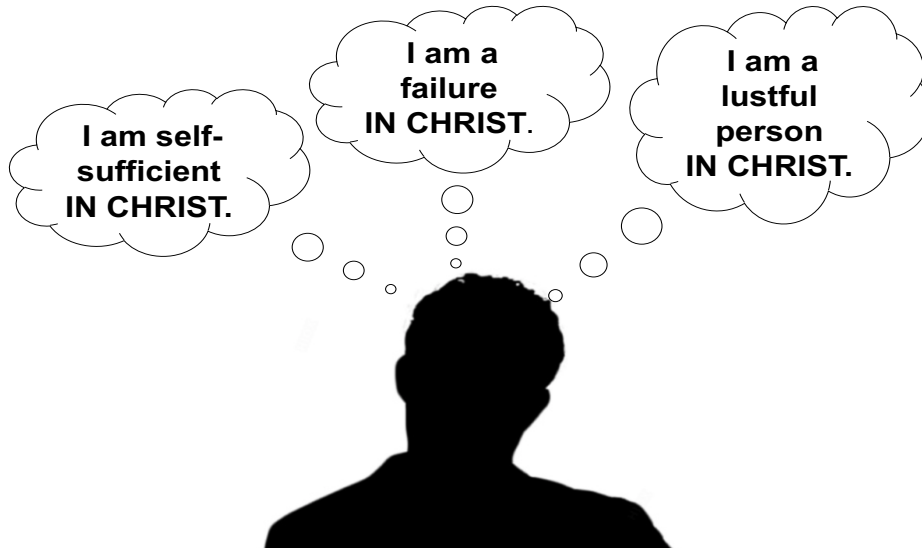
*"Beloved, do not believe every spirit, but **test the spirits** to see whether they are from God, because many false prophets have gone out into the world." 1 John 4:1*

Another "holy habit" to develop is what I call "self-talk." This is the process of thinking or speaking out loud God's truth. This is something you should consider doing especially when the battle is raging in your mind. (There is always a battle, but there are times when the battle is more intense than others.) It is a way of reminding yourself of what the truth is, and it is a way to "test the spirits" to see if what you are thinking is the truth or a lie.

Truth #2 - A Litmus Test For Whether Or Not A Thought Is A CONDEMNING Thought

Another simple way to test your thoughts is to add the words "in Christ" to the thought. For example, the thought may be, "I am a failure," or "I am unworthy." This may sound like the truth to you. But when you say, "I am a failure in Christ," or "I am unworthy in Christ," you can readily see that this is a lie. This idea is illustrated in the following diagram.

Add "IN CHRIST" To Your Thoughts



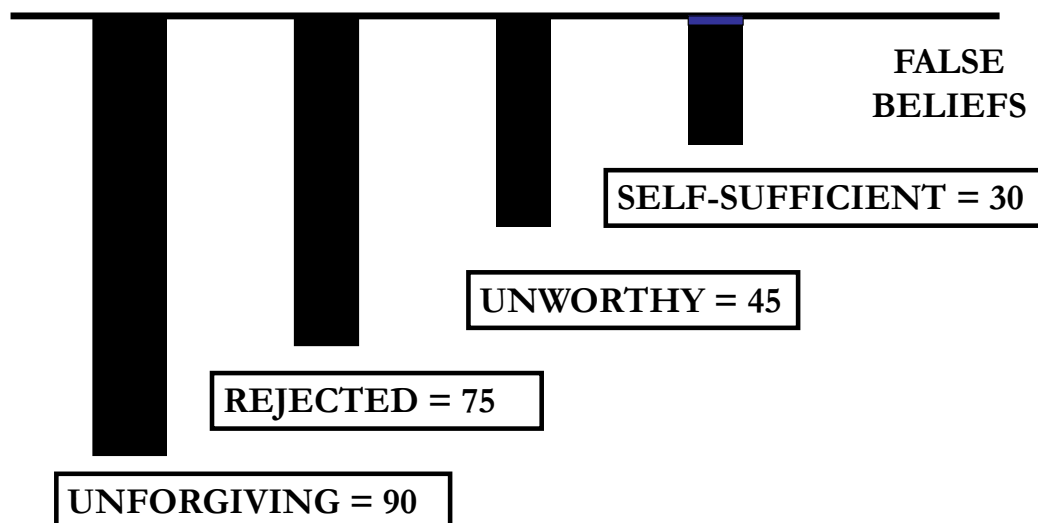
Engaging God: Begin using the phrase "in Christ" with your thoughts.

Truth #3 - Your False Beliefs About Yourself Have Varying STRENGTHS

Another key point in understanding false beliefs is that they have varying degrees of strength. Another way of saying this is they have varying degrees of a grip on your mind.

Let's use some examples of false beliefs we have about ourselves. We see from the diagram this person's strongest false belief is that he is **UNFORGIVING**, which is 90 on a scale of 1-100. **SELF-SUFFICIENT** is the weakest false belief at 30. We will see in the next lesson why this is important to understand. Look at the diagram on the following page to illustrate this point.

False Beliefs Have Different Degrees of Strength



Question: Why do you think it is important to understand that some of your false beliefs are stronger than others?

Engaging God: Seek God to reveal to you which of your false beliefs have a stronger hold on you.

Truth #4 - There Are No PACIFISTS In This Battle

*“Timothy, ... **fight the good fight.**” 1 Timothy 1:18*

There are no pacifists nor anyone sitting on the sidelines in this battle. You cannot afford to not fight. That is why Paul exhorts Timothy to fight. If you do not enter the battle, it means that you have already given up the battle. You must fight this fight in the Spirit with alertness and vigilance as it says in 1 Thessalonians 5:6.

*“so then let us **not sleep as others do**, but let us be alert and sober.”*

If you do NOT enter into the battle, you have already LOST it!

Engaging God: Ask the Holy Spirit to remind you there is a non-stop battle in your mind that you must enter into.

Question: What will be some of the consequences if we don't allow the Holy Spirit to win the battle in our minds?

Truth #5 - You Will Move From Being Intentional To Being A Holy Habit

As we have talked about previously, early on you will need to be intentional in engaging the Holy Spirit to take your thoughts captive because we are not used to this process. However, like driving a stick shift car, it eventually will become a holy habit where you are more and more automatically taking thoughts captive.

Conclusion

The key to being transformed to believe our true identity starts with the renewing of our minds. However, in addition to the renewing of our minds, the healing of our damaged emotions and the transformation of our wills to make choices that line up with our true identity are crucial in being set free from our false beliefs. Therefore, in the next lesson we will see God's process of healing our damaged emotions and moving our wills to make choices that line up with our true identity.

Discussion Questions

Question: What truth(s) impacted you most in this lesson? Why?

Question: What if we don't use the spiritual filters in taking our thoughts captive?

Question: What are the consequences if you don't realize the origin of your thoughts or God's truth associated with your thoughts?

Question: Were the two diagrams helpful in understanding how we move from believing a false belief to believing the truth? In what ways were they helpful?

Question: What might be the consequences if we don't recognize the enemies in the battle for our minds or don't engage the Holy Spirit to win the battle for our minds?

Lesson Six

Transformation of Damaged Emotions Transformation of Your Will Practical Living From Your True Identity

DAY ONE

Introduction

In this last lesson we will focus on the following topics:

- Transformation of our damaged emotions
- Transformation of the will
- Transformation of fleshly behaviors into Christ-like behaviors
- What it looks like in your daily life to live from your true identity
- True stories of transformation

Transformation of Damaged Emotions

As our minds are being renewed to believe the truth, our damaged emotions will be transformed as well. As we said previously, early on our damaged emotions can reinforce our false beliefs. For example, the positive false belief damaged emotion “I feel self-sufficient” reinforces the false belief “I am self-sufficient.” However, as our minds are renewed and transformed, so too will our emotions be transformed to line up with what we believe. In the illustration below, above the line is the renewing of our minds to believe the truth which leads to progressively transforming our emotions to line up with the truth.



The Swing and Our Transformed Emotions

Remember in Lesson Four, we talked about how our “emotional” swing moves from negative to positive emotions based on what is going on at that moment. As our minds are being renewed, we will discover two things to be true:

1. Our feelings will be transformed to a place where our emotions will line up with what we believe, and we will therefore feel our damaged emotions less and less as illustrated below.

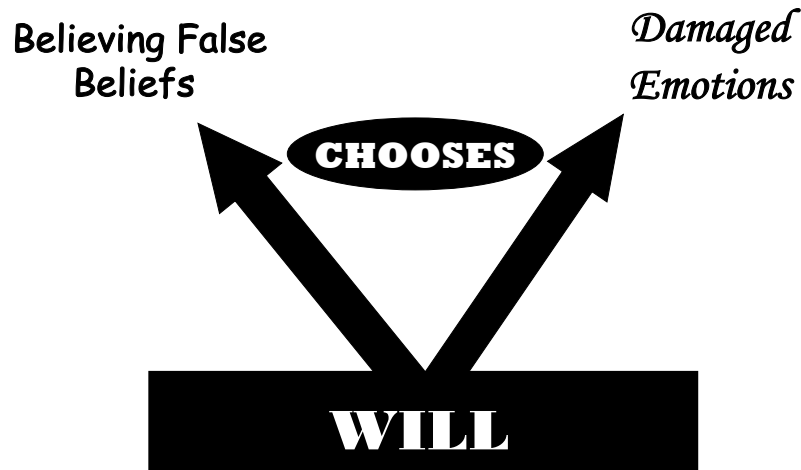


2. However, these damaged emotions never go away completely. When they do arise in your soul, you don't have to give into them because you are progressively believing the truth as illustrated below.



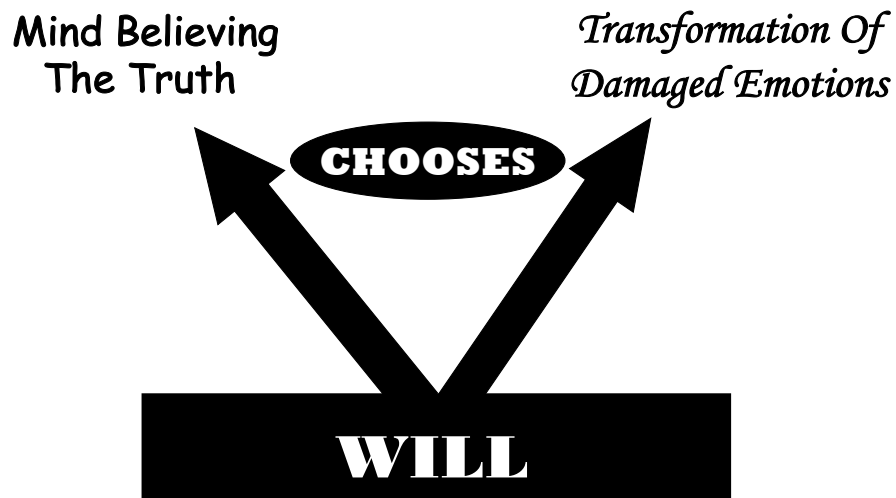
Transformation of Your Will

We saw in Lesson Four that choosing to live out of our false beliefs and damaged emotions will result in choosing to live from the flesh and will result in fleshly behaviors.



Result:
Choose To Live From
FLESHLY BEHAVIORS

However, as the Holy Spirit renews our mind to the truth and we begin believing the truth, our emotions will be transformed resulting in our will being transformed to choose to live from Christ-like behaviors rather than fleshly behaviors.



Result:
Choosing To Live From
CHRIST-LIKE BEHAVIORS

As we seek God to RENEW our minds to the truth and TRANSFORM our damaged emotions, we will begin CHOOSING to live from CHRIST-LIKE behaviors versus fleshly behaviors.

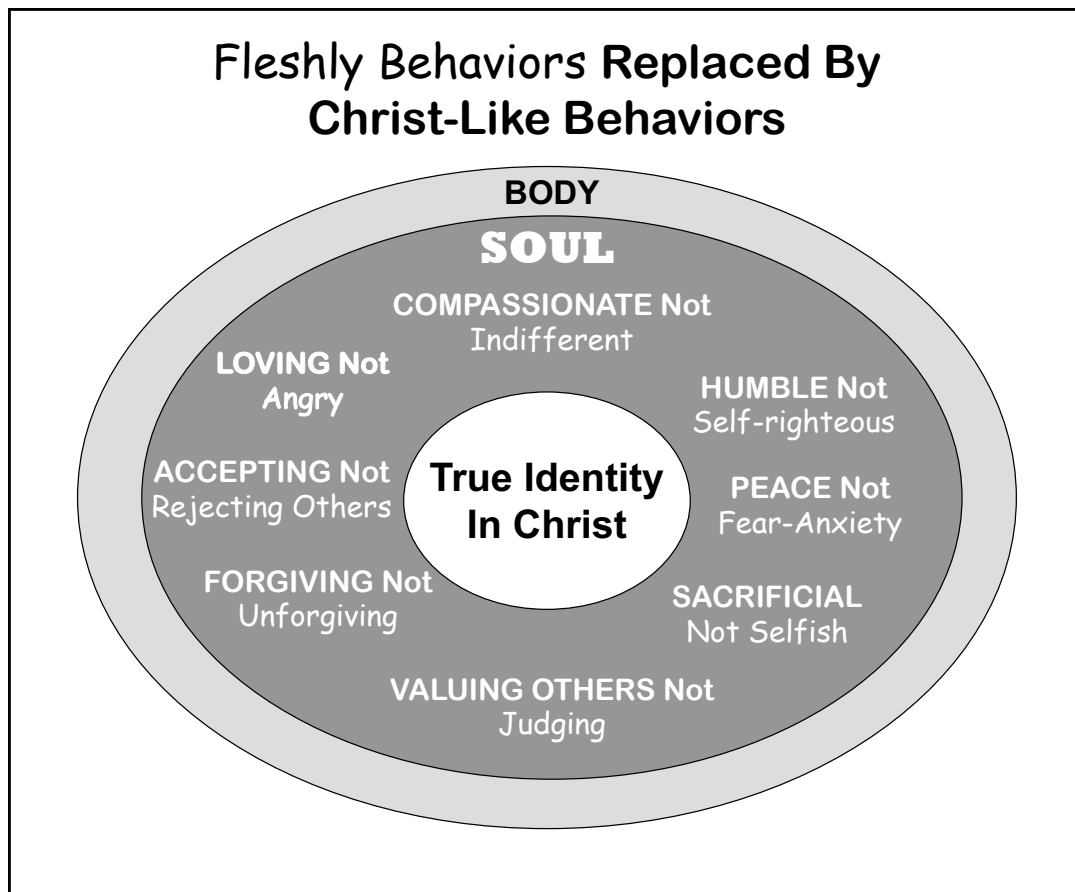
DAY TWO

Transformation Results In CHRIST-LIKE Behaviors

One of the greatest “evidences” of experiencing our true identity is that our fleshly behaviors will continuously be replaced by Christ-like behaviors. Below are some examples of Christ-like behaviors.

Unconditional Loving	Victorious	Worthy	Acceptance	Freedom
Patient	Sacrificial	Peaceful	Forgiving	Understanding
Security	Kind	Wise	Discerning	Joyful
Christ-confident	Adequate	Humble	Bold	Righteous
Selfless	Restful	Courageous	Hopeful	Gentle
Christ-controlled	Compassionate	Faithful	Joyful	Good

The following diagram illustrates transformation that takes place.



Changes in your behavior are the greatest evidence of experiential transformation. As you are transformed from fleshly behaviors to Christ-like behaviors, changes take place and those around you will take notice. This will be further evidence that the Holy Spirit is working.

Exercise: When you look at your fleshly behaviors, what will be the result of living from your Christ-like behaviors? Please write your answers below.

Example: Christ-like behavior of accepting rather than the fleshly behavior of rejecting others.

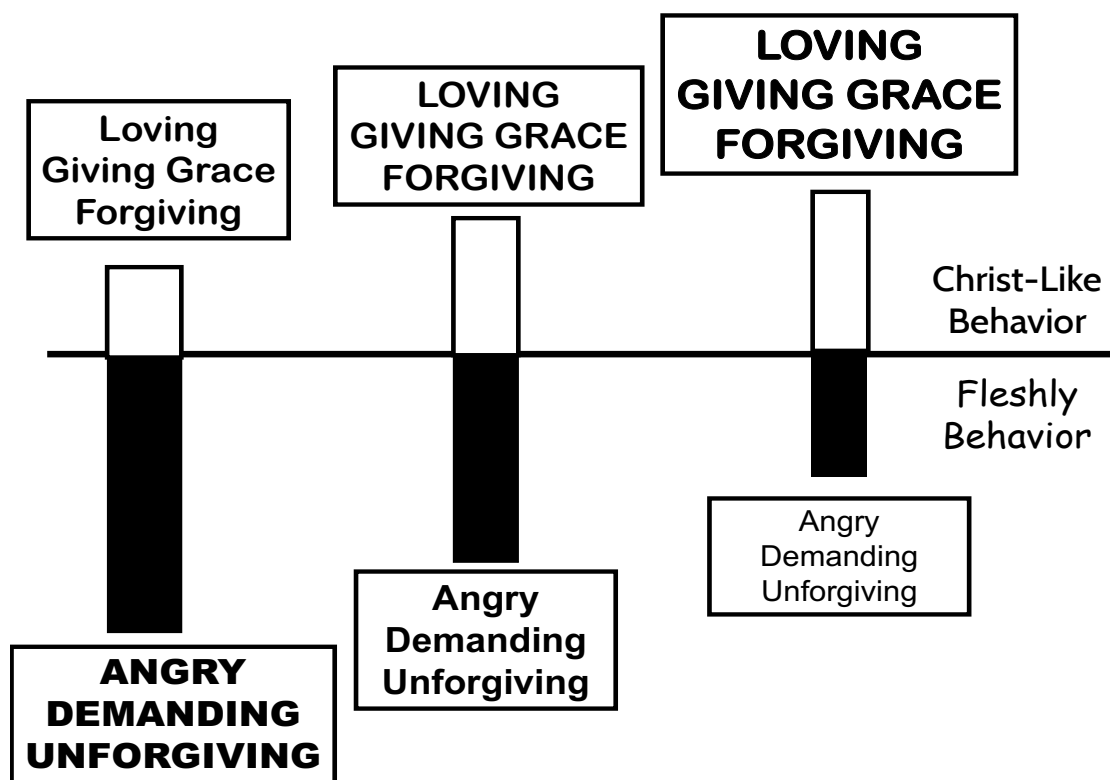
Christ-like behavior of _____ rather than the fleshly behavior of _____.

Christ-like behavior of _____ rather than the fleshly behavior of _____.

Christ-like behavior of _____ rather than the fleshly behavior of _____.

Living From Our Christ-like Behaviors Is PROGRESSIVE

The following diagram illustrates how the Holy Spirit moves us from living from our fleshly behaviors into progressively experiencing Christ-like behaviors.



When it comes to being transformed to behave from Christ-like behaviors, this is the key truth.

As you are being transformed to behave from CHRIST-LIKE behaviors based on your true identity, it will not only impact you PERSONALLY but will POSITIVELY impact everyone around you.

Question: In what ways could transformation to behave with Christ-like behaviors positively impact you, your marriage, your kids, your co-workers, and your other relationships?

DAY THREE

Final Key Truths In Experiencing Our True Identity

You Will Move From FAITH To EXPERIENCE Concerning Your True Identity

In Book One we introduced what it looks like to move from faith to experience concerning growing into Christ-likeness. Let's take a look at this same analogy as it pertains to being transformed to live from our true identity. When we look at the description of faith in Hebrews 11:1, what can we learn about faith?

***Faith is a firm PERSUASION and EXPECTATION that God will perform
all that He has promised to us in Christ.***

When it comes to our true identity, faith is being persuaded that God will transform us to experience our true identity. Faith is also an expectation that God will keep His promise to transform us to live from the truth rather than our false beliefs. The key to faith when it comes to the transformation process is realizing early on we will **not** feel or experience the Holy Spirit working. However, if we walk in faith long enough, we will begin to experience changes in our mind, emotions, and will to line up with our true identity.

When it comes to our example from the previous section concerning moving from believing you are selfish to believing you are selfless, you are to initially “faith it” by believing you are selfless even though there is nothing in your feelings or experience to confirm it. However, as you continue to walk by faith, you will begin experiencing your selflessness in Christ.

The key is that changes will be incremental and so subtle that early on you will not be able to detect the change. However, know by faith God is working to renew your mind and setting you free from your false beliefs and transforming you to experience your true identity.

This is illustrated on the following page.



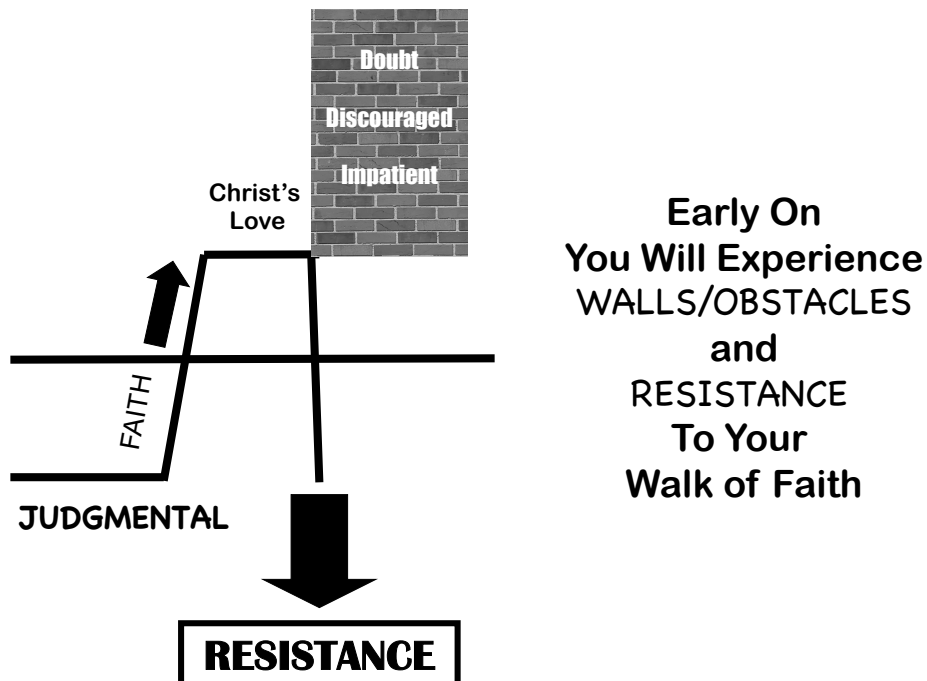
“Faithing It” To Experience

We Don’t Know God’s TIMETABLE For Transformation

As we discussed in Book One, God will not tell us His timetable for transformation. He does this for two reasons. One is that He is teaching us to walk by faith and the other is to teach us to keep walking by faith even if we are not feeling or experiencing any changes.

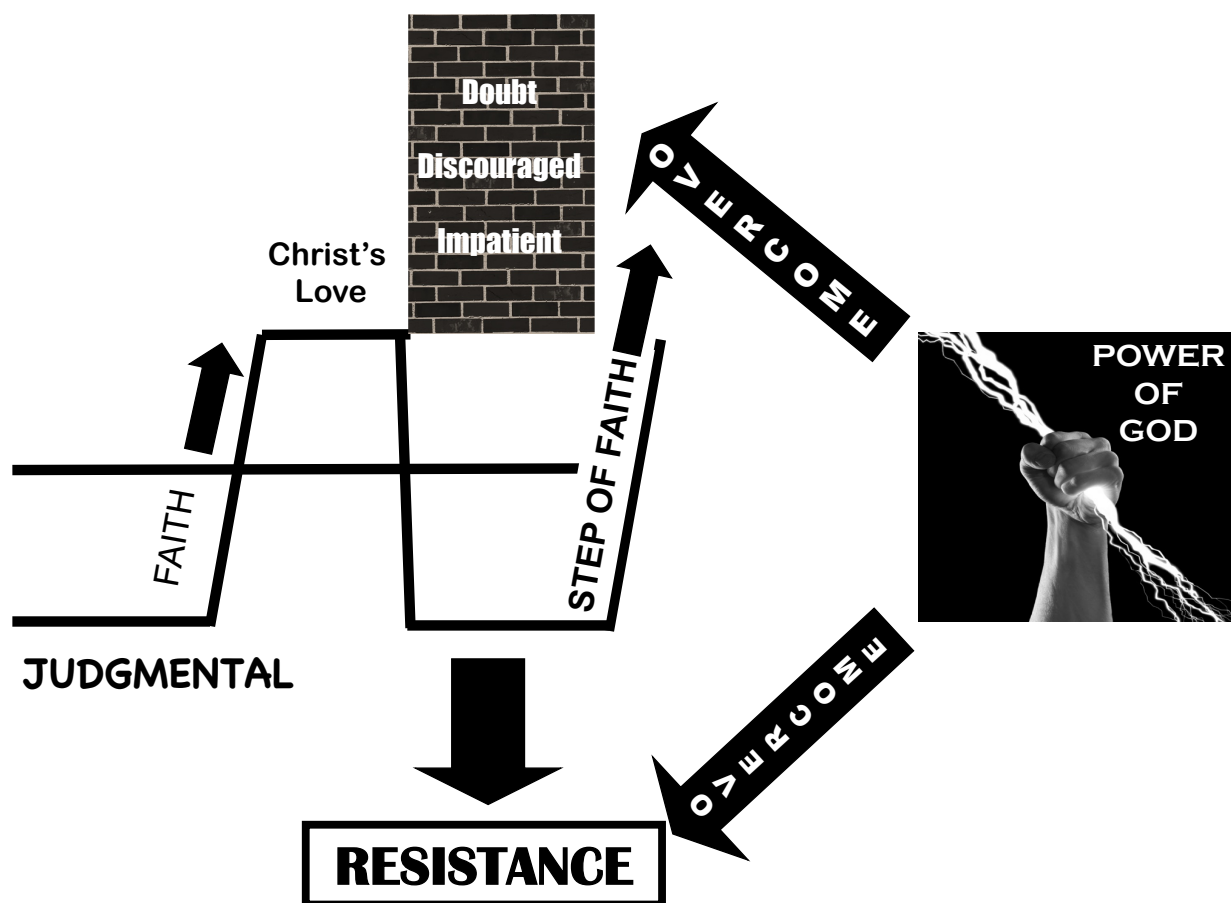
We Will Hit Walls of RESISTANCE

As we take steps of faith, we will hit walls such as doubt, discouragement, and impatience that will create resistance and cause us to fall below the line as illustrated.



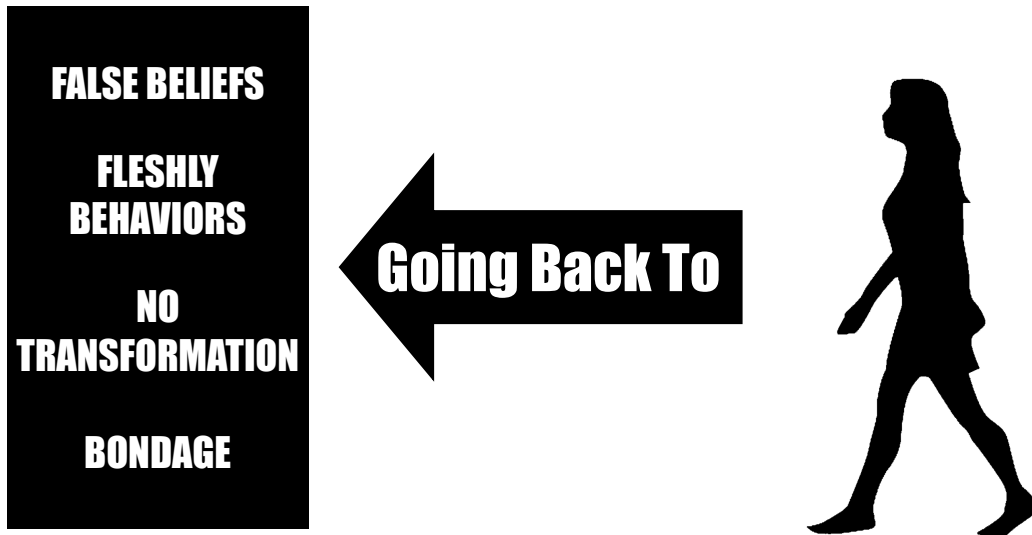
However, when we hit these walls that cause us to fall below the line, remember that within you is the power of the Holy Spirit. He will break down all the walls of resistance and overcome them with the result that you will take another step of faith. Here is an example.

Steps of Faith To Break Down The Walls: “Lord, I have been walking by faith for some time and I don’t feel any changes. I am beginning to doubt that You really will transform me. I am drawing on Your power to knock down that wall of doubt and give me the willingness and determination to take another step of faith.” This is illustrated on the following page.



What If We Choose Not To Keep Walking By Faith?

The truth is that we must keep walking by faith. If we choose to quit walking by faith, what are we going back to? Our false beliefs and fleshly behaviors that will result in no transformation and more bondage. Another very serious consequence is that this will further harden our hearts towards God. Therefore, we really have no other option but to keep taking steps of faith as illustrated on the following page.



What If We DON'T Keep Walking By Faith? WHAT Are We Going Back To?

Therefore,

- When you get discouraged and are tempted to turn back, **take another step of faith.**
- When you doubt God or His ability to transform you, **take another step of faith.**
- When you become impatient with God's timetable, **take another step of faith.**

The key to TRANSFORMATION is to BELIEVE that with EACH step of FAITH the Holy Spirit is setting you FREE from your false beliefs and TRANSFORMING you to live from your true identity.

DAY FOUR

The Transformation of Your Soul

Summary of The Transformation of The Soul

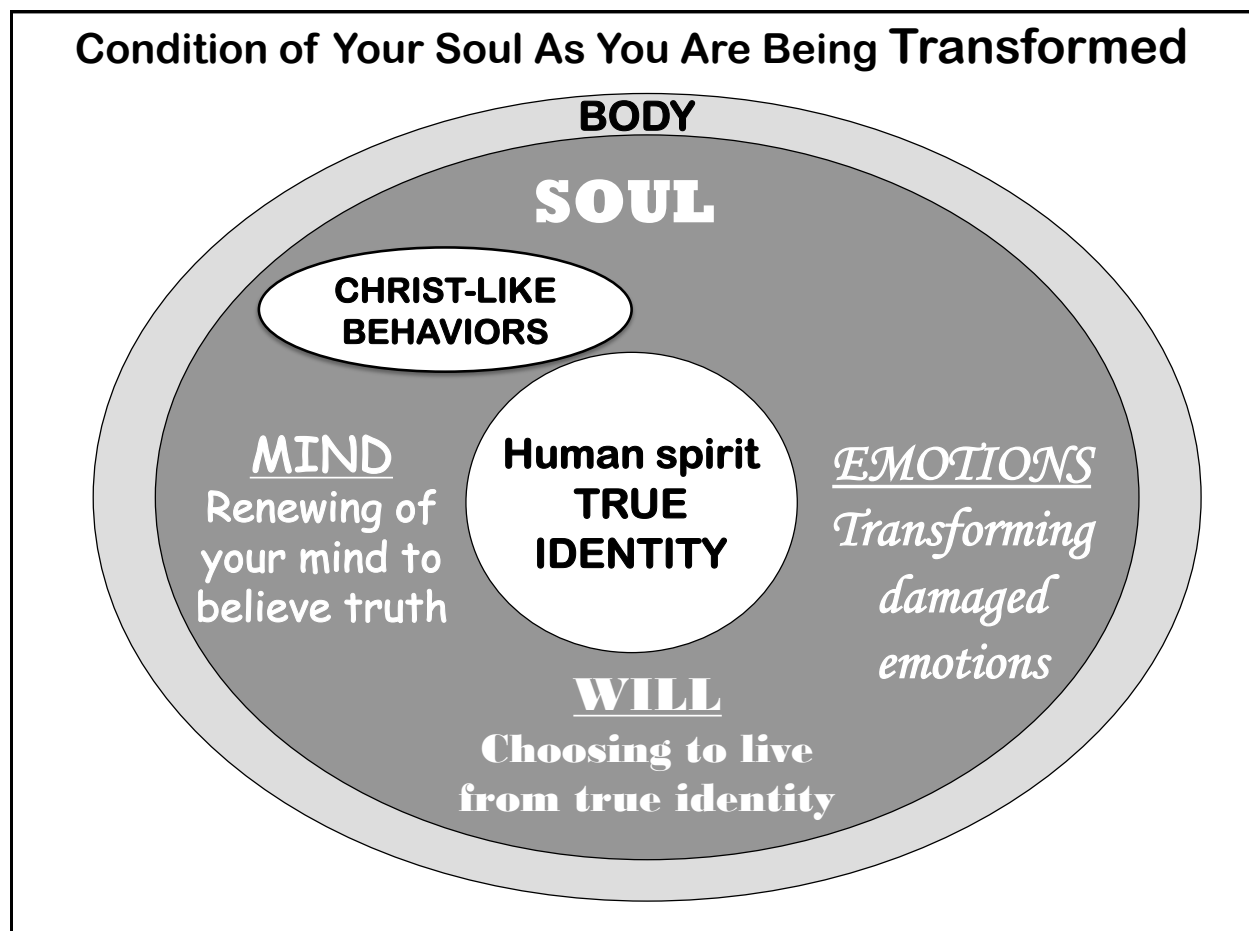
Now that we have looked at God's process of transforming our soul, let's sum up the results of transformation.

MIND – As your mind is being renewed, your false beliefs will be replaced by the truth and your thoughts will line up with your true identity. Romans 12:2

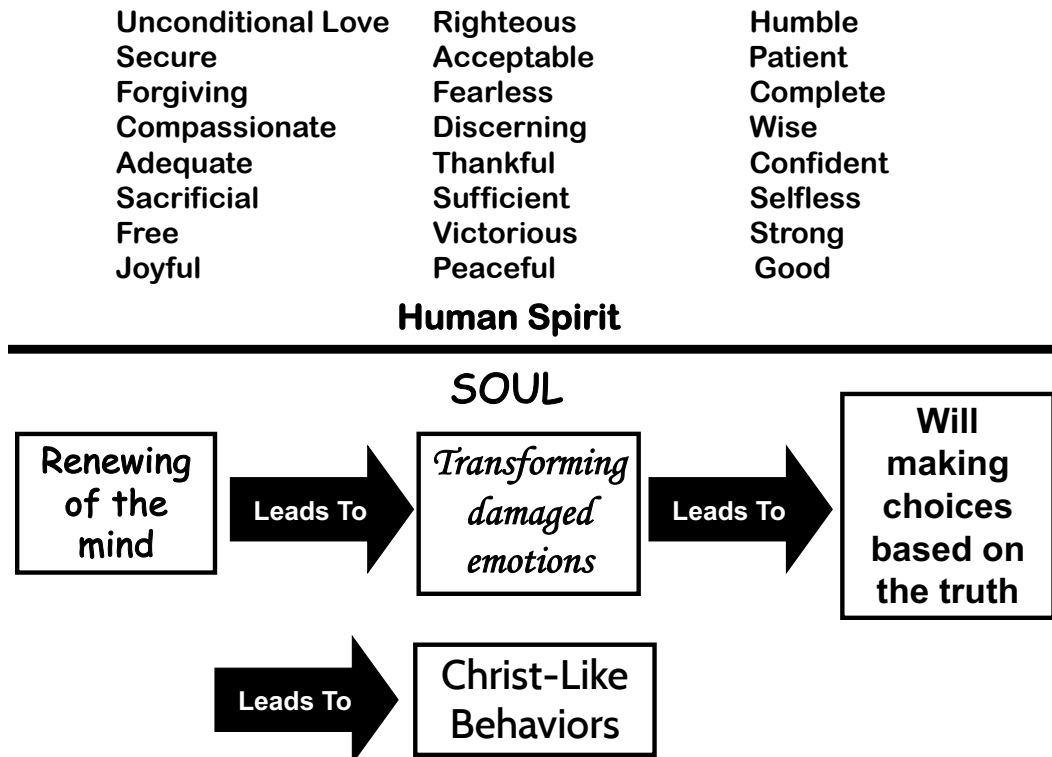
EMOTIONS – As a result of your mind being renewed to the truth of your true identity, God will transform your damaged emotions associated with your false beliefs so that your emotions will line up with your true identity. Psalm 147:3

WILL – As God renews your mind and transforms your damaged emotions, your will is transformed to make choices based on the truth. John 8:32

CHRIST-LIKE BEHAVIORS – As God renews your mind and transforms your damaged emotions, He will replace your fleshly behaviors with Christ-like behaviors. 2 Corinthians 3:18



Let's look at the illustration on the following page of the transformation of the soul using the line analogy.



What is the eventual result of being transformed to live from your true identity? You will experience the characteristics of your true identity in your soul. Here is a diagram to illustrate.

You Will Experience Your True Identity In Your SOUL

Unconditional Love Secure Forgiving Compassionate Adequate Sacrificial Free Joyful	Righteous Acceptable Fearless Discerning Thankful Sufficient Victorious Peaceful	Humble Patient Complete Wise Confident Selfless Strong Good	<u>SPIRIT</u>
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Thinking - Feeling - Choosing To Live From The Truth

Unconditional Love Secure Forgiving Compassionate Adequate Sacrificial Free Joyful	Righteous Acceptable Fearless Discerning Thankful Sufficient Victorious Peaceful	Humble Patient Complete Wise Confident Selfless Strong Good	<u>SOUL</u>
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As we are being transformed to believe who we are in our new identity, we will be thinking and feeling and choosing to live from the truth which will result in experiencing God's love, forgiveness, acceptance, selflessness, etc. As we do, this will grow our Christ-confidence in who God is and His promise to transform us.

What It Looks Like In Your Daily Life To Live From Your True Identity

Let's sum up our study by looking at what our daily lives look like living from our true identity in marriage and other relationships, the workplace, and as parents.

MARRIAGE and OTHER RELATIONSHIPS

Unconditional Love

Living From Your True Identity: Results in loving your spouse (or others) unconditionally. You will find yourself loving your spouse with Christ's unconditional love regardless of his or her fleshly behavior or when his or her love for you does not meet your expectations.

Question: How do you think it might affect your marriage and your other relationships if you were loving your spouse and others with Christ's unconditional love?

Value/Worth

Living From Your True Identity: Means that you can look past your spouse's and others' fleshly behaviors and see their value as a new creation in Christ. (Looking past does not mean condoning. It means you don't let their fleshly behavior cause you to go to your flesh.) Remember, like you, God chose each person out of 500 million possibilities at conception to be born. They are just as valuable to Him as you are.

Question: How might it change how you see your spouse or others if you see his or her value and worth as a new creation in Christ rather than reacting to their fleshly behaviors?

DAY FIVE

Acceptance

Living From Your True Identity: You no longer have to take ownership of your spouse's or others' rejection if you are living from your acceptance in Christ. In other words, you become "unrejectable."

Question: How freeing would it be in your marriage and other relationships, if you no longer took ownership of their rejection? What would you be free to do if you lived from your acceptance in Christ versus rejection?

Forgiveness

Living From Your True Identity: Means you not only are the first to forgive but the first to say "I'm sorry." In your true identity, forgiveness will become more than an act(s) of forgiveness. It will become an attitude of forgiveness.

Question: In what ways might it transform your marriage and other relationships if you were the first one to repent or forgive when an offense is committed against you?

Humility - Selflessness - Sacrificial

Living From Your True Identity: As you are transformed to live from your pride to the humility of Christ, you will find yourself becoming more selfless and sacrificial. You will begin to see your spouse's and others' needs as more important than yours.

Question: In what ways would it change your marriage or other relationships if you walked in greater humility and selflessness?

WORKPLACE

Security

Living From Your True Identity: Means you no longer have to be insecure about whether or not you keep your job, get a promotion, etc., because you are secure in Christ.

Question: How do you think it would change your attitude towards your workplace if you were living from the security you have in Christ?

Peace

Living From Your True Identity: Means you no longer have to take ownership of the stress created by your job. You can live in Christ's peace regardless of the stressors at your job.

Question: What do you think would change about your attitude toward your workplace if you were no longer taking ownership of the stress and walking in Christ's peace?

Your Identity

Living From Your True Identity: As God transforms your life to live from your true identity, you will find yourself no longer seeking to find your identity in the workplace.

Question: Are you trying to find your identity from your job? If so, how freeing would it be to find your identity in Christ versus your job?

Value/Worth

Living From Your True Identity: As you live from your worth in Christ (Psalm 139:14), then you will see no need to find your value or worth in your job. Therefore, no matter what happens on the job, it will not adversely impact you because of your worth in Christ.

Question: How might it change how you look at your job if your value and worth were not determined by your job?

PARENTING

Patience

Living From Your True Identity: You exercise your patience from your true identity which will free you from your impatience and possible anger towards your children.

Question: In what ways would it positively influence your parenting if you choose to walk in your patience in Christ versus the frustration you have with your kids?

Your Identity

Living From Your True Identity: Knowing and walking in your true identity will allow you to teach your children about their new identity in Christ. In addition, you can discipline their sinful behavior without attacking their identity. For example: When your child is acting with sinful

behavior, you can say, “Your behavior is bad.” instead of attacking their identity by saying, “You are bad.” It may seem subtle but it is an important distinction.

Question: How might it change your kids’ lives if they learned early in life who they are in Christ?

Unconditional Love

Living From Your True Identity: Like you, your kids, want unconditional love. However, as loving a parent as you may be, no one can love another person unconditionally apart from becoming an unconditional lover in their true identity.

Question: What might be the results if you love your kids with the unconditional love of Christ?

Transformed Lives

Let’s end this study with true stories about how the Holy Spirit transformed the hearts of five people.

Married Man Addicted To Pornography

There was a married man who, because of his false belief of rejection, chose pornography as his way of trying to find love and acceptance. He and his wife were on the verge of divorce because of the pornography. As he began to learn the truth that he was totally accepted and unconditionally loved in Christ in his new identity, he began taking steps of faith to be set free from pornography. As he did, his mind was being renewed to the truth and over time he found himself choosing to believe and live from the truth of his love and acceptance in his true identity. As a result, he went to pornography less and less. Eventually, he was totally set free and his marriage was fully restored.

Angry Christian Business Owner

There was a Christian business owner who treated his employees horribly. He was angry, demanding, manipulative, and controlling. All his fleshly behaviors were driven by his false beliefs of rejection, not being loved, and being unworthy. As the Holy Spirit transformed his soul to his true identity that he is a loving and forgiving person in Christ, he became more loving and less and less manipulative and controlling. His employees sensed he was valuing them more, giving them more grace, and was more forgiving. Through the supernatural work of the Spirit in this man’s heart, the whole atmosphere of the workplace changed. Can you imagine how this transformation impacted not only his Christian employees but more importantly, his non-Christian employees?

The Lady Who Was Abused

The lady who was abused by her father and two abusive husbands was left with the false beliefs of being dirty, rejected, and worthless. As she began taking steps of faith, God slowly began to renew her mind to the truth that in her true identity she is righteous, accepted, and totally worthy. She was healed and set free to forgive and eventually, unconditionally love her abusers.

A Pastor Struggling With Anger Over His Sexual Abuse

A pastor was molested as a child by a Catholic priest. He buried this event for several years until he was getting counseling for his deep-seated anger. He could not figure out why he was so angry. Once the molesting event was discovered by his counselor, this pastor started taking steps of faith to be healed because he had deep feelings of resentment and unforgiveness. As the Spirit was healing this pastor, He persuaded him that in his true identity, he was a forgiving person. Over time, his mind was renewed and his heart softened to a point where he eventually forgave the priest who molested him and forgave his parents who refused to believe the event took place. This healing not only saved his marriage but transformed it. In addition, his freedom transformed him into a loving shepherd as a pastor.

Fiancée Killed By The Drunk Driver

The man whose fiancée was killed by a drunk driver came for counseling with a hardened heart towards the drunk driver and towards God. He was hardened in his beliefs that he had the right not to forgive the drunk driver or forgive God for not preventing his fiancée's death. As he began to engage God through the truths that we just discussed, God began to heal him and set him free. He forgave the drunk driver and his anger towards God was replaced by a deep love for Him. In addition, he became free to forgive and love others. It was a long journey, but the Holy Spirit prevailed with the result He used this man to help others through their woundedness.

May these stories give you hope and encouragement that the Holy Spirit can and will do the same transformation in your life that He has done in theirs. The words of Paul confirm this in Ephesians 3:20:

“Now to Him who is able to do far more abundantly beyond all that we ask or think, according to the power that works within us.”

Discussion Questions

Question: What truth(s) impacted you most in this lesson? Why?

Question: From the list on page 96, which Christ-like behaviors do you want most to experience?

Question: In what ways can “faithing it” be so difficult? What are the consequences if we don’t “faith it” long enough to experience our true identity?

Question: When you look at your marriage or other relationships, the workplace, or parenting, which characteristics of your true identity do you want to experience the most? What difference will it make in these three areas of your life if you were living from the characteristics you have chosen?

Question: How has this study changed how you see yourself? Write down the changes you are experiencing.

Conclusion

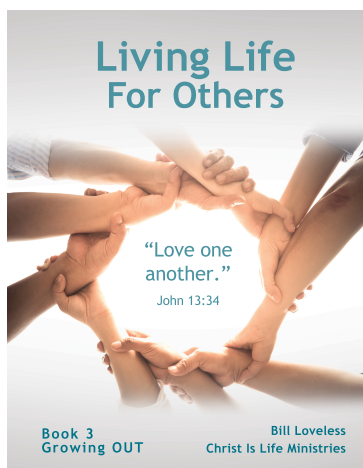
As we have come to the end of this study, have the truths in this study given you new insight into your true identity? Are they beginning to transform your life? Does 2 Corinthians 5:17 have a deeper meaning having gone through this study?

*“Therefore if anyone is in Christ, **he is a new creation**; the old things passed away; behold, new things have come.” 2 Corinthians 5:17*

The good (great) news is that you no longer have to live from your false beliefs. Through God’s transforming process, your mind will be renewed, your damaged emotions and woundedness healed, and the choices you make will line up with your true identity. The good news is that you being transformed to live from your true identity not only impacts you, but everyone around you as well. Through your transformation, the Holy Spirit will use you to share these truths with people who don’t know their true identity. As you do, the Holy Spirit will transform others and set others free through you. There can be nothing greater than being used by the Lord to transform others through you. Wouldn’t you agree?

Where Do I Go From Here?

You have just finished Book Two of the four-part discipleship series called **Growing Up – Growing Out – Growing Deep**. We encourage you to continue on with **Book Three** of this series called *Living Life For Others*. The focus of this study is:



- Discovering the works the Lord has prepared that He wants to accomplish through you for others
- Your value to God for Him to build His church through you
- How to look past the externals of another person and see his/her heart
- What it looks like practically to minister to and love others with the love of Christ

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(2025-06-17)