

Concept of Yourself (Your Identity in Christ)

1. Discover your functional view of yourself.

Describe how you FEEL about yourself? How do you view yourself on a FEELING level? Quickly, on each line, check ONE statement that FEELS most true. If you are unsure, leave it blank. Then go back and number each statement with a number from 1 (rarely) to 5 (usually).

1. ___ I feel unworthy; I'm unacceptable	___ I am acceptable.	Rom 15:7
2. ___ I feel alone; I'm on my own.	___ I am never alone.	Heb 13:5
3. ___ I feel like a failure; I'm inadequate.	___ I am adequate.	2 Cor 3:5 Rom 8:2
4. ___ I feel confused; I'm crazy.	___ I have a sound mind.	2 Tim 1:7
5. ___ I feel depressed; I'm hopeless.	___ I have hopeful expectations.	Rom 10:11
6. ___ I feel imperfect; I'm not good enough.	___ I am perfect in Christ.	Heb 10:14
7. ___ I feel common; I'm not special.	___ I am chosen by God and set apart.	Psa 18:19
8. ___ I feel afraid; I'm not safe.	___ I am secure as God's possession.	1 Joh 4:18
9. ___ I feel dumb; I'm not smart/wise.	___ I have access to wisdom in Christ.	1 Cor 1:30
10. ___ I feel abandoned.	___ I am protected and safe.	Psa 139
11. ___ I feel unloved; I'm not lovable.	___ I am loved.	Rom 8:39 John 15:9
12. ___ I feel unwanted; I don't belong.	___ I am chosen/adopted.	Eph 1:5 Col 3:12
13. ___ I feel ashamed, deserving punishment.	___ I am totally forgiven and cleansed.	Eph 1:7 1 John 1:7
14. ___ I feel like a sinner; I am a worm.	___ I am a saint, holy, and justified in Christ.	1 Co 1:30 2 Cor 1:1
15. ___ I feel weak; I am powerless.	___ I am empowered by the Holy Spirit.	Rom 8:9-11 2 Cor 12:9-10
16. ___ I feel useless, insignificant.	___ I have spiritual gifts.	1 Cor 12:7
17. ___ I feel separated from God.	___ I am one spirit with Christ.	1 Cor 6:17
18. ___ I feel like nothing will ever change.	___ I am given a new life in Christ.	2 Cor 5:17 Col 3:4

Quickly, draw a simple picture of yourself.

Using the last page of this handout, look up the Scriptural truth for each item you marked on the left-hand side.

Then write the lie(s) and the truth in the space provided on the lines provided in the prayer at the bottom of page 2.

2. How you developed a distorted view of yourself:

- You believed lies about yourself based on messages received from parents, from rejection (real or perceived) from significant adults, things you were taught or experienced in church or school, and your performance or lack of performance.
- You believed lies about yourself based on experiences and events.
- Once you agree with the feelings that the message or event produced, it became your lie.
- New events, messages, and rejection reinforced your lies, forming a stronghold.
- Once the lie is a stronghold, you reject the truth and agree with the lie.

3. Why is having the correct concept of yourself important?

- If your concept of yourself is not a Biblical view, it is a lie.
- Proverbs 23:7 says, “For as he thinks within himself, so he is (lives).”
- What you believe about yourself determines how you behave.
- If you do not identify the lies you believe about yourself, it may be very difficult or impossible to experience freedom and peace.

4. Correcting your distorted image of yourself.

- Call lies what they are—lies!
- Write all the lies that you believe about yourself in the first set of lines below.
- Write the truth about yourself, as revealed in God’s word, on the second set of lines below.
- Prayer

Father God,

I now understand that I had a wrong view of myself. I felt and thought of myself as

I confess that what I believed about myself was a lie. I now believe and confess that I am a new creation in Christ Jesus and _____

Jesus, take all of the pain and confusion from these lies unto Yourself and exchange them for your peace. Holy Spirit, I invite you to renew my mind through the washing of the Holy Spirit. Thank You that Your abounding grace destroys every lying fortress, every speculation, and every lie that contradicts who You say that I am in Christ.

Amen!

5. Don’t entertain or argue with a lie: renounce it and replace it!

- Renounce: refuse to receive, agree with, or participate with any lie in the name of Jesus.
- Replace lying thought patterns with the truth!
- Example: In the name of Jesus, I refuse to believe or ponder that thought. I send that thought to the feet of Jesus to go where He sends you. I confess God’s Word. I am adequate through Christ Jesus. Amen

Discover the Truth about Yourself

(These verses corresponded to page 1 of this handout.)

1. Rom 15:7 Therefore, accept one another, just as Christ also accepted us to the glory of God.
2. Heb 13:5 He Himself has said, "I will never desert you, nor will I ever forsake you,"
3. 2 Cor 3:5 Not that we are adequate in ourselves to consider anything as coming from ourselves, but our adequacy is from God.
4. 2 Tim 1:7 For God has not given us a spirit of timidity, but of power and love and discipline.
5. Rom 10:11 For the Scriptures says, "Whoever believes in Him will not be disappointed."
6. Heb 10:14 For by one offering He has perfected for all time those who are sanctified.
Col 2:13 When you were dead in your transgressions and the uncircumcision of your flesh, He made you alive together with Him, having forgiven us all our transgressions.
7. Psa 18:19 He brought me forth also into a broad place; He rescued me because He delighted in me.
8. 1 John 4:18 There is no fear in love, but perfect love casts out fear because fear involves punishment, and the one who fears is not perfected in love.
Psa 56:11 In God, I have put my trust, I shall not be afraid. What can man do to me?
9. 1 Cor 1:30 By His doing you are in Christ Jesus, who became to us wisdom from God, and righteousness and sanctification, and redemption.
10. Read and discuss Psalms 139:1-18.
Psa 32:7 You are my hiding place; You preserve me from trouble.
11. Rom 8:39 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, will be able to separate us from the love of God, which is in Christ Jesus our Lord.
John 15:9 Just as the Father has loved Me, I have also loved you; abide in My love.
12. Eph 1:5 He predestined us to adoption as sons through Jesus Christ to Himself, according to the kind intention of His will.
Col 3:12 So, as those who have been chosen of God, holy and beloved, put on a heart of compassion, kindness, humility, gentleness, and patience.
13. Eph 1:7-8 In Him we have redemption through His blood, the forgiveness of our trespasses, according to the riches of His grace.
1 John 1:7 But if we walk in the Light as He Himself is in the Light, we have fellowship with one another, and the blood of Jesus, His Son, cleanses us from all sin.
14. 1 Cor 1:30 By His doing you are in Christ Jesus, who became to us wisdom from God, and righteousness and sanctification, and redemption.
2 Cor 1:1 to the church of God which is at Corinth with all the saints.
15. Rom 8:9-11 You are not in the flesh but in the Spirit if indeed the Spirit of God dwells in you. But if anyone does not have the Spirit of Christ, he does not belong to Him. If Christ is in you, ...the spirit is alive because of righteousness. But if the Spirit of Him who raised Jesus from the dead dwells in you, He who raised Christ Jesus from the dead will also give life to your mortal bodies through His Spirit who dwells in you.
16. 1 Cor 12:7 But to each one is given the manifestation of the Spirit for the common good.
17. Eph 2:6 He raised us up with Him, and seated us with Him in the heavenly places in Christ Jesus.
Heb 4:16 Therefore let us draw near with confidence to the throne of grace, so that we may receive mercy and find grace to help in time of need.
18. 2 Cor 5:17 If anyone is in Christ, he is a new creature; the old things passed away; new things have come.
Col 3:4 When Christ, who is our life, is revealed, then you also will be revealed with Him in glory.