



**PRACTICE:
IDENTITY IN CHRIST**

Practice: Identity In Christ

1) **Read slowly through the following list of identity statements, asking yourself the question with each one: *Do I believe this?*** Resist the tendency to quickly say “yes”. Now if you *do* believe it, that’s great! But if you find the statement hard to believe, go to the passage(s) it comes from and read the verse(s).

2) **Invite God into the tension** and ask Him the following questions:

- How does this identity statement make me feel? Is it true in my life?
- What is keeping me from believing this particular truth? Is it a lie about myself? About God?

3) **Reject the lie → Embrace the truth → Speak it over your life**

If you’re able to identify the specific lie that may be hindering you from embracing this truth about your identity, name it before God and renounce it in His presence.

Embrace the truth of what God says about you instead, and ask the Spirit to help you believe that identity. Give God the space to speak to you and ask him: *What would it look like for me to believe it?* It’s not a feeling that you’re hunting for, but to get to a place where you believe what God says about you. Like anything, this takes practice! Don’t grow discouraged in your effort to reclaim your true identity.

After embracing the truth, write out a personal declaration that you can call to mind and speak over your life when you find yourself gravitating back toward false identities (or use one of the *Identity Statements* as a declaration).

Here's what this process can look like on paper:

Lie: *"I'm hopeless. I've messed up again and this particular sin will always defeat me."*

Truth: *"We know that our old sinful selves were crucified with Christ so that sin might lose its power in our lives. We are no longer slaves to sin. For when we died with Christ we were set free from the power of sin. And since we died with Christ, we know we will also live with him." - Romans 6:7-8*

Declaration: *"I'm never hopeless because I have Christ. I reject the lie that I'm enslaved to my sin. God has given me the Holy Spirit to put my sin to death. I'm no longer a slave and will not walk in condemnation. Jesus has set me free."*

~ Keep In Mind ~

This takes practice! Doing this exercise one time isn't going to insulate you from lies and ensure that you seamlessly walk in your God-given identity for the rest of your life. Following Jesus is a life-long endeavor! This is something that you may want to return to regularly as often as you feel yourself gravitating back toward lesser worldly identities. The good news is that God is with you in this ongoing process, empowering you to walk in this new identity by the power of the Holy Spirit who lives inside you.

Identity Statements

I am free from condemnation.

Romans 8:1

God is for me, not against me.

Romans 8:31

God saw me at my worst, and yet loved me and chose me.

Romans 5:8-10; Romans 8:32; Ephesians 1:4

I have been adopted as God's forever child.

Ephesians 1:5

I'm a co-heir with Christ. I will reign alongside Him in glory.

Romans 8:17; Galatians 4:7; Revelation 3:21

Sin no longer has power over me. I can now live in freedom.

Romans 6:6-8

I am God's handiwork and have an incredible purpose in God's family.

He has created me with intent & value.

Ephesians 2:10; 1 Peter 2:9; 1 Corinthians 12:27

I am loved with an always and forever, never-stopping, never-giving-up love. Nothing can ever separate me from the love of God.

Romans 8:38-39

My life is hidden with Christ in God. This means my identity in Christ and status before God are eternally safe & secure.

Colossians 3:1-4

God will finish the work that He began in me.

Philippians 1:6

I have been bought at a price. I belong to God.

1 Corinthians 6:20

I have been forgiven of all my sins—washed and cleansed of everything I regret. Past, present, and future.

Colossians 1:13-14

I have been justified (declared righteous). Jesus placed His perfect righteousness upon me and I now stand before God reconciled & redeemed.

Romans 5:1; 2 Corinthians 5:21

The Holy Spirit—the same Spirit that raised Jesus from the dead—is living inside of me right now. He is changing my desires and giving me the power to put my sin to death.

Romans 8:11-13

I am a new creation in Christ! Though I may sin, I am no longer enslaved to the old me or my old ways. I no longer have to live as a slave to my sinful desires. Jesus has set me free and empowered me to live a brand new life.

2 Corinthians 5:17; Romans 6:6-8

I'm never alone. God isn't distant, but is closer than I could ever imagine. He's living inside of me & is always there for me.

John 14:15-18; John 14:23; Hebrews 13:5

I have not been given a spirit of fear, but one of power, love and self-control. There may be times when I feel afraid or overwhelmed, but I will not be dominated by fear. God is with me and I am held in His care.

Psalm 23:4; Psalm 46:1-3; Isaiah 41:13

Satan has been defeated. Through the triumph of the cross, Jesus publicly disarmed the enemy and His victory is now my victory. Satan may deceive and attempt to harm me, but God is on my side and the victory has been won.

Colossians 2:15; 1 John 2:13-14; 1 Corinthians 15:57

I can overcome. Not by my own strength, or by my own resources, but by the God who has given me everything that I need to live victoriously in Jesus Christ. If God is for me, who can be against me?

2 Peter 1:3; Philippians 4:13; Romans 8:31
