

Identity - Handout

Who are you?

How do you see yourself?

How did you arrive at the person you are?

What have you been basing your identity on?

Who gets to define you?

Judges 6: 1- 16: How God sees Gideon.

When our identity becomes intertwined with our insecurity, we can become steeped in self-adoration.” This self-effort opens the door for:

Negative identity attachments:

The loss of our identity and the prison of self

Henri Nouwen in his book, *Who Are We?* Shares five powerful lies of identity:

1. I am what I have.
2. I am what I do.
3. I am what other people say or think of me.
4. I am nothing more than my worst moment.
5. I am nothing less than my best moment.

So then... those questions beg these questions:

1. I am what I have... If I have more am I more?
2. I am what I do... If I do more am I more?
3. I am what others think of me. That means you allow others to define who you are.

KEY: NEVER BASE YOUR IDENTITY ON OR IN SOMETHING THAT CAN BE TAKEN AWAY, REMOVED OR LOST!!

The prison of self:

What was handed down to you?

I Peter 1:18 tells us, “For you know that it was not with perishable things such as silver or gold that you were redeemed from the empty way of life handed down to you from your forefathers.”

The story of a counselee named Chris and identity:

1. Why do I exist?

Before I formed you in the womb I knew you, before you were born I set you apart; I appointed you as a prophet to the nations. (Jer. 1:5)

**You exist because God called you into existence!*

2. How does God see me?

You are not a mistake. You are not a product of your environment. You are not lost in a sea of human beings, unknown to God. You are not less than anyone or anything. You are not judged by God. You do not anger God. In your mere existence you thrill God, are adored by Him and loved with an everlasting love! God so much wanted you to be born that He gave you life!

**In the same way, God see's you as His beloved. He can't stop smiling around you! He loves you so deeply and perfectly. That's how God sees you!*

3. Who am I?

God stepped down from heaven and allowed us to enter into creation with Him and we gave birth. We named him Joshua and all he had to do was breath, eat and mess his diaper and we were thrilled. He did not and was not required to earn our acceptance and approval. We gave it to him freely. He would bear our image, our name and our love.

**How your heavenly Father longs for you to walk in this truth. Author Robert McGee said it this way, "Who you think you should be is less than who you already are."*

Revelation number one: *We are heirs, the children of God.* If the Spirit of God dwells in us, then we are filled with what the Scriptures reveal *is the Spirit that "gives life."*

Revelation number two: *We are a new creation.* II Corinthians 5:17 is revelation when it comes to our new self, "Therefore, if anyone is in Christ, the new creation has come: The old has gone, the new is here!"

Revelation number three: *We are overcomers.* Jesus told us that in this world we would have trouble and tribulation, but that we were not to be discouraged because He has overcome the world. (See John 16:33.)

Revelation number four: *The purpose of identity is not about me.* It is the 'why' of identity. We need to receive a revelation of why He chooses to live within us. He chooses this path in order to equip you to live out His story on the earth for the season that you exist on this earth.

Acts 17 states, "The God who made the world and everything in it is the Lord of heaven and earth and does not live in temples built by hands. And he is not served by human hands, as if he needed anything, because he himself gives all men life and breath and everything else. From one man he made every nation of men, that they should inhabit the whole earth; *and he determined the times set for them and the exact places where they should live*" (Acts 17:24-26)