



THE TRUTH BATTLE

To live a confident, victorious life, you *must* know your identity in Christ.

If you want to overcome fear, anxiety, insecurity, comparisons, and other enemies to confidence, you need to be rooted in the truth of who God declares you to be.

When you believe lies about who you are, you remain weak, weary and defeated. You may currently believe lies like:

I am a sinner.	I am overlooked.	I am weird.
I am unworthy.	I am behind.	I am awkward.
I am not good enough.	I am exhausted.	I am too busy.
I am inadequate.	I am labeled.	I am forgotten.
I am a failure.	I am insignificant.	I am unforgivable.
I am a mistake.	I am a horrible Christian.	I am stuck.
I am overwhelmed.	I am an embarrassment.	I am inferior.
I am not gifted.	I am ugly.	I am...
I am not liked.	I am not important.	I am...

Every one of these false beliefs can destroy your confidence and rob you of a victorious life.

The 30 Day Identity Challenge is designed to help you win the war for your mind. Jesus said, *“and you shall know the truth, and the truth will set you free”* (John 8:32). When you believe the truth about who you are, you will walk strong, bold, and courageous. You will live *from* significance and security, not *for* significance and security. You will not be conformed to this world, but transformed by the renewal of your mind, that by testing you may discern what is the will of God, what is good and acceptable and perfect (Romans 12:2).

Again, knowing your identity in Christ is *vital* to living a confident, victorious life in Christ.

NO ONE IS STUCK

The Apostle Paul wrote to the church in Corinth, *“For the weapons of our warfare are not of the flesh but have divine power to destroy strongholds. We destroy arguments and every lofty opinion raised against the knowledge of God, and take every thought captive to obey Christ”* (2 Corinthians 10:4-5). Notice, Jesus Christ has all power and authority for He is King of Kings and Lord of Lords (Rev. 19:16). Every argument, lofty opinion, and thought submits to Him. Therefore, you are in a truth battle, *not* a power battle.

When you stand on God’s promises, strongholds **will** be broken and your mind **will** be renewed. Psalm 119:160 says *“The sum of your word is truth, and every one of your righteous rules endures forever.”* Truth always wins, just as light always overcomes darkness, and because God’s truth never fails, no one is stuck.



HOW THE IDENTITY CHALLENGE WORKS

The *30 Day Identity Challenge* is simple. For 30 days, you will go on the offensive to stand in the truth of who you are in Christ. Every day you will get a new truth statement to focus on. The goal is to journal on God's declaration and then encourage your group with what impacted you most. A short daily video is included, as well as a closing prayer to attack the day.

Daily workouts can be completed at any point in the day (*morning is recommended*). For added benefit, consider verbally declaring all thirty truth statements every morning. This simple, ten-minute activity will absolutely transform your life.

THE THIRTY DAY OVERVIEW:

- Days 1-7 – I am Deeply Loved
- Days 8-12 – I am Totally Accepted
- Days 13-17 – I am Absolutely Significant
- Days 18-21 – I am Completely Secure
- Days 22-25 – I am Entirely New
- Days 26-30 – I am Purposefully Sent

JOURNALING

Journaling is at the heart of the *30 Day Identity Challenge*. This is where you spend intimate time with the Lord diving deep on the truth statement of the day. For many, journaling is new and can feel intimidating. See pages 20-21 for a simple structure called the STAR Method that will help you get started.

THE POWER OF ENCOURAGEMENT

The *30 Day Identity Challenge* is designed for community. As you encourage others, you strengthen them, and you reinforce God's declarations in your own heart! Therefore, don't hold back! Strive to excel at building others up (1 Cor. 14:12).

DAILY WORKOUT PLAN:

Each day includes 4 parts:

- ▶ **Warm Up**—Start your day by watching the short daily video
- ✚ **Journal**—Talk with God on key Bible verses
- 💬 **Encourage**—Share with your group what impacted you most
- 🏃 **Attack the Day**—A prayer to start your day on offense

▶ WARM UP

Start your day on relentless offense by watching the daily video on who God declares you to be. Your feelings don't dictate your morning—you do! When you win the morning, you win the day!

✚ JOURNAL

Next, it's time to read and journal key Scriptures. Use the STAR Method on page 21 to connect with the Lord and apply the truth statement to your life.

💬 ENCOURAGE

Spending time in God's Word is just the beginning—now, it's time to encourage others with what you've learned. You can share your entire journal entry, or simply your biggest takeaway. When you build others up, it strengthens others and reinforces God's declarations in you.

🏃 ATTACK THE DAY

End your time with a bold prayer, declaring victory over the day ahead. No matter what comes your way, you are strong, courageous, and ready to WIN the day!

ADDITIONAL RESOURCES

You can find additional resources for small groups, personal study, and a daily Warrior Prayer starting on page 88.

HELP! I'VE NEVER JOURNALED!

Journaling can be intimidating for many people who have never done it. However, just because it's tough, don't write it off just yet. This one activity might change your life.

WHAT IS JOURNALING?

For this training, journaling can best be understood as an active prayer time with God. As you dig into Scripture, you will write down your discoveries, applications, and prayer responses to God. At times, painful emotions and memories may surface. That is great! Let them come. Journaling helps bring freedom!

WHY JOURNAL?

Journaling is a powerful and transformative activity for a few reasons:

First, journaling gets the **toxicity out** of you and onto a page. As you write, your thoughts slow, and you're able to unload your emotions, anxieties, fears, and concerns to a safe place. Once they are stored on the page, you can officially let go of all the toxicity you were carrying. Why? Because it's right there in the journal if you ever need it.

Second, journaling gets the **truth in** your heart and mind. As you write, you think deeply on God's Word, which leads to new insights and discoveries. The **STAR** method empowers you to then apply the truth to your life and respond to God in prayer.

Journaling is worth it!

So, take a step of faith! Try something new. Start getting the toxicity out and the truth in.

HOW TO JOURNAL

The **STAR** Method is an easy framework to help you connect intimately with Christ. After you watch the daily video, take time to journal on the key Scripture(s) using this basic structure:

- **Scripture** - Write the Scripture.
- **Topic** - What is this Scripture saying?
- **Application** - How does the Scripture apply to me right now?
- **Response** - Write a prayer to God about your discoveries.

For those that struggle to write, consider using your phone or computer to record your insights. You can also use the voice-to-text feature on your phone or tablet to verbally record your discoveries. All of these will work to help you **get the toxicity out and the truth in!**

THE STAR METHOD