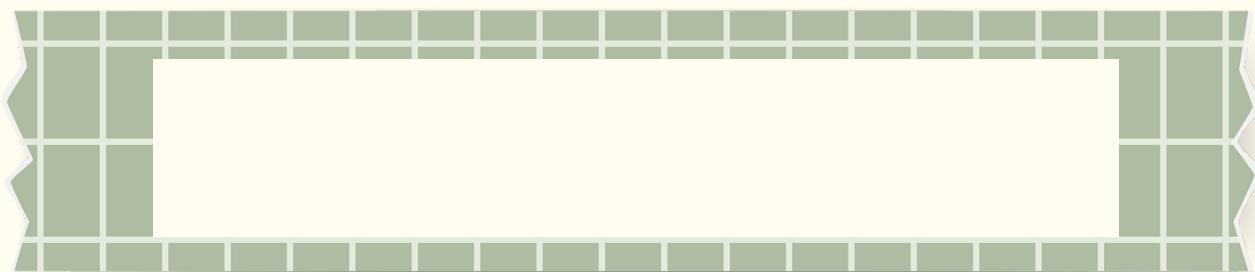


Do You
Know Who
You Are?

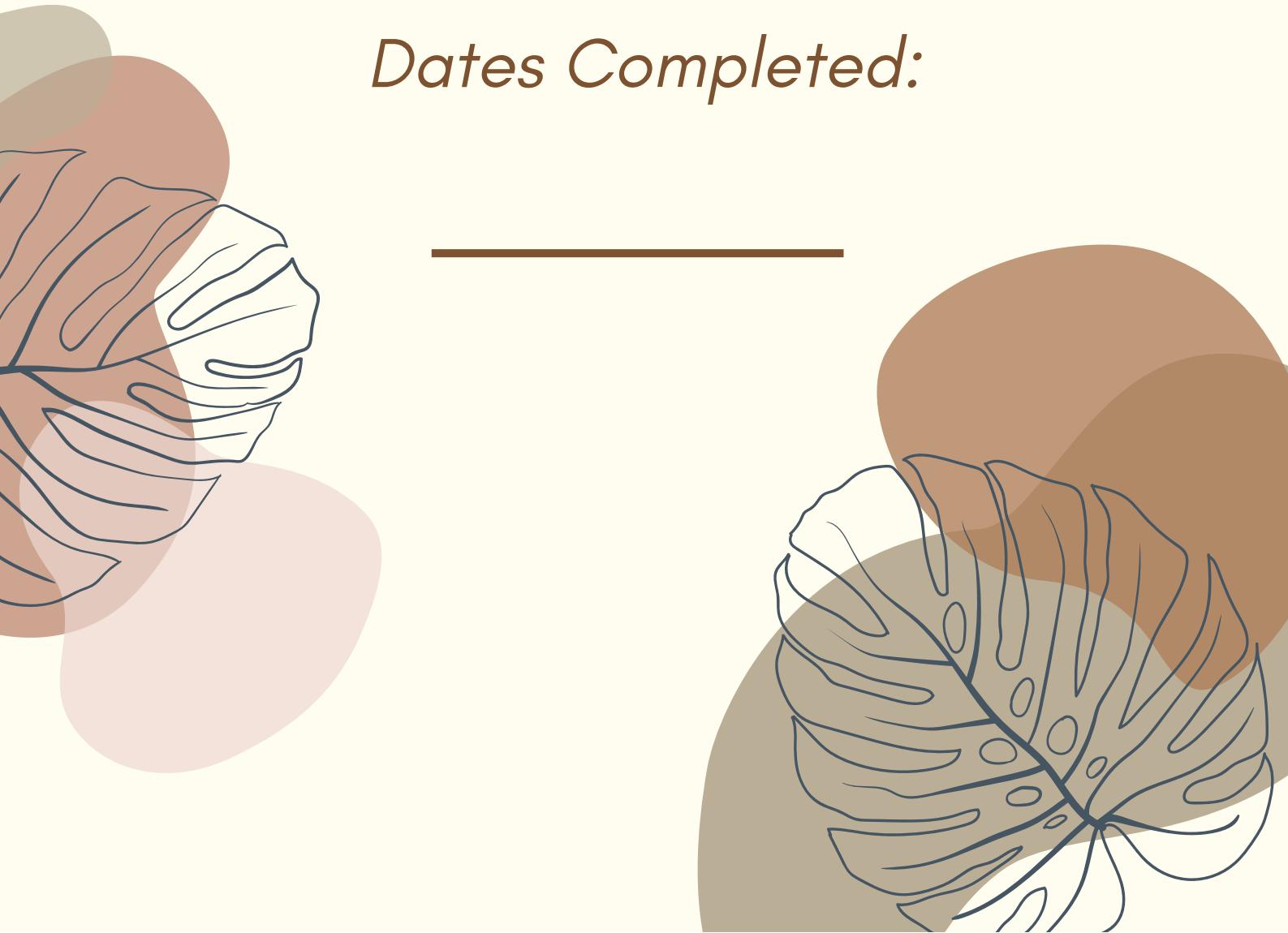
A Brief Look at Identity In Christ



This study book belongs to:



Dates Completed:



Why Do I Need To Know Who I Am?

Identity is foundational. It is the bedrock upon which we build our beliefs and behaviors. Ardy Parlin from Encounter Revival Ministries said this,

"What you believe you practice, and all the rest is religious talk."

At the time, I was offended, but after walking with Jesus for 12 more years, I know for certain that this is true.

What you believe about your identity in Christ predicts how you will live your life. Right thinking precedes right living.

My hope is that this study helps you "sure up" your foundation so that you can build a life that won't collapse when the storms come.

Prayerfully,
Sarah Louise Bernard

Day One:

you need to know who you are so you know how to act

First, let's define our terms - 'identity' is defined as: *the condition or character as to who a person is; the qualities, beliefs, etc., that distinguish a person.*

So - your *identity* is the condition and character of what you believe about yourself. Identity includes who you are to others, ie: spouse, sibling, friend, but that is not the foundation. Identity includes what you do, ie, your job, hobbies, & passions, but these things are also not the foundation. When you are in Christ - the foundation of your identity is described by every verse in the Bible that says "in Him" referring to 'In Christ.' Look up the following verses and write down what they say about your identity *In Christ.*

John 3:15-18

John 15:16

2 Corinthians 5:17

Mediate on these truths today. In Christ you...

- Have eternal life, are loved by God, and are not condemned.
- Have been chosen by Jesus to bear fruit and that your fruit will remain.
- Have become a new creation and the new has come.

What joy and hope! In Christ your identity has changed, you are no longer unsafe or unwelcome, you are welcomed, safe, and important in Jesus.

Reflections on today's reading



A lined writing page with a tropical leaf border. The page features horizontal ruling lines. The border is composed of large, stylized leaves in shades of green, blue, and brown, arranged in a decorative frame. The leaves are particularly prominent in the corners and along the right edge. The overall aesthetic is clean and modern, with a focus on natural elements.

Handwriting practice lines are provided for each row.

Day Two:

you need to know who you are so you can discern when the enemy or someone else lies to you about your identity.

John 8:44 tells us that the enemy is the “father of lies” and he “does not stand in the truth, because there is no truth in him. When he tells a lie, he speaks from his own nature because is a liar and the father of lies.”

When lies come against you about your identity, lies like: “you’re not worthy” “you’re not good enough” “you can’t do this” “you’re going to fail” – these are false statements that come against your very identity in Christ. This identity is your foundation. You see, the enemy knows that if he can get you to believe these lies about who you are, then he can reasonably know that you won’t live out the full abundant life God has for you. You’ll get tied up in these lies and will be effectively bound, even though you already know Jesus and have been set free.

See, the enemy can’t take you out of the Father’s hand or out of Jesus’ hand (John 10:25-30) He knows that – but what he can do, he does – he lies to you. He sends out his lies on the airwaves (Ephesian 2:2), and sends out his minions to spread false words (John 8:44). These lies are out there for you to pick up and believe... And if you’re not guarded, you’ll accept them, you’ll come into agreement with them. When you pick up the lies, you’ll often think it’s your own thoughts. I mean, you’re not anybody special... so it must be true...right? WRONG!

The doubts and fears about who you are are untrue. The enemy can’t read your mind. But he can see how you choose to behave – that’s how he knows whether or not you’re believing him or your Father in heaven. Year ago I heard this catchy little phrase, “Your walk talks and and your talk talks. But your walk talks louder than you talk talks.” I’m not sure where that phrase originated – but it’s true. And if you aren’t sure what it means just yet – go ahead and read it one more time.

2 Corinthians 10:5 says, “We are destroying speculations and every lofty thing raised up against the knowledge of God, and we are taking every thought captive to the obedience of Christ,” In Christ, you have the power to analyze each thought, and know whether it is from the liar and enemy of our souls, or if it is from the Father from heaven, who is good and sends good gifts. (James 1:17)

Today, practice taking every thought captive and asking the Holy Spirit if it is from God or from the enemy. Or if it’s a lie that you believed long ago that needs to be changed.

Reflections on today's reading



A lined writing page with a tropical leaf border. The page features horizontal ruling lines. The border is composed of large, stylized leaves in shades of green, blue, and brown, arranged in a symmetrical pattern. The top right and bottom right corners feature large, detailed leaves, while the top left and bottom left corners feature smaller, rounded leaf shapes. The overall design is elegant and suitable for journaling or creative writing.

Reflections on
today's reading

Day Three: you need to know who you are so you know you have purpose.

So - Now that you know why it's important to know who you are, it's time for you to know this: you were not just saved from your sin. Let me say that again...

You were not just saved from your sin. Maybe you're like me and all of your life you were told how you were saved from sin and hell. Well, that's correct, technically.. But it's not the whole picture. You were saved FOR a purpose. Look up the following verses and write down a few things about what you were saved for.

Galatians 5:1

Ephesians 2:10

You were saved to be FREE in Christ - Romans 6 talks about this - you are dead to sin and alive to God! You no longer have to go along with every lie and temptation that presents itself to you! That's great news! (if you're wondering HOW - hang on, we'll get to that!) You were saved to DO SOMETHING - Ephesians 2:10 tells us that God prepared good works for us to do. That means there's good things that God picked out for you to do after you meet Jesus! There are some things that the Word tells all believers to do, these are typically called "one another" commands, and the New Testament is full of these, found mostly in the Epistles, and there are things that God will call you to do specifically that may or may not be things every Christian does. For me, Jesus called me to write this devotional, not every believer writes devotionals, but some do. You see? There's both general and specific good works that God prepared for you and all believers to do. Today, meditate on the fact that you are important. God saved you for a purpose - to walk in the good things He prepared specifically for you. You are free, you are loved, you have purpose.

Reflections on today's reading



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Handwriting practice lines are provided for each row.



*Thank you for joining me for this brief
look at identity in Christ!*

*To find out more about who you are in
Christ – join my email newsletter over
at sarahlouisebernard.com.*

*There's also a seven day email course
and a six week Bible study coming
soon.*