

Module Two

Who You Are in Christ

We are God's masterpiece.

Ephesians 2:10, NLT

For many of us stress and conflict is multiplied by our desire to be right, to feel superior, to feel accepted, and to be heard. Sometimes we feel inadequate and unworthy. When we know who we are in Christ and who others are, we can let go of the power struggles and find peace in ourselves and our relationships. Each of us was created as a miracle, made in the image and likeness of God (see Genesis 1:27). The Almighty created each of us with a unique collection of gifts, special talents, and challenges. Each of us is fearfully and wonderfully made (see Psalm 139:14).

What do you see when you look in the mirror? When you look into your eyes, what thoughts come to mind? For many the first thoughts are negative. We see wounds, scars, and imperfections. We see through our thoughts, but our minds can be dumping grounds festering with untruths from the enemy and from ourselves telling us who we are and how we must act to be loved and accepted.

But here's the truth when God looks at you, he sees his reflection—the miracle he created—the love of his life, his precious child. This paradox of truth of who we are in God and the lie of who we think we are is a battlefield that keeps us from living the life God planned for us.

Here are just a few of the ways God sees you. Begin now to read aloud and repeat these truths about who you are:

- I am forgiven (Ephesians 1:7).
- I am blessed coming in and blessed going out (Deuteronomy 28:6).
- God's favor surrounds me like a shield (Psalm 5:12).
- I am loved with an everlasting love (Jeremiah 31:3).

- I approach God with boldness, freedom, and confidence (Ephesians 3:12).
- I am confident that God will perfect the work he has begun in me (Philippians 1:6).
- In Christ I am given exceedingly great and precious promises (2 Peter 1:4).
- I am safe under the shadow of God's wings (Psalm 57:1).
- I am God's masterpiece created in Christ to do the good work he has planned (Ephesians 2:10).
- I am established and anointed and blessed by God in Christ (2 Corinthians 1:21).
- I am chosen and dearly loved by God (1 Thessalonians 1:4).
- In Christ I have everything I need (2 Peter 1:3).
- I am chosen and appointed by Christ to bear his fruit (John 15:16).
- I grasp how wide and how long, how high, and how deep Christ's love is for me (Ephesians 3:18).
- I am assured that all things work together for good because I love the Lord and am called according to his purpose (Romans 8:28).
- I am complete in Christ (Colossians 2:10).
- I have the mind of Christ (1 Corinthians 2:16).
- I am a precious child of God (1 John 3:1).
- In Christ I am a new creation; the past is over (2 Corinthians 5:17).
- In Christ I am firmly rooted and now being built up in Him (Colossians 2:7).
- My mind and heart are filled with God's peace (Philippians 4:7).
- In Christ I am victorious (1 John 5:4).
- I have been made alive together with Christ (Ephesians 2:5).
- From the fullness of God's grace, I receive one blessing after another (John 1:16).
- The grace of our Lord is poured out on me (1 Timothy 1:14).
- I am created to live and walk in victory. In Christ I am always led to triumph (2 Corinthians 2:14).
- I go out in joy and I am led in peace (Isaiah 55:12).
- My healing quickly appears (Isaiah 58:8).
- This is the year of the Lord's favor (Isaiah 61:2).
- Instead of shame I receive a double portion (Isaiah 61:7).

- All who see me will acknowledge that the Lord has blessed me (Isaiah 61:9).
- I delight in the Lord and He gives me the desires of my heart (Psalm 37:4).
- God's grace is lavished on me with wisdom and understanding (Ephesians 1:8).

Whether you believe these scriptures or not, proudly and boldly speak them out loud, for they are the truth, and little by little, as you begin to believe them, you will begin to experience them. As you speak them to yourself, realize that all these truths are also reflected in your friends and family. Each of them is a precious gift, a miracle also. And just like them we too innocently get caught up in thought and don't act like this all the time. Yet this is the core of who you are.

As you read these scriptures over and over, you learn to see yourself and others through the eyes of grace the way God sees you.

Group Process Module Two

Who You Are in Christ

Opening Prayer

Introduction

Second Timothy 3:16 says every word of scripture is God-breathed. The Bible is his love letter to us, our instruction manual on how to live a good life. Whether you are new in your faith walk or have been walking with the Lord for many years, the foundation of our faith and living the fullest, best life comes from knowing who we are in Christ, which we can discover in scripture. His Word molds us, shapes us, and guides us. The words we speak deeply impact each other and ourselves, so we must notice if we are speaking lies or truth.

When we know who we truly are, others' negative opinions of us no longer hurt us as deeply or define who we are. When we start walking in the truth of who we really are, we become happier because we no longer need the approval of others to feel our value.

