



Identity in Christ 1 – with Holy Spirit (stolen from Jamie Winship)

- Deep breaths
- Let your concerns go and relax
- You are not competing with others
- In your imagination
- Go to a place that is the most safe, secure, and wonderful place in the world
- What about it makes you feel safe
- Why is it so restful for you, describe your surroundings
- In that place, ask the Holy Spirit or Jesus to come into that place with you
- Where is he around you? What is He doing?
- What happened when He entered?
- Let your imagination go where it wants.
- The Spirit or Jesus is going to ask you a question.
- What is the biggest burden that you carry?
- Where in your body do you feel the weight of this burden?
- Are you willing to give it away to Him?
- Now choose to let go of the burden, and give it to Him.
- What does it look like when it is leaving?
- How much has it been costing you to keep carrying this burden?
(Physically emotionally, and spiritually)
- What is Jesus giving you something in place of this burden?
- What does he want you to have?
- Take it ... receive it ... what does that look like?
- What is one thing you want to do with what you have received?
- WRITE DOWN ALL THAT JESUS SPOKE TO YOU SO YOU DON'T FORGET IT

Part 2 (taken from Jamie Winship)

We all need to tell the truth (confess) about what we really believe about ourselves that is not true. Things like – I'm not valuable, I'm not worthwhile, I'm stupid, not loved, afraid God will not show up for me, afraid God won't talk to me, I don't have what it takes etc etc.

Don't dig them up, just let them come naturally as you pray.

"Lord Jesus, please search me and reveal to me things I believe about myself that are not true, that is not what You say about me and that offends you.

Show me places in my life where I believe things about myself that are false and offend you because it is not who you made me to be."

(pause and listen)

Write down what you hear and think about yourself

**"Jesus, I accept your forgiveness for believing
(simply confess false beliefs)_____ about myself that is not what you say
about me."**

Let God cancel the effects that you believe about yourself that are not true.

Picture yourself handing the list of lies to Jesus, watch what he does with the list.

Write down what he did with the list.

Ask Jesus these questions.

Jesus, what do you call me? (write down the first thing you hear)

What do you think of me?

What do you say about me?

(pause and listen)

Write down your name, which is your identity from God.

Ask Jesus, what does he want you to know about your name?

(Write it down)

"True identity is always looking toward others ... not self-protection and self-promotion

Lies put us in a fear loop. Fear puts us in self-protection and self-promotion." Jamie Winship

As we grow spiritually we can have different identities and they can evolve over time... as the Holy Spirit gives us the spiritual tools to do the tasks he invites us to do for him. What do you think?