



## **Freedom from inner prisons**

### **Self-identity**

1. What does the phrase 'self-identity' mean?
2. **STICKERS** How would you describe your self-identity? Answer 'I am...' (i.e. if someone asked you who you are, what one thing would you say in order to identify you as you?)
3. **SHOUT-OUT** What things might other people use to describe their self-identity?

### **What does the passage say and mean?**

4. Read John 1:12. What does God say about all who believe and trust in Jesus? What does it mean to you to know this and is this part of your self-identity?
5. Read Ephesians 1:5. What more do you learn about belonging to God's family?
6. Read Ephesians 2:10. What does this passage tell us about Christians?
7. Read 2 Corinthians 5:17. What does God say you are, as a Christian? What does this mean?

8. Read 2 Corinthians 5:18. What has God done for us and what has God given us to do?

9. Read Philippians 3:20. What are you and what does this mean?

Questions 10-12 are **SELF-DIRECTED QUESTIONS**. You need to write them on flip-chart sheets for the group to work on in pairs.

10. **SDL** Read 1 Corinthians 6:19. How does God describe you? What does it mean to say that the Holy Spirit lives in you?

11. **SDL** Read 1 Peter 2:5. How are Christians described (two main things) and how is this related to being God's temple?

12. **SDL** Read Romans 12:4-5. How are we described and what does this mean?

13. Read Philippians 1:1. What word is used to describe the believers in Ephesus? Did you realise that this word describes you too? How do you feel about that?

14. Read 1 Peter 5:8. How is the Christian described? What does this mean?

15. Read Matthew 5:14. How are you described, if you are a Christian? Does this surprise you?

16. Read through the list of statements 'Who I am in Christ'. How does this list make you feel?

## **How can I live according to these truths in my life?**

20 minutes

1. Which of the verses we have looked at stood out the most to you? How do you think this verse will affect your self-identity?
  
2. Pick one of the verses we have looked at today and read it again every day for a week. See how your self-identity starts to change as you think about what God has said about you.
  
3. In what ways do you think your behaviour / attitude / habits etc. might need to change, in view of your being a temple of God?

## **Who I am in Christ**

- I am the salt of the earth (Matthew 5:13)
- I am the light of the world (Matthew 5:14)
- I am a child of God (John 1:12)
- I am part of the true vine, a channel of Christ's life (John 15:5)
- I am Christ's friend (John 15:15)
- I am chosen and appointed by Christ to bear his fruit (John 15:16)
- I am a slave of righteousness (Romans 6:18)
- I am enslaved to God (Romans 6:22)
- I am a son of God; God is spiritually my Father (Romans 8:14)
- I am a joint heir with Christ, sharing his inheritance with Him (Romans 8:17)
- I am a temple – a dwelling place of God. His Spirit lives in me (1 Corinthians 3:16)
- I am united to the Lord and am one spirit with Him (1 Corinthians 6:17)
- I am a member of Christ's body (1 Corinthians 12:27)
- I am a new creation (2 Corinthians 5:17)
- I am reconciled to God and am a minister of reconciliation (2 Corinthians 5:18)
- I am a saint (Philippians 1:1)
- I am God's workmanship – His handiwork – born anew in Christ to do His work  
(Ephesians 2:10)
- I am a fellow citizen with God's people, and part of God's household (Ephesians 2:19)
- I am righteous and holy (Ephesians 4:24)
- I am a citizen of heaven, seated in heaven right now (Ephesians 2:6)
- I am hidden with Christ in God (Colossians 3:3)
- I am an expression of the life of Christ because He is my life (Colossians 3:4)
- I am chosen of God, holy and dearly loved (Colossians 3:12)
- I am a son of light and not of darkness (1 Thessalonians 5:5)
- I belong to Christ (Hebrews 3:14)
- I am one of God's living stones, being built up in Christ as a spiritual house (1 Peter 2:5)
- I am a member of a chosen race, a royal priesthood, a holy nation, a people for God's own  
possession (1 Peter 2:9-10)
- I am an alien and a stranger in this world in which I temporarily live (1 Peter 2:11)
- I am an enemy of the devil (1 Peter 5:8)
- I am a child of God and I will resemble Christ when He returns (1 John 3:1-2)
- I am born of God, and the devil, cannot touch me (1 John 5:18)