

# Reflecting on Your Identity, Destiny and Security



by

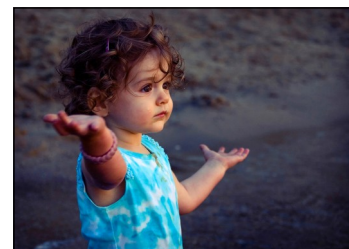
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# Your Identity, Destiny and Security

## Three Very Important Questions to Answer

Have you ever been around a small child and listened to the questions they ask? Our six year old grandson spent several days with us recently and he never stopped asking questions. I was simply amazed at all the questions. “Paw Paw, Why? How?” He asked question after question all day long. I do believe he inherited that from his Paw Paw.



There are three questions that I would like for you to consider today. If you honestly seek the answers to these questions it will lead you down a path to find your identity and your destiny.

## The First Question deals with your identity.

### Who am I ?

#### Identity

The first question for you to answer is “Who am I?” This question pertains to your identity. What does identity mean? **Identity is the perception we have of ourselves.**

Our identity, who we are, is shaped largely by people with whom we are in relationship. Our identities are open only to those with whom we bond and those we need. If we are in a secure, healthy relationship we can experience joy. Only those we need, whether in a healthy bond or unhealthy bond, can really touch our core self.

#### Building an Identity

Identity has been defined as a fairly stable picture of who you are; a picture that seems to be shared by others who know you and whom you considered to be significant. Identity development is a continuing process of seeking to answer such questions as “Who am I?” “What is unique about me?” or “Where do I fit in this world?” These questions come with special urgency during the late teenage and early adult years. If there are not answers, young people often experience confusion, helplessness, inner turmoil, a lack of direction, and a sense of quiet desperation as they go through identity crisis. (Taken from Gary Collins’ book Christian Counseling) Unfortunately many today are suffering from “identity crisis.” They have never developed a healthy identity based on healthy bonds. Often one’s identity is based upon lie-based thinking or fear-based thinking.

**The primary issue at stake in dealing with identity is value. “Who or what gives you value and worth?” So when we talk about our identity, we are speaking about our perception of self and the value of our life and being.**

*Let’s examine your possible fears or fear-based thinking on which you might base your identity. Complete the following exercise on fear-based identities and fear-based thinking.*

## Fear-Based Identities

### Fear

Fear is our emotional reaction to something imagined or real. Fear is avoidance-based thinking and behavior. It is an emotion that is often described as to be afraid, scared, terrified, frightened, or to worry or to be anxious. One of the most prevailing characteristics of twenty-first century man is fear. It has been termed the official emotion of our age.

**Fear-based identities** - Fear-based identities are built on unhealthy bonds.

James Wilder writes the following concerning “fear-based identities:”

*Every distortion of our true selves leaves a weakness to be exploited through fear. Injuries to our identities are the most painful and debilitating damage we can sustain. Every incorrect accusation or attribution by those we trust leaves pain, confusion and weakness. These false labels cause fear that makes children see themselves, in spite of others’ intentions, as the dragon (Satan) wants them to. The power of life and death is in the tongue.*

The lethal labels that we wear from the wounds that we carry from the words of others are like drinking battery acid – they are poisonous and they kill.

Wilder goes on to say:

*Knowing our true identity in Christ is an impenetrable defense against evil. This identity is based on love – a love so solid it can endure all pain. God is certain that if we know Him, we will love Him. The dragon, on the other hand, prefers that our identities be based on fear; he does not expect to be loved. He knows we fear pain.*

*I once had the opportunity to ask a man who had been a high-ranking leader of a cult which was the more powerful force, love or fear. Without hesitation he responded, “Fear.” What do you believe? Those who believe fear is stronger will organize their identities around fear itself. They admire the powerful or scariest person, force or being...*

*Pain is the simplest way to produce fear. This is so simple that you may miss the impact. Those who want the power that comes from fear must produce pain. More pain means more fear, which means more power over others – except to those who do not fear pain.*

**“If you give someone permission to give you value (or your identity), they can also take it away.”**

*- Dan Geroy*

Read through the next section entitled “Steps in Overcoming Fear.” Determine areas where you display fearful

*emotions and journal your thoughts on the fears that you checked off.*

## Steps in Overcoming Fear

Correctly formed identities hold up under great pressure without requiring repair. Fear-based identities often mean that our identities are fragile at best. Fear based identities come from our interpretation of past events and relationships. The brain predicts the future based on accumulated information about the past. If you have bad data, malformed, or incomplete data based on a fear-based identity, you will make bad predictions and poor choices.

What would life be like if we could remove unhealthy fear? Jesus has not given us a spirit of fear, but of power, love and a sound mind (2 Timothy 1:7). Unhealthy fear does not come from God. If we can recognize and root out the fear in our lie-based thinking and replace it with Jesus' truths, we can experience mind renewal and an abundant life (Romans 12:2).

The following list may help you recognize some of the fears that have influenced your identity and hindered your confidence and walk of faith. Check off the fears that apply to you. The root of unresolved fear is a belief that is not based in truth. Ask Jesus to show you the source of these false beliefs (lies) and to replace them with His truths. Take as much time for this part of the exercise as you need in order to discern these lies. Renounce them and choose to receive the truth from Jesus. This is a critical step in gaining your freedom in Christ. Journal your thoughts on the next page.

- Fear of Satan
- Fear of the dark
- Fear of death
- Fear of not being loved by God
- Fear of not being loved
- Fear of being alone
- Fear of rejection
- Fear of failure
- Fear of disapproval
- Fear of embarrassment
- Fear of being in a social setting
- Fear of going crazy
- Fear of divorce
- Fear that things are hopeless
- Fear of the death of a loved one
- Fear of the future
- Fear of confrontation
- Fear of being/becoming homosexual
- Fear of marriage
- Fear of committing the unpardonable sin
- Fear of specific people, places, animals or objects
- Fear of losing your health
- Other fears the Lord brings to your mind.
- Other \_\_\_\_\_
- Other \_\_\_\_\_





## The Second Question deals with your destiny.

### What is my purpose in life?

What is your reason for living? Your destiny has to do with your perception of your function and significance. Alternative questions you might ask are “Why am I here?” or “What am I supposed to do with my life?”

### Seven not-so-simple steps to seek your purpose in life:

#### 1 STEP 1

- Seek God’s face each day! Ask Him to reveal your purpose—your assignment in life.
- The Bible serves as our road map, or compass, pointing us toward the person of Jesus. Read it!
- Pray that God will open the “eyes of your heart” to receive His great grace.
- With simplicity and clarity, ask God to show you your true gifts, talents, strengths, and passions. Make a list of them.
- Ponder the things that cause awe and wonder to stir your soul.



#### 2 STEP 2

- What do you value? Ask God to reveal to you what you truly value? Remember, without Jesus, all things lose their value.
- Make a list of the things you value. Then determine your core values. Jesus Christ should be at the center.
- Determine the things that are important to you.

#### 3 STEP 3

- The Holy Spirit is the great revealer; He reveals Christ. He takes what is true in Christ and makes it real and alive in you.
- There is nothing worth pursuing outside of Christ.
- Does Christ live in you? If not, invite Him into your life.

- Begin to define your mission statement. Write out your mission in life. This might take a while.
- Keep it in front of you every day.

#### 5 STEP 5

- Ask Jesus to help you identify any lie-based beliefs in your life. List them!
- Ask Jesus to replace any lie-based thinking with His truth.

#### 6 STEP 6

- Live in the precious present—the now.
- Become someone who lives every moment to the full – with purpose

#### 7 STEP 7

- **Write your own script and manage it in light of the Lord Jesus Christ!**
- Define yourself by what you want to do – not by your perceptions of what others think.
- “What would Jesus do?” is **not** the question, rather “What is Christ doing through me?”
- Live in Jesus’ indwelling life through the power of the Holy Spirit.  
“I know longer live, but Christ lives in me.” Gal. 2:20

### What do you Value?

Values are those things that really matter to each of us...the ideas and beliefs we hold as special.

Your values are the lens through which you view yourself and the world around you. They influence your thoughts, feelings, and behavior. They also shape your life.

Turn to the journal on page 11 entitled, “What is my purpose in life? Why am I here?” and answer the question.

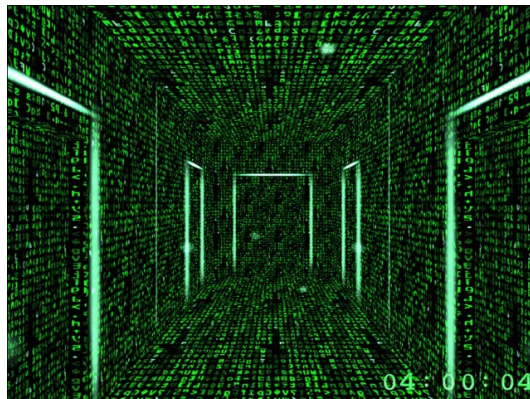
## Satan's Message vs. God's Message Concerning Identity, Destiny and Security



*Now, go back and review your thoughts on identity, and destiny. There are messages that we play to ourselves in our brain every day. Some messages are healthy and positive and some are negative and destructive. What do the scriptures say about your identity, and destiny? As you read the next section, you will be able to look at the messages Satan wants you to hear and the messages Jesus wants you to hear.*

### What does Satan want you to believe concerning these questions?

The Word of God tells us that Satan is the Father of Lies (John 8:44). He wants to deceive you by planting lies into memories that distort the way you view yourself, the world and God. If Satan is able to establish his images of identity, destiny and security into your life, he has set up a **matrix for governing your life** that more or less runs itself and requires little maintenance on his part. Satan wants you to see yourself in a way that is different from the person God created you to be. What message has the evil one planted in your heart regarding your identity, destiny and security? Has the evil one whispered one of these lies in your ear?



*Spend some time reviewing the chart on the next page. Highlight the messages that you hear often. Ask Jesus to show you His truth concerning the messages you speak to yourself.*

## Satan's Message

### Identity:

You are worthless, unworthy, unacceptable!  
 You are not supposed to be here!  
 You were an accident!

You should have never been born!  
 Something is wrong with you!  
 You are a nobody!  
 You're not smart, you're stupid!  
 You are ugly!  
 You should have been a boy or girl!  
 Your parents didn't love you!  
 Your sister or brother is smarter than you!  
 You are not loved!  
 Shame on you!  
 You are broken!

### Destiny:

You will never amount to anything!  
 You are a failure, inadequate!  
 You are just average!

You do not have what it takes!  
 No point in trying, for you can't do it!  
 You are cursed!  
 You will never have anything!  
 I will always be in bondage!

### Security:

#### Your security is in:

being beautiful!  
 being successful in sports or band!  
 your ability to produce a good income!  
 driving the right car!  
 the position that you hold!  
 having a certain amount of money!

## God's Message

### Identity:

You are valuable and have great worth!  
 You are my workmanship, created in Christ!  
 You were not an accident or mistake!  
 God planned for you before he created the world!  
 You are born of God!  
 You are ok!  
 You are fearfully and wonderfully made!  
 You have God's wisdom and the mind of Christ!  
 I created you and you are beautiful to me!  
 You are what you are because I created you!  
 I love you and sent my son to die for you!  
 You are unique and there is no one like you!  
 You are loved unconditionally  
 There is no condemnation in Christ Jesus!  
 You are complete in Christ!

### Destiny:

You will triumph in Christ!  
 You are more than a conqueror!  
 I know the plans I have for you declares the Lord, plans for welfare ... to give you a future and hope.

You can do all things through Christ!  
 You are redeemed from the curse of the law!  
 You have a guaranteed inheritance in Christ!  
 You are free and I offer you an abundant life!

### Security:

You are the apple of your Father's eye!  
 Ruthlessly place your trust in Christ!  
 Your needs are met in God!  
 You are complete in Christ!  
 You are seated at the right hand of God!  
 You are promised an abundant life in Christ!

“When you vow allegiance to Jesus, you are pledging allegiance to journey together without knowing everything about where you are headed, and without expecting everything to be spelled out in some prenuptial. But you do know with whom you want to travel through life.”

“Threshold Five: Entering the Kingdom”, Everts and Schaupp

## **Who Am I in Christ**

Take some time and examine the following list taken from Neil Anderson's book, Living Free in Christ, to learn exactly who scripture says you are as a Christian. Your identity can be fixed in the following:

### **I Am Accepted in Christ**

I am God's child (John 1:12)  
 I am Christ's friend (John 15:15)  
 I have been justified (declared righteous) (Romans 5:1)  
 I am united with the Lord and one with Him in spirit (1 Corinthians 6:17)  
 I have been bought with a price; I belong to God (1 Corinthians 6:20)  
 I am a member of Christ's body (1 Corinthians 12:27)  
 I am a saint (Ephesians 1:1)  
 I have been adopted as God's Child (Ephesians 1:5)  
 I have direct access to God through the Holy Spirit (Ephesians 2:18)  
 I have been redeemed and forgiven of all of my sins (Colossians 1:14)  
 I am complete in Christ (Colossians 2:10)

### **I Am Secure in Christ**

I am free forever from condemnation (Romans 8:1-2)  
 I am assured that all things work together for good (Romans 8:28)  
 I am free from any condemning charges against me (Romans 8:33-34)  
 I cannot be separated from the love of God (Romans 8:35, 38-39)  
 I have been established, anointed, and sealed by God (2 Corinthians 1:21-22)  
 I am confident that the good work of God has begun in me will be perfected (Philippians 1:6)  
 I am a citizen of heaven (Philippians 3:20)  
 I am hidden with Christ in God (Colossians 3:3)  
 I have not been given a spirit of fear, but of power, love and a sound mind (2 Timothy 1:7)  
 I can find grace and mercy to help in time of need (Hebrews 4:16)  
 I am born of God and the evil one cannot touch me (1 John 5:18)

### **I Am Significant In Christ**

I am the salt and light of the earth (Matthew 5:13-4)  
 I am a branch of the true vine (Jesus Christ), a channel of His life (John 15:1,5)  
 I have been chosen and appointed to bear fruit (John 15:16)  
 I am a personal witness of Christ (Acts 1:8)  
 I am God's temple (1 Corinthians 3:16)  
 I am a minister of reconciliation (2 Corinthians 5:17-20)  
 I am God's coworker (2 Corinthians 6:1)  
 I am seated with Christ in the heavenly realms (Ephesians 2:6)  
 I am God's workmanship (Ephesians 2:10)  
 I may approach God with freedom and confidence (Ephesians 3:12)  
 I can do all things through Christ who gives me strength (Philippians 4:13)







**At Mount Horeb House Ministries our goal is to help people who are hurting break cycles of unhealthy behavior and poor life choices by allowing Jesus to replace the lies they believe with His truth. We are ministers, not licensed counselors.**

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