



The Courage To Be You

A Biblical Understanding Of Who You Are In Christ

Scripture makes our identity in Christ abundantly clear, yet coming to the place where we genuinely believe what Scripture says about us is often a long and difficult journey. Here is a study for you to work through that will help you to take untruthful thoughts captive and retrain your brain to think thoughts that reflect your true identity.

1. Take 5 minutes and brainstorm a list of who you are (identity statements that you say out loud to others and what you say to yourself all the time). Examples: I am a sociology major. I like cats. I am not pretty enough. I like to help others. I am bad at math.
2. Read Ephesians 1:1-14. List each identity statement that is true of every Christian. For example: I am one of God's holy people (v. 1), I am one of the faithful (v.1), God is my Father (v.2).
3. Scripture says you and I are in a spiritual war (Ephesians 6:10-18) and that the battlefield is for our brain (2 Cor. 10:1-6). There are four sources of thought in our heads:
 1. Our own thoughts
 2. Thoughts God puts there
 3. Thoughts the culture puts there
 4. Thoughts evil spirits put there

Our task is to train ourselves to identify the source of each thought and “take it captive” and “make it obedient to Christ.” List some thoughts that were in your head yesterday and today. Which of these four sources (or what combination of them) is the thought coming from?

4. Learn to think Biblically about yourself and about life. What do each of these passages of Scripture say about who you are?
 - Ephesians 1:4 →
 - Romans 8:1 →
 - 2 Corinthians 5:17 →
 - 1 Corinthians 6:19 →
 - John 15:15 →
 - 2 Corinthians 5:20 →

Learn to pray Scripture. Choose one of these passages and talk to God about it. As an example, if you were praying Romans 8:1 you could pray, “God, thanks so much that you don’t condemn me. Thank you that you are not a bringer of condemning thoughts. When I feel condemned, help me to notice which of the four sources the thought is coming from. By Your Holy Spirit, help me to take condemning thoughts captive and replace them with Your truth from Scripture.”

