

## My Identity in Christ<sup>1</sup>

### I am born again

You have been born again. This new life did not come from something that dies. It came from something that cannot die. You were born again through God's life-giving message that lasts forever. (1 Peter 1:23, ERV)

### I am a child of God

Yet to all who did receive him, to those who believed in his name, he gave the right to become children of God. (John 1:12, NIV)

### I am a saint

You have been made holy because you belong to Christ Jesus. You were chosen to be God's holy people together with all people everywhere who trust in the Lord Jesus Christ – their Lord and OURS. (1 Corinthians 1:2, ERV)

### I am the salt of the earth

You are the salt of the earth... (Matthew 5:13, NIV)

### I am the light of the world

You are the light of the world. A town built on a hill cannot be hidden. (Matthew 5:14)

### I am a disciple when I love others

A new command I give you: Love one another. As I have loved you, so you must love one another. By this everyone will know that you are my disciples, if you love one another.

(John 13:34-35)

### I am protected by the power of his name

I [Jesus] will remain in the world no longer, but they are still in the world, and I am coming to you. Holy Father, protect them by the power of your name, the name you gave me, so that they may be one as we are one. (John 17:11)

### I am set free by the truth as I hold to Jesus's teachings

To the Jews who had believed him, Jesus said, "If you hold to my teaching, you are really my disciples. Then you will know the truth, and the truth will set you free." (John 8:31-32)

### I am eternally secure in Christ

My sheep listen to my voice; I know them, and they follow me. I give my sheep eternal life. They will never die, and no one can take them out of my hand. My Father is the one who gave them to me, and he is greater than all. No one can steal my sheep out of his hand. I and the Father are one." (John 10:27-30, ERV)

### I am kept from the evil one

My prayer is not that you take them out of the world but that you protect them from the evil one.

(John 17:15, NIV)

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<sup>1</sup> Adapted from "100 Identity Truths," Oasis Counseling Center, [https://www.ocinternational.org/wp-content/uploads/100\\_Identity\\_Truths1.pdf](https://www.ocinternational.org/wp-content/uploads/100_Identity_Truths1.pdf). Used by permission.

**I am one with God the Father and Jesus the Son**

I will be in them, and you will be in me. So, they will be completely one. Then the world will know that you sent me and that you love them just as you love me. (John 17:23, ERV)

**I am God's gift to Christ**

Father, I want those you have given me to be with me where I am, and to see my glory, the glory you have given me because you loved me before the creation of the world. (John 17:24, NIV)

**I have peace with God by my faith**

We have been made right with God because of our faith. So, we have peace with God through our Lord Jesus Christ. (Romans 5:1, ERV)

**I have access to God's grace**

Through our faith, Christ has brought us into that blessing of God's grace that we now enjoy. And we are very happy because of the hope we have of sharing God's glory. (Romans 5:2)

**I can rejoice when suffering**

We also glory in our sufferings, because we know that suffering produces perseverance; perseverance, character; and character, hope. And hope does not disappoint us, because God has poured out his love into our hearts by the Holy Spirit, whom he has given us. (Romans 5:3-5, NIV)

**I am a co-heir with Christ through my suffering**

Now if we are children, then we are heirs – heirs of God and co-heirs with Christ, if indeed we share in his sufferings in order that we may also share in his glory. (Romans 8:17)

**God is working for my good**

And we know that in all things God works for the good of those who love him. These are the people God chose because that was his plan. (Romans 8:28, ERV)

**I am reigning in the life of Jesus Christ**

Death ruled like a king because Adam had sinned. But that cannot compare to what Jesus has done. God has treated us with undeserved grace, and he has accepted us because of Jesus. And so we will live and rule like kings. (Romans 5:17, CEV)

**I have been reconciled to God through the death of Jesus**

While we were God's enemies, he made friends with us through his Son's death. And the fact that we are now God's friends makes it even more certain that he will save us through his Son's life. (Romans 5:10, ERV)

**I have been raised to a new life**

We were therefore buried with him through baptism into death in order that, just as Christ was raised from the dead through the glory of the Father, we too may live a new life. (Romans 6:4, NIV)

**I have been united with Christ through his death and resurrection**

For if we have been united with him in a death like his, we will certainly also be united with him in a resurrection like his. (Romans 6:5)

**I was crucified with Christ**

For we know that our old self was crucified with him so that the body ruled by sin might be done away with, that we should no longer be slaves to sin. (Romans 6:6)

**I am alive to God in Christ Jesus**

In the same way, count yourselves dead to sin but alive to God in Christ Jesus. (Romans 6:11)

**I am God's instrument**

Do not offer any part of yourself to sin as an instrument of wickedness, but rather offer yourselves to God as those who have been brought from death to life; and offer every part of yourself to him as an instrument of righteousness. (Romans 6:13)

**I am not under the law, but under grace**

For sin should no longer be your master because you are not under the law, but under grace.

(Romans 6:14)

**I have eternal life in Christ Jesus**

For the wages of sin is death, but the gift of God is eternal life in Christ Jesus our Lord. (Romans 6:23)

**I am free from condemnation**

Therefore, there is now no condemnation for those who are in Christ Jesus. (Romans 8:1)

**I am a servant of God**

But now that you have been set free from sin and have become slaves of God, the benefit you reap leads to holiness, and the result is eternal life. (Romans 6:22)

**I am free from sin and death**

You have been set free from sin and have become slaves to righteousness. (Romans 6:18) Because through Christ Jesus the law of the Spirit who gives life has set you free from the law of sin and death. (Romans 8:2)

**I am led by the Spirit of God**

For those who are led by the Spirit of God are the children of God. (Romans 8:14)

**I am Jesus's brother or sister**

These are the people God chose because that was his plan. God knew them before he made the world. And he decided that they would be like his Son. Then Jesus would be the firstborn of many brothers and sisters. (Romans 8:28-29, ERV)

**I am a member of God's family**

Consequently, you are no longer foreigners and strangers, but fellow citizens with God's people and also members of his household, built on the foundation of the apostles and prophets, with Christ Jesus himself as the chief cornerstone. (Ephesians 2:19-20)

**My citizenship is in heaven**

But our citizenship is in heaven. And we eagerly await a Savior from there, the Lord Jesus Christ.

(Philippians 3:20)

**The Holy Spirit helps me in my weakness**

In the same way, the Spirit helps us in our weakness. We do not know what we ought to pray for, but the Spirit himself intercedes for us through wordless groans. (Romans 8:26, NIV)

**I have been given all things**

He who did not spare his own Son, but gave him up for us all – how will he not also, along with him, graciously give us all things? (Romans 8:32)

**I am loved completely by Christ**

Can anything separate us from Christ's love? Can trouble or problems or persecution separate us from his love? If we have no food or clothes or face danger or even death, will that separate us from his love?... But in all these troubles, we have complete victory through God, who has shown his love for us. (Romans 8:35-37, ERV)

**I am God's temple**

Don't you know that you yourselves are God's temple and that God's Spirit dwells in your midst? If anyone destroys God's temple, God will destroy that person; for God's temple is sacred, and you together are that temple. (I Corinthians 3:16-17, NIV)

**I am washed, sanctified, and justified by the blood of Jesus**

And that is what some of you were. But you were washed, you were sanctified, you were justified in the name of the Lord Jesus Christ and by the Spirit of our God. (I Corinthians 6:11)

**I have been bought with a price**

You were bought at a price. Therefore, honor God with your bodies. (I Corinthians 6:20)

**I am the image of God**

Then God said, "Let us make mankind in our image, in our likeness..." (Genesis 1:26)

**I am triumphant in Christ and am used to spread the knowledge of God**

But thanks be to God, who always leads us in victory through Christ. God uses us to spread his knowledge everywhere like a sweet-smelling perfume. (II Corinthians 2:14, ERV)

**I am an ambassador for Christ**

We are therefore Christ's ambassadors, as though God were making his appeal through us. We implore you on Christ's behalf: Be reconciled to God. (II Corinthians 5:20)

**I am competent because of God**

Not that we are competent in ourselves to claim anything for ourselves, but our competence comes from God. (II Corinthians 3:5, NIV)

**I am a new creation in Christ**

Therefore, if anyone is in Christ, the new creation has come: The old has gone, the new is here! (II Corinthians 5:17)

**I am strongest when I am weak**

That is why, for Christ's sake, I delight in weaknesses, in insults, in hardships, in persecutions, in difficulties. For when I am weak, then I am strong. (II Corinthians 12:10)

**Christ loves me and lives in me**

I have been crucified with Christ and I no longer live, but Christ lives in me. The life I now live in the body, I live by faith in the Son of God, who loved me and gave himself for me. (Galatians 2:20)

**I am not under the curse of the Law**

The law says that we are under a curse for not always obeying it. But Christ took away that curse. He changed places with us and put himself under that curse. The Scriptures say, "Anyone who is hung on a tree is under a curse." (Galatians 3:13, ERV)

**I am filled with the fruit of the Spirit**

But the fruit of the Spirit is love, joy, peace, forbearance, kindness, goodness, faithfulness, gentleness and self-control. Against such things there is no law. (Galatians 5:22-23, NIV)

**I have every spiritual blessing in Christ**

Praise be to the God and Father of our Lord Jesus Christ, who has blessed in the heavenly realms with every spiritual blessing in Christ. (Ephesians 1:2)

**I am chosen by God to be holy and innocent**

In Christ, he chose us before the world was made. He chose us in love to be his holy people – people who could stand before him without any fault. (Ephesians 1:4, ERV)

**I am adopted by God**

Before the world was made, God decided to make us his own children through Jesus Christ. This was what God wanted, and it pleased him to do it. (Ephesians 1:5)

**I am under grace – forgiven and set free!**

God gave that grace to us freely. He gave us that grace in Christ, the one he loves. In Christ, we are made free by his blood sacrifice. We have been forgiven of sins because of God's rich grace. (Ephesians 1:6-7)

**He has made known to me his will**

He made known to us the mystery of his will according to his good pleasure, which he purposed in Christ. (Ephesians 1:9)

**I have wisdom as I try to know his will**

God gave us that grace fully and freely with full wisdom and understanding... God's goal was to finish his plan when the right time came. He planned that all things in heaven and on earth be joined together with Christ as the head. (Ephesians 1:8, 10)

**I was chosen to be in his will**

In Christ we were chosen to be God's people. God had already planned for us to be his people, because that is what he wanted. And he is the one who makes everything agree with what he decides and wants. (Ephesians 1:11)

**I have been sealed by the Holy Spirit**

And you also were included in Christ when you heard the message of truth, the gospel of your salvation. When you believed, you were marked in him with a seal, the promised Holy Spirit. (Ephesians 1:13)

**I can have the spirit of wisdom and revelation**

I keep asking that the God of our Lord Jesus Christ, the glorious Father, may give you the Spirit of wisdom and revelation, so that you may know him better. (Ephesians 1:17)

**I have access to God's great power**

And you will know that God's power is very great for us who believe. It is the same as the mighty power he used to raise Christ from death and put him at his right side in the heavenly places.

(Ephesians 1:19-20)

**I have peace**

Christ is the reason we are now at peace... We were separated by a wall of hate that stood between us, but Christ broke down that wall. By giving his own body, Christ ended the law with its many commands and rules. (Ephesians 2:14-15)

**I am raised with Christ and seated in the heavens**

And God raised us up with Christ and seated us with him in the heavenly realms in Christ Jesus.

(Ephesians 2:6, NIV)

**I have been saved by grace through faith**

For it is by grace you have been saved, through faith — and this is not from yourselves, it is the gift of God. (Ephesians 2:8)

**I created to do good works**

For we are God's handiwork, created in Christ Jesus to do good works, which God prepared in advance for us to do. (Ephesians 2:10)

**I am near to Christ**

But now in Christ Jesus you who once were far away have been brought near by the blood of Christ. (Ephesians 2:13)

**I have access through Jesus to the Father**

For through him we [have] access to the Father by one Spirit. (Ephesians 2:18)

**I can approach God with freedom and confidence**

In him and through faith in him we may approach God with freedom and confidence. (Ephesians 3:12)

**I have strength through his Holy Spirit**

I pray that out of his glorious riches he may strengthen you with power through his Spirit in your inner being. (Ephesians 3:16)

**I can receive in Christ far more than what I imagine!**

Now to him who is able to do immeasurably more than all we ask or imagine, according to his power that is at work within us, to him be the glory in the church and in Christ Jesus throughout all generations, forever and ever! Amen. (Ephesians 3:20-21)

**I can speak the truth in love**

Love should always make us tell the truth. Then we will grow in every way and be more like Christ the head of the body. Christ holds it together and makes all of its parts work perfectly, as it grows and becomes strong because of love. (Ephesians 4:15-16, CEV)

**I have been given a new mind**

You were taught, with regard to your former way of life, to put off your old self, which is being corrupted by its deceitful desires to be made new in the attitude of your minds and to put on a new self, created to be like God in true righteousness and holiness. (Ephesians 4:22-24, NIV)

**I am light in the Lord**

For you were once darkness, but now you are light in the Lord. Live as children of light.

(Ephesians 5:8)

**I am strong in the Lord**

Finally, be strong in the Lord and in his mighty power. (Ephesians 6:10)

**I am able to stand firm in Christ**

Therefore, put on the full armor of God, so that when the day of evil comes, you may be able to stand your ground, and after you have done everything, to stand. (Ephesians 6:13)

**My faith protects me from evil**

Use the shield of faith with which you can stop all the burning arrows that come from the Evil One. (Ephesians 6:16, ERV)

**Jesus will finish his work in me**

He who began a good work in you will carry it on to completion until the day of Christ Jesus.

(Philippians 1:6, NIV)

**I am afraid of death**

I eagerly expect and hope that I will in no way be ashamed, but will have sufficient courage so that now as always Christ will be exalted in my body, whether by life or by death. For to me, to live is Christ and to die is gain. (Philippians 1:20-21)

**I am not under man's judgment**

The spiritual man makes judgments about all things, but he himself is not subject to any man's judgment. (1 Corinthians 2:15)

**I have the mind of Christ**

"For who has known the mind of the Lord that he may instruct him?" But we have the mind of Christ. (1 Corinthians 2:15)

**God works in me to do his will**

For it is God who works in you to will and to act in order to fulfill his good purpose. (Philippians 2:13)

**I can rejoice in the Lord always**

Rejoice in the Lord always. I will say it again: Rejoice! (Philippians

4:4)