

My Identity in Christ¹

I am born again

² Who have been chosen according to the foreknowledge of God the Father, through the sanctifying work of the Spirit, to be obedient to Jesus Christ and sprinkled with his blood: Grace and peace be yours in abundance. Praise to God for a living hope ³ Praise be to the God and Father of our Lord Jesus Christ! In his great mercy he has given us new birth into a living hope through the resurrection of Jesus Christ from the dead. (1 Peter 1:23)

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)

I am a saint

To the church of God in Corinth, to those sanctified in Christ Jesus and called to be his holy people, together with all those everywhere who call on the name of our Lord Jesus Christ – their Lord and ours. (1 Corinthians 1:2)

I am the salt of the earth

You are the salt of the earth. But if the salt loses its saltiness, how can it be made salty again? It is no longer good for anything, except to be thrown out and trampled underfoot. (Matthew 5:13)

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

³⁴ A new command I give you: Love one another. As I have loved you, so you must love one another. ³⁵ 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 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

³¹ To the Jews who had believed him, Jesus said, "If you hold to my teaching, you are really my disciples. ³² Then you will know the truth, and the truth will set you free." ³³ (John 8:31-32)

I am eternally secure in Christ

²⁷ My sheep listen to my voice; I know them, and they follow me. ²⁸ I give them eternal life, and they will never perish; no one will snatch them out of my hand. ²⁹ My Father, who has given them to me, is greater than all; no one can snatch them out of my Father's hand. ³⁰ I and the Father are one." (John 10:27-30)

¹ Adapted from "100 Identity Truths," Oasis Counseling Center, https://www.ocinternational.org/wp-content/uploads/100_Identity_Truths1.pdf. Used by permission.

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)

I am one with God the Father and Jesus the Son

I in them and you in me – so that they may be brought to complete unity. Then the world will know that you sent me and have loved them even as you have loved me. (John 17:23)

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)

I have been justified by faith

Therefore, since we have been justified through faith, we have peace with God through our Lord Jesus Christ. (Romans 5:1)

I have access to God's grace

Through whom we have gained access by faith into this grace in which we now stand. And we boast in the hope of the glory of God. (Romans 5:2)

I can rejoice in trouble

Not only so, but we also glory in our sufferings, because we know that suffering produces perseverance. (Romans 5:3)

I have received God's love into my heart

And hope does not put us to shame, because God's love has been poured out into our hearts through the Holy Spirit, who has been given to us. (Romans 5:5)

I am reigning in the life of Jesus Christ

For if, by the trespass of the one man, death reigned through that one man, how much more will those who receive God's abundant provision of grace and of the gift of righteousness reign in life through the one man, Jesus Christ! (Romans 5:17)

I have been reconciled to God through the death of Jesus

For if, while we were God's enemies, we were reconciled to him through the death of his Son, how much more, having been reconciled, should we be saved through his life! (Romans 5:10)

I have been baptized into Christ's death

Or don't you know that all of us who were baptized into Christ Jesus were baptized into his death? (Romans 6:3)

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)

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 the power of sin and am a servant of righteousness. (Romans 6:18)

I am free from the vicious cycle of sin and death

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)

The Holy Spirit lives in me

You, however, are not in the realm of the flesh but are in the realm of the Spirit, if indeed the Spirit of God lives in you. And if anyone does not have the Spirit of Christ, they do not belong to Christ. (Romans 8:9)

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 a co-heir with Christ

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, who have been called according to his purpose. (Romans 8:28)

I am being conformed to the image of Christ

For those God foreknew he also predestined to be conformed to the image of his Son, that he might be the firstborn among many brothers and sisters. (Romans 8:29)

The Holy Spirit helps me in my weaknesses and intercedes for me

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)

God knew me before I was born

For those God foreknew he also predestined to be conformed to the image of his Son, that he might be the firstborn among many brothers and sisters. (Romans 8:29)

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 inseparable from the love of God

Who will separate us from the love of Christ? Shall trouble or hardship or persecution or famine or nakedness or danger or sword? (Romans 8:35)

I am more than a conqueror through Christ

No, in all these things we are more than conquerors through him who loved us. (Romans 8:37)

I am God's temple

¹⁶ Don't you know that you yourselves are God's temple and that God's Spirit dwells in your midst?

¹⁷ 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)

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 and glory of God and man

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 as captives in Christ's triumphal procession and uses us to spread the aroma of the knowledge of him everywhere. (II Corinthians 2:14)

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)

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 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 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)

I am crucified with Christ and live by faith in Jesus

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 rescued from the curse of the Law

Christ redeemed us from the curse of the law by becoming a curse for us, for it is written: "Cursed is everyone who is hung on a pole." (Galatians 3:13)

I am filled with the fruit of the Spirit

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

I am in Christ Jesus

Paul, an apostle of Christ Jesus by the will of God, To God's holy people in Ephesus, the faithful in Christ Jesus I am blessed with every spiritual blessing. (Ephesians 1:1)

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)

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 accepted

God gave that grace to us freely. He gave us that grace in Christ, the one he loves. (Ephesians 1:6)

I have been purchased by God

In him we have redemption through his blood, the forgiveness of sins, in accordance with the riches of God's grace. (Ephesians 1:7)

I am forgiven of all my sins

In him we have redemption through his blood, the forgiveness of sins, in accordance with the riches of God's grace. (Ephesians 1:7)

He has made known to me the mystery of 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. (Ephesians 1:8)

I am always 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 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)

My eyes have been enlightened

I pray that the eyes of your heart may be enlightened in order that you may know the hope to which he has called you, the riches of his glorious inheritance in his holy people. (Ephesians 1:18)

I have been called to be one of God's people

I pray that the eyes of your heart may be enlightened in order that you may know the hope to which he has called you, the riches of his glorious inheritance in his holy people. (Ephesians 1:18)

I know the greatness of his power in me

And you will know that God's power is very great for us who believe. It is the same as the mighty power. (Ephesians 1:19)

I will receive a rich inheritance with the saints

I pray that the eyes of your heart may be enlightened in order that you may know the hope to which he has called you, the riches of his glorious inheritance in his holy people. (Ephesians 1:18)

I have peace

¹⁴ For he himself is our peace, who has made the two groups one and has destroyed the barrier, the dividing wall of hostility, ¹⁵ by setting aside in his flesh the law with its commands and regulations. (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)

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 am the product of God work and was created for 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)

Once far off, I am now brought near by the blood of 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 both have access to the Father by one Spirit. (Ephesians 2:18)

I am a fellow citizen with the saints in God's household

Consequently, you are no longer foreigners and strangers, but fellow citizens with God's people and also members of his household. (Ephesians 2:19)

I am built upon the foundation of the apostles and Christ the cornerstone

Built on the foundation of the apostles and prophets, with Christ Jesus himself as the chief cornerstone. (Ephesians 2:20)

I have 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 am receiving far more than what I ask for in Christ

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. (Ephesians 3:20)

I can speak the truth in love

Instead, speaking the truth in love, we will grow to become in every respect the mature body of him who is the head, that is, Christ. (Ephesians 4:15)

I am growing

Instead, speaking the truth in love, we will grow to become in every respect the mature body of him who is the head, that is, Christ. (Ephesians 4:15)

I have been given a new mind

To be made new in the attitude of your minds. (Ephesians 4:23)

I have put off my old self

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. (Ephesians 4:22)

I once was darkness, but now 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 able to walk as a child of light

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 choose to put on the whole armor of God and stand

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)

I can extinguish all of Satan's darts

In addition to all this, take up the shield of faith, with which you can extinguish all the flaming arrows of the evil one. (Ephesians 6:16)

He who started a good work in me will finish it

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

(Philippians 1:6)

I will be ashamed of nothing; Christ will be magnified through me

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. (Philippians 1:20)

The mind which was in Christ is in me

In your relationships with one another, have the same mindset as Christ Jesus. (Philippians 2:5)

God is working in me both to desire and to do his purposes

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

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)

I can rejoice in the Lord always

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

4:4)