



## **How Do You View Yourself?**

***“I’m a failure”, “I’m so ugly”, “I’m such a screw-up”, “I’m stupid”, “no one wants me”, “I’m so fat”, “I’m too old”, “I’m such an idiot”, “I’m too messed up”.***

***What are the words you secretly use to describe yourself in your head? These words usually show up when you feel down and out, insecure, or at a loss. Some people will actually say them under their breath to themselves in those moments. Most of us have settled for an unintentional view of ourselves that is much less than what God intended. It may have been something your parents said about you, a teacher, or just something you began believing along the way through life. Ultimately, we have let the world define us, to give us value or strip us of it.***

***What if there was a better way? We have put together this resource, taken from Neil T. Anderson’s, “The Bondage Breaker”, as a way for you to consider what it is that God thinks of you. We encourage you to take this resource and to look up the scriptures referenced, asking yourself, “do I really believe what this passage says for my life?”. If you come across some that you have a hard time believing or you think, “that’s true for other people, but not me.” We would encourage you to take those passages and write them down in a journal or notebook and spend some time talking to God. Ask Him if He believes that scripture to be true about you and to help you understand how He views you.***

## **Who am I?**

Jesus knew who He was. There was no confusion in His mind. In the book of John there are 8 references where Jesus says the words, “I am...”. Knowing who you are in Christ will help you begin to live the abundant life Christ intends for you. Here are passages written out as “I am” statements for Christ Followers:

I am the salt of the earth (**Matt. 5:13**)

I am the light of the world (**Matt. 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 15:1,5**)

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 (**Rom. 8:14,15; Gal. 3:26, 4:6**)

I am a joint heir with Christ, sharing His inheritance with Him (**Rom. 8:17**)

I am a temple -- a dwelling place -- of God. His Spirit and His life dwell in me (**1 Cor. 3:16, 6:19**)

I am united to the Lord and am one spirit with Him (**1 Cor. 6:17**)

I am a member of Christ's body (**1 Cor. 12:27; Eph. 5:30**)

I am a new creation (**2 Cor. 5:17**)

I am reconciled to God and am a minister of reconciliation (**2 Cor. 5:18, 19**)

I am a son of God and one in Christ (**Gal. 3:26, 28**)

I am an heir of God since I am a son of God (**Gal. 4:6,7**)

I am a saint (**Eph. 1:1; 1 Cor. 1:2; Phil. 1:1; Col. 1:2**)

I am God's workmanship -- His handiwork -- born anew in Christ to do His work (**Eph. 2:10**)

I am a fellow citizen with the rest of God's family (**Eph. 2:19**)

I am a prisoner of Christ (**Eph. 3:1, 4:1**)

I am righteous and holy (**Eph. 4:24**)

I am a citizen of heaven, seated in heaven right now (**Phil. 3:20; Eph. 2:6**)

I am hidden with Christ in God (**Col. 3:3**)

I am an expression of the life of Christ because He is my life (**Col. 3:4**)

I am chosen of God, holy and dearly loved (**Col. 3:12; 1 Thess. 1:4**)

I am a son of light and not of darkness (**1 Thess. 5:5**)

I am a holy partaker of a heavenly calling (**Heb. 3:1**)

I am a partaker of Christ; I share in His life (**Heb. 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 to 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 evil one -- the devil -- cannot touch me (**1 John 5:18**)

I am not the great "I am" (**Exod. 3:14; John 8:24, 28, 58**), but by the grace of God, I am what I am (**1 Cor. 15:10**)