

SESSION 2:

PUT ON YOUR OXYGEN MASK FIRST!

Welcome and Discuss Your Experience with “Listening Prayer”: 20 minutes **Session #2 Teaching: Identity in Christ: 10 minutes**

One of the richest passages about identity in the Bible is found in Ephesians 1:1-14. In this passage, Paul addresses the church in Ephesus, explaining the new identity given to a person when they are in Christ. If we are to work on ourselves, we must start with the foundation of what God has to say about us. According to Ephesians 1, we have been blessed with every spiritual blessing; we have been chosen, adopted, re-deemed, forgiven, and unconditionally loved and accepted. We are pure, blameless and forgiven. We have received the hope of spending eternity with God. When we are in Christ, these aspects of our identity can never be altered by what we do.

Often, however, a gap exists between intellectually knowing these truths about who God says we are and living them out. This can be affected by how we see ourselves, life experiences and the ways we allow the world to define us. In order to live out of the fullness of our new identity in Christ, we must determine what hinders us from doing so. That varies from person to person. Over the next several weeks, we will be doing a deep dive into some practical obstacles that hold us back from fully living out our inheritance as children of God. The goal is to live out what Ephesians 1 says and see ourselves as:

- Accepted instead of rejected.
- Free instead of in chains.
- Covered by grace instead of under the law.
- Adopted instead of orphaned.

I pray that this study allows you to see yourself as God sees you. If we live out of an identity based on how God sees us, we no longer feel the need to find our worth in our external circumstances. It frees us up to live confidently and stably instead of changing who we are based on the opinions of others, our professional success, how we see ourselves, and all the other ways we define our significance. It gives us the opportunity to experience God’s unconditional love in new and fresh ways. And it allows us to confidently and boldly share His love with others.

It is certainly a battle as we live in a world that seeks to define us by its own standards. But the battle is worth it because as we fight it, the world around us changes.

Small Group Discussion: 25 minutes

- Did this exercise help you see that no matter what, you are secure in Christ?
- Do you see yourself as a sinner or a saint? If this concept is a struggle for you, try to figure out the cause.
- How are you all doing with your listening prayer time?
- Would a accountability partner help you all stay on track with your home study material?

Small Group Discussion: 25 minutes

- What did you cover in your small group time? What were the biggest take-aways and action items?

Discuss This Week’s Homework: 5 minutes

SESSION #2

WK. 2 DEVO 1

Who am I in Christ?

Take a look at the “Who I Am In Christ” Scriptures below. It lists the truths we NEED to believe to have victory in Christ. Pick ONE Scripture that touches you the most and use the **LIFE Starter Method** to journal about them.

In Christ, I am accepted...

John 1:12 — I am God’s child.

John 15:15 — As a disciple, I am a friend of Jesus Christ.

Romans 5:1 — I have been justified.

1 Corinthians 6:17 — I am united with the Lord.

1 Corinthians 6:19-20 — I belong to God.

L=Listen in your journal by writing the date and the Scripture you’re studying. After you’ve read the passage a few times, focus on a verse or two that stands out to you and then write out those verses in your journal.

I = Investigate the context around today’s Scripture reading. To whom was this written? Why? How does this passage fit with what comes before and after it? What is the Holy Spirit communicating through this text? Feel free to use Bible study tools for commentary: [Bible Study Tools](#), or [Easy English Bible](#).

F=Focus to the text to make it applicable for your own life. What is God saying to you personally through this passage? How can you apply what you’ve read?

E = Engage God. This can either be a short prayer or an action that you can take that day after reading the text. Is there a command to follow in the text? How are you different because of what you've learned?

SESSION #2

WK. 2 DEVO 2

Who am I in Christ?

Take a look at the “**Who I Am In Christ**” Scriptures below. It lists the truths we **NEED** to believe to have victory in Christ. Pick **ONE** Scripture that touches you the most and use the **LIFE Starter Method** to journal about them.

In Christ, I am secure...

Romans 8:1-2 – I am free from condemnation.

Romans 8:28 – God works for my good in all things.

Romans 8:31-39 – I am free from any condemnation.

2 Corinthians 1:21-22 – I have been anointed by God.

1 John 5:18 – The evil one cannot touch me.

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SESSION #2

WK. 2 DEVO 3

Who am I in Christ?

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In Christ, I am significant...

John 15:5 – I am a branch of Jesus Christ, the true vine.

John 15:16 – I have been chosen to bear fruit.

1 Corinthians 3:16 – I am God’s temple.

2 Corinthians 5:17-21 – I am a minister of reconciliation.

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SESSION #2

WK. 2 DEVO 4

Who am I in Christ?

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In Christ, I am significant...

Ephesians 2:6 – I am with Christ in the heavenly realm.

Ephesians 2:10 – I am God's workmanship.

Ephesians 3:12 – I may approach God with confidence.

Philippians 4:13 – I can do all things through Christ.

Take today and spend time in Listening Prayer to reflect on your HEAR Journalling time this week and to receive all that God wants you to receive about identity in Christ. Make notes to share with your group!

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