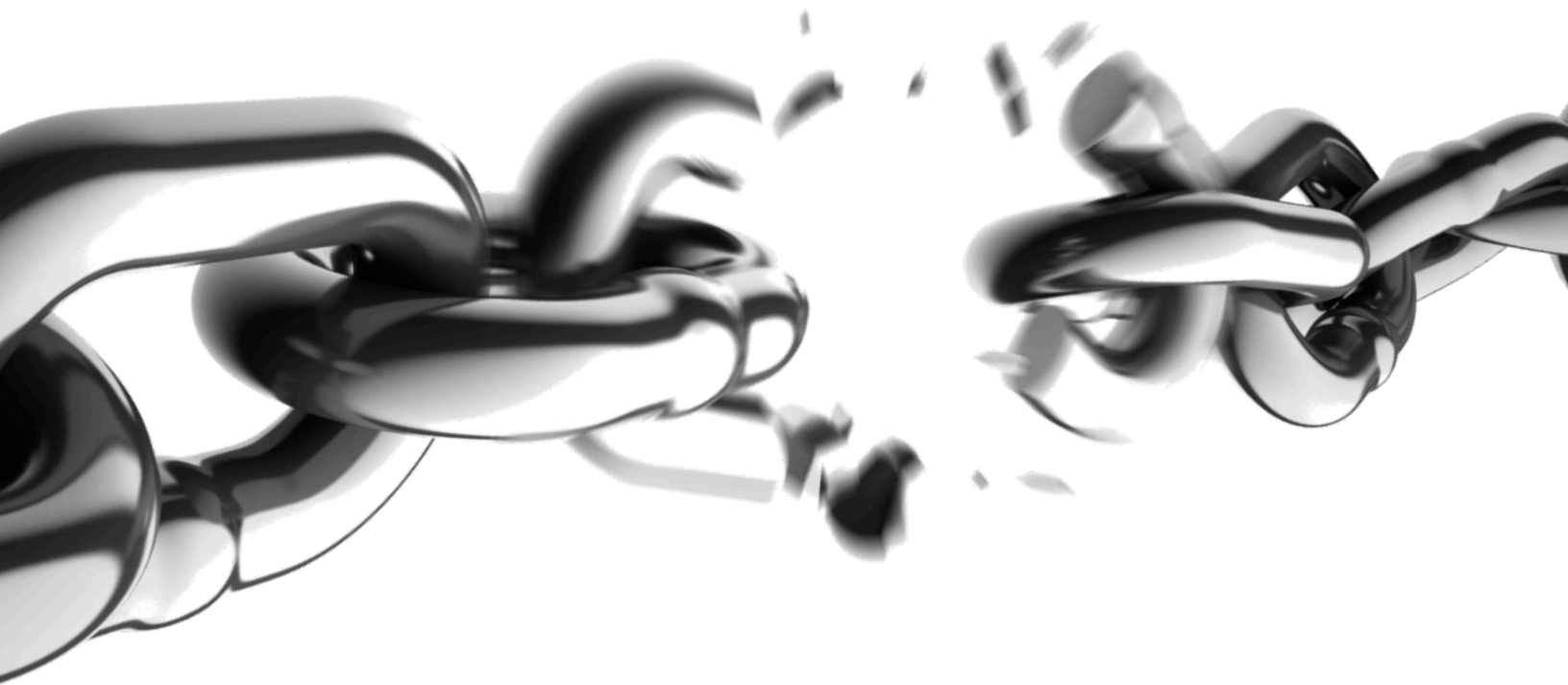


# Free To Be The Real You



“Therefore, if anyone is in Christ, he is a new creation;  
the old has gone, the new has come!”

II Corinthians 5:17 (NIV)

Part 1: Becoming Relationally Free  
Session 1: Free To Be The Real You

*Freedom*

*Becoming Fully Alive!*



**FRESH START**

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# Freedom

*Becoming Fully Alive!*

## ***PART 1: Becoming Relationally Free***

Session 1	Free To Be The Real You
Session 2	Free From The Real Problem
Session 3	The Price Of Freedom
Session 4	Free To Forgive
Session 5	Free To Reconcile
Session 6	Free To Confront
Session 7	Free To Love And To Be Loved



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# I. FREE TO BE THE REAL YOU

## A. WHAT IS THE REAL ISSUE IN LIFE?

1. Issues + Beliefs + Attitudes + Desires + Decisions = **Relationship**
    - a. What side of this “equation” do you need to begin to “solve” first?
    - b. Answer: **Relationship!**
  2. First - Relationship with Jesus
  3. Followed by - Relationship with others
  4. Followed by - Other side of the equation, i.e., issues, beliefs, etc.
- See: “**The Real Issue**”

## B. THE BELIEVER’S REAL IDENTITY

1. “**The old has passed away**” - II Corinthians 5:17
  - a. What was true of **The Old**?
    - 1) **Dead** in your transgressions and sins - Ephesians 2:1
    - 2) **Following the** ways of the **world** - Ephesians 2:2
    - 3) **Following the ruler** of the kingdom of **the air** - Ephesians 2:2
    - 4) **Gratifying** the cravings of **your flesh** - Ephesians 2:3
    - 5) **Darkness** - Ephesians 5:8; Ephesians 4:17-19
    - 6) **Alienated** from God, **enemies** in your mind - Colossians 1:21
  - b. What is the **status of "The Old" for the Believer**?  
**Crucified with Christ** - Romans 6:6; Galatians 2:20

2. **“The new has come”** - II Corinthians 5:17  
 What is true of **The New**?
  - a. **New Creation** - II Corinthians 5:17
  - b. **Made alive with Christ** - Ephesians 2:5
  - c. **Raised up with Christ** - Ephesians 2:6
  - d. **Seated** in heavenly realms **in Christ** - Ephesians 2:6
  - e. **God’s workmanship**, created **in Christ Jesus** - Ephesians 2:10
  - f. **Light in the Lord** - Ephesians 5:8
  - g. **A chosen people, a royal priesthood, a holy nation, a people belonging to God; called out of darkness into His wonderful light** - I Peter 2:9
  - h. **Your life** is now **hidden with Christ** - Colossians 3:3
  - i. **Delivered from darkness; transferred into the Kingdom** of His Beloved Son - Colossians 1:13
  - j. **Reconciled** through Christ; **holy** in His sight - Colossians 1:22
  - k. **Free from the power of sin** - Romans 6:5-7
  - l. **Christ lives in you** - Galatians 2:20; Colossians 1:27

## II. DO YOU KNOW WHO YOU ARE?

- A. **ARE YOU THE SUM TOTAL OF YOUR LIFE’S EXPERIENCES?**
  1. What you have done? (Sin and guilt)
  2. What you haven’t done? (Regrets, “what if,” “if only,” guilt)
  3. What has been done to you? (Shame)
  4. What others have said about you? (Rejection)
  5. How your parents treated each other, others, and you?  
(Shame, rejection, fear)
  6. What has happened in the lives of those around you? (All of the above)
- B. If you continue to believe that you are the sum total of your “life’s experiences,” then you are really **believing in yourself, i.e., “putting confidence in the flesh.”** You are **making** yourself the authority for deciding what is true about you.
- C. See: **“What Is Your New Identity”**
- D. See: **“The Christian’s Identity In Christ”**

### **III. APPLICATION**

**A.** Do you tend to view yourself in light of your life's experiences or in light of what God says about you in His Word? Share specifics.

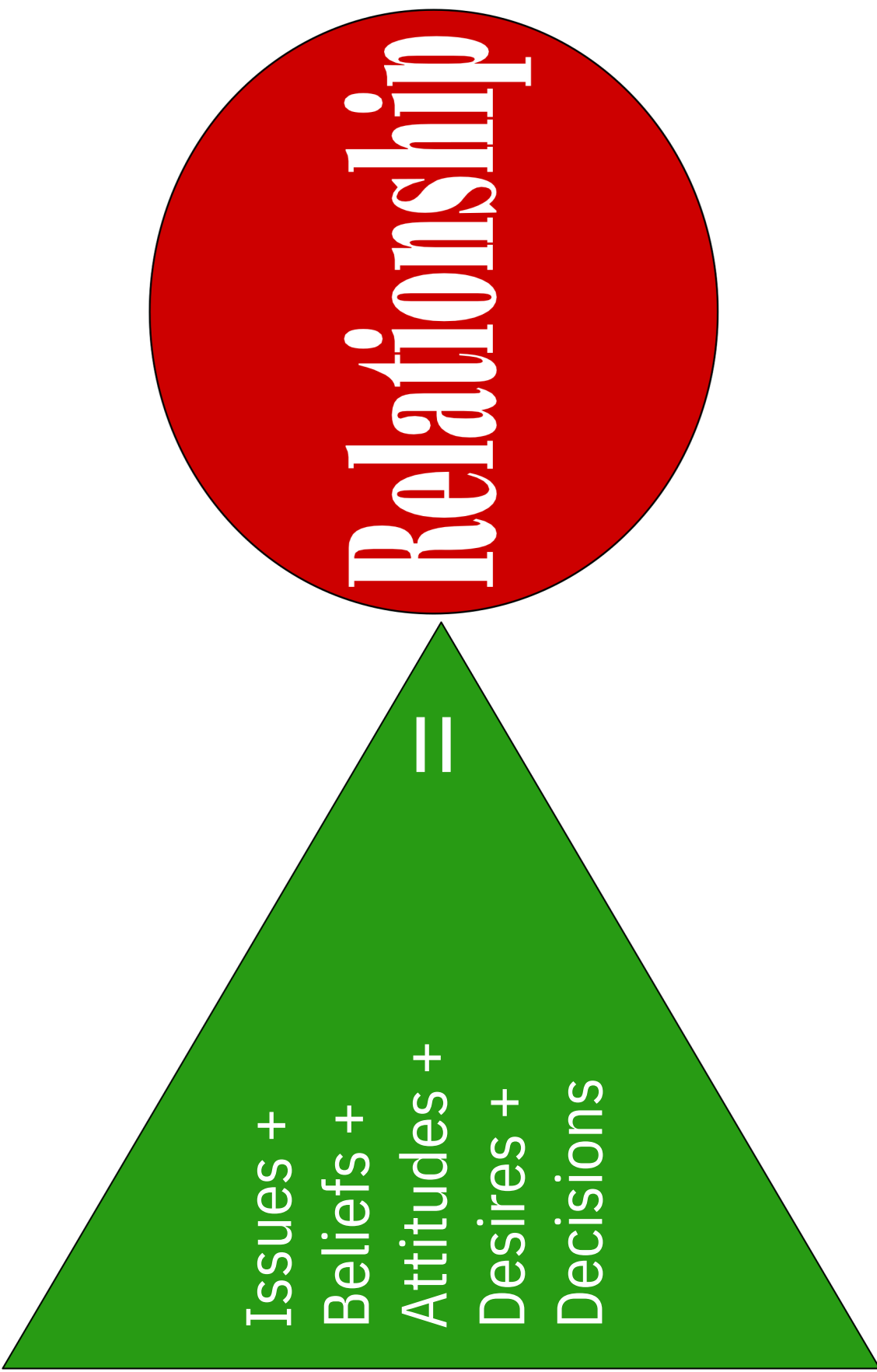
**B.** Is it difficult for you to believe the truth about who God says you are, in Him? Explain.

**C.** Do you believe that you are the sum total of your life's experiences or some defining part thereof, or do you believe that you are who God says you are?

**D.** What difference do you think it would make in your life if you believed the truth of your real identity in Christ? Please share specifics.

**E.** In preparation for Session 2, are you free to be the "Real You"? If not, please write down what you believe is hindering you.

The Real Issue



# What Is Your New Identity?

**Christian, Do You Know Who You Are?**

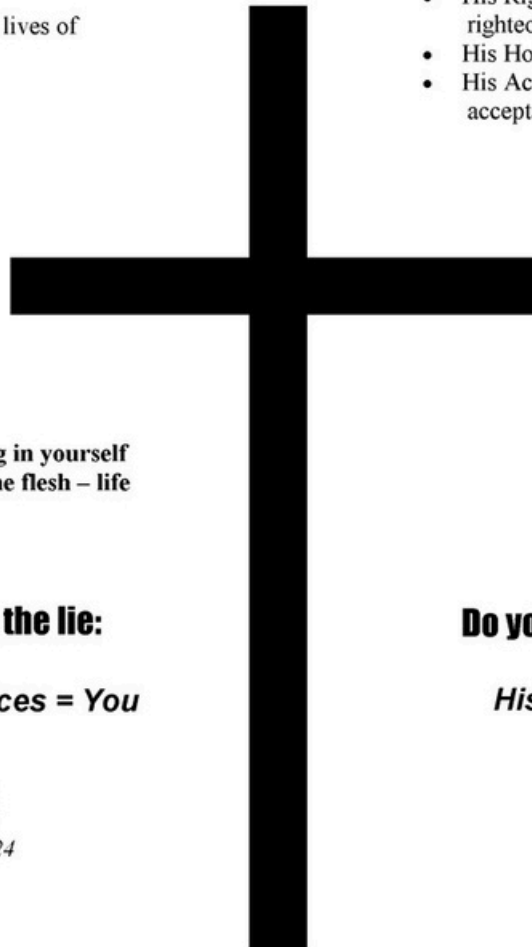
**Do you believe you are the sum total  
of your life's experiences?  
Or any part thereof?**

- What you have done?
- What you haven't done?
- What has been done to you?
- What others have said to you or about you?
- How your parents treated each other and you?
- What has happened in the lives of those around you?
- What you think or feel?

**OR**

**Do you believe who God says you are in  
Christ?**

- When He died, you died.
- When He was buried, you were buried.
- When He was resurrected, you were resurrected.
- When He ascended, you ascended.
- Where He is seated, you are seated.
- His Wisdom is your wisdom.
- His Righteousness is your righteousness.
- His Holiness is your holiness.
- His Acceptance with the Father is your acceptance with the Father.



**If so, you are really believing in yourself  
(i.e., putting confidence in the flesh – life  
with Jesus left out).**

**You have believed the lie:**

***Your Life's Experiences = You***

*Colossians 3:2  
Philippians 3:3  
Ephesians 4:14-24*

***Natural Minded***

**Do you believe the truth?**

***His Life Is Your Life!***

*Romans 6  
Ephesians 2:5-6  
1 Corinthians 1:30  
Ephesians 1:6  
Colossians 3:1-4*

***Spiritual Minded***

## The Christian's Identity In Christ

<i>Matthew 5:13, 14</i>	I am the <b>salt</b> of the earth and the <b>light</b> of the world
<i>John 1:12, 13</i>	I am a <b>child of God</b> , born of God
<i>John 15:15</i>	I am Christ's <b>friend</b>
<i>John 17:23</i>	I am <b>loved</b>
<i>Romans 6:1-10</i>	I am <b>crucified, buried</b> , and <b>risen</b> with Christ
<i>Romans 8:1, 2</i>	I am <b>free</b> forever from condemnation
<i>Romans 8:15</i>	I am <b>adopted</b> into God's family
<i>Romans 8:17</i>	I am an <b>heir of God, co-heir with Christ</b>
<i>Romans 8:37</i>	I am <b>more than a conqueror</b> through Him
<i>1 Cor. 1:2</i>	I am <b>sanctified</b>
<i>1 Cor. 2:16</i>	I am a <b>possessor of the mind of Christ</b>
<i>1 Cor. 3:16</i>	I am <b>God's temple</b> ; God's Spirit lives in me
<i>1 Cor. 6:17</i>	I am <b>united</b> with the Lord, <b>one with Him</b> in spirit
<i>1 Cor. 6:19, 20</i>	I am one <b>bought with a price</b> ; I belong to God
<i>1 Cor. 12:27</i>	I am a <b>member of Christ's body</b>
<i>1 Cor. 15:57</i>	I am <b>victorious in Christ</b>
<i>2 Cor. 5:17</i>	I am a <b>new creation in Christ</b>
<i>2 Cor. 5:18</i>	I am a <b>minister of reconciliation</b> for God
<i>2 Cor. 5:18</i>	I am <b>reconciled</b> to God
<i>2 Cor. 5:20</i>	I am an <b>ambassador</b> of Christ
<i>2 Cor. 5:21</i>	I am the <b>righteousness of God</b> in Christ Jesus
<i>2 Cor. 6:1</i>	I am <b>God's fellow worker</b>
<i>Galatians 2:16</i>	I am <b>justified</b> by faith in Christ
<i>Galatians 2:20</i>	I am <b>crucified</b> with Christ
<i>Ephesians 1:1</i>	I am a <b>saint</b>
<i>Ephesians 1:4</i>	I am one <b>chosen</b> in Christ to be <b>holy</b> and <b>blameless</b>
<i>Ephesians 1:5</i>	I am one <b>adopted</b> by God through Jesus Christ
<i>Ephesians 1:6</i>	I am <b>accepted</b> in the Beloved
<i>Ephesians 1:13</i>	I am <b>sealed</b> with the Holy Spirit of promise
<i>Ephesians 2:6</i>	I am <b>seated</b> with Christ in the heavenly realms
<i>Ephesians 2:10</i>	I am <b>God's workmanship, created in Christ Jesus</b> to do good works
<i>Philippians 3:20</i>	I am a <b>citizen</b> of heaven
<i>Colossians 1:14</i>	I am one <b>redeemed</b> and <b>forgiven</b> of all my sins
<i>Colossians 2:10</i>	I am one who is <b>complete in Christ</b>
<i>Hebrews 7:25</i>	I am <b>saved</b> to the uttermost
<i>1 Peter 2:9</i>	I am a member of a <b>royal priesthood, a holy nation</b>
<i>1 Peter 2:9, 10</i>	I am one <b>belonging to God</b> , part of His <b>chosen</b> people
<i>2 Peter 1:4</i>	I am a <b>partaker of the Divine Nature</b>