



PWOC

Protestant Women of the Chapel

WORKSHOP: IDENTITY: Who I am in Christ

by Stefanie Cole

PARTICIPANT'S GUIDE

RELEVANCE: It is vital for us, as Christians, to truly know and believe who we are in Christ. We may often remind and encourage others of who Christ created *them* to be, but it's harder to apply these truths to ourselves- it's time to change that mentality based on the truth of who we are in Him. This workshop serves as a reminder, or possibly a first-time realization, that we are more than who we believe ourselves to be when we belong to Christ.

INTRO: Take a Selfie!

- **Psalm 139:14** (NIV) *I praise you because I am fearfully and wonderfully made; your works are wonderful, **I know that full well.** (Emphasis added)*
- **Ephesians 2:10** *For we are God's workmanship, created in Christ Jesus to do good works, which God prepared in advance for us to do.*

POINT 1: How I See Myself

Our perception of ourselves and the self-talk that we listen to impacts our thoughts, responses, and overall life.



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ACTIVITY 1: Name Tag Models

- **What are some negative terms that you might use to describe yourself?**
- **What's a belief that may dictate your actions?** For example, "I'm not a good mom."
- **What is it that you think defines your worth? What determines if you do or do not have value?** For example, maybe a *college degree* is a sign of your worth. Or maybe a *pristine home*.

POINT 2: How I See Others

There are several quotes about first impressions:

- "First impressions last."
- "You'll never have a second chance to make a good first impression."
- "How you present yourself, is how people first view you. What are you showcasing?" – Mama Zara
- "Almost everyone will make a good first impression, but only a few will make a good lasting impression." – Sonya Parker
- "It takes a moment to judge someone, but a lifetime to understand them." – Writings by Tina Ng
- "It's pretty simple, pretty obvious: that people's first impressions of [others] are a really big mistake." – Vincent D'Onofrio

When we form friendships, or begin to understand people better, baggage will likely be exposed. An unsafe friend will not treat this information carefully and may cause additional emotional baggage. A safe friend will use the information to begin to gain insight and understanding of another's personality, their experiences, and will begin to comprehend why an individual may respond the way that they do. A safe friend will see the heart and will honor it by encouraging them to become who God created them to be.



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Consider these questions when it comes to our view of others.

- **What struggles are common in friendships/relationships?**
- **Does social media play a role in your thoughts toward others?**
- **Are you in a comparison role with someone else who likely has no idea you're comparing yourself to them?**
- **Do you criticize others' strengths when it's an area of weakness for you?**
- **Do you find it easier to encourage others when they feel weak or lost, but can't necessarily do that for yourself? Why do you think that is?**

ACTIVITY 2: What would you say?

We are going to look at some real-life scenarios that could happen and some possible responses to them. For each scenario, work in a group of no more than 4 to answer the following questions:

- What would you say to your friend in this situation?
- Would you encourage her or would you give her advice on how to fix her problems?

Scenario #1: Your friend comes to you feeling defeated as a mom. She tells you she feels like a failure because her kids aren't as smart as other kids, matter of fact, her kids are always a mess and are wild. The other moms she sees look so put together with well-behaved children that excel at so much.

Scenario #2: Your friend starts bashing her husband. He never picks up after himself, he works all of the time, and he comes home late. When he gets home he doesn't help around the house because he's exhausted after working all day. She feels resentful that he gets to come home and relax and she doesn't get a break because she's picking up the slack at home after a full day too.



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Scenario #3: Your friend leads a study at PWOC, but she comes to you doubting her abilities and spiritual maturity. She tells you she feels unqualified to teach a study when she feels like she's not very far in her walk with the Lord.

Scenario #4: You go walking with your friend one evening and she begins to pour out her contempt toward another sister in your PWOC body. She's annoyed with how this lady can lead so well, keep her house clean and presentable, can shuffle her kids to all of their activities, and has the "right" answer for everything. Your friend sees this lady's life as completely put together and wants her life to be as perfect as this lady.

Read this quote and mark what stands out to you:

The degree to which I am at peace with myself- embracing who I am in Christ, is often the degree to which I am at peace with others- in my words, in my actions, in my thoughts. Every person I encounter, no matter their behavior, is made in the image of God and deserves to be treated as such. We all fall equally short of the glory of God and yet we are all equally loved by Him. Do we truly believe this?

We tend to build our hierarchies, deciding who is better than whom, but at our best, we are sinners saved by grace. This is the great equalizer- and there is tremendous freedom in living life under this umbrella of truth. I am dearly loved as I am. You are dearly loved as you are. I can extend God's love to you because He lavishes His love on me, on both of us. ~ Julie McCammon

POINT 3: How God Sees Me!

- **Hebrews 4:12** *For the word of God is living and active. Sharper than double-edged sword, it penetrates even to dividing soul and spirit, joints and marrow; it judges the thoughts and attitudes of the heart.*

God desires to walk with us and to commune with us; after all, we are His creation, His workmanship! We see this example in Genesis, from the very beginning, with the first human beings, Adam and Eve, in perfect relationship with each other and with their Creator.



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- **Genesis 1:26a and 1:27** *Then God said, 'Let us make mankind in our image, in our likeness...So, God created mankind in his own image, in the image of God he created them; male and female he created them.'*
- **Genesis 2:25** *Adam and his wife were both naked, and they felt no shame.*

Jesus Christ coming for us and dying in our place was always Plan A. He paid the price for our sin and covered over our shame.

None of our failures, none of our struggles, not even our thoughts surprise Him. He knows us fully, as if we are naked before Him, yet He loves us completely.

- **Hebrews 4:13** *Nothing in all creation is hidden from God's sight. Everything is uncovered and laid bare before the eyes of him to whom we must give account.*

If we accept God's gift of grace to us, then our hearts can rest. When God the Father looks at us, He sees the righteousness of Christ. It's not about me- what I have done, what I have accomplished, how I have failed- It's about Christ whose work is complete.

- **Romans 5: 8** *But God demonstrates his own love for us in this: While we were still sinners, Christ died for us.*

In our sin, while we were sinning, He died for us, giving us eternal life.

- **Romans 10: 9-13** *If you declare with your mouth, 'Jesus is Lord,' and believe in your heart that God raised Him from the dead, you will be saved. For it is with your heart that you believe and are justified, and it is with your mouth that you profess your faith and are saved. As Scripture says, 'Anyone who believes in him will never be put to shame.' For there is no difference between Jew and Gentile – the same Lord is Lord of all and richly blesses all who call on him, for, 'Everyone who calls on the name of the Lord will be saved.'*

How do we realign our thoughts to match who God says we are:

- **First** of all, prayer. Pray for the Holy Spirit to reveal when negative thoughts begin to creep in so that you can stop them in their tracks. Ask Him to bring a Scripture to mind that counteracts your negative thoughts.
- **Second** of all, choose to talk to yourself in a positive manner. We must begin to replace our negative thoughts with positive words, especially with truth straight from Scripture! Those lies need to fall out of our thought patterns as truth takes its rightful place there instead.



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- **Third**, stop “shoulding” all over yourself! Stop worrying about what you should’ve done, and start locking your eyes on Jesus and looking to Him for your worth, for your value, for the truth of *who you are* and *whose you are*. He’s your meter, He’s your foundation, He’s your guide.

ACTIVITY 3: Who Am I Scriptures

Self Reflection: Look at “**Who Am I?**” in the Appendix. Read through and mark the verses you *know to be true* for you right now, today.

APPLY IT TO LIFE:

Respond: Find a space to be with the Lord where these words can sink in. Allow Him to envelop you in His arms as you listen to this song. *Words are printed on the following page.*



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Come Out of Hiding

by Steffany Gretzinger

Come out of hiding you're safe here with Me
There's no need to cover what I already see
You've got your reasons but I hold your peace
You've been on lockdown and I hold the key

'Cause I loved you before you knew what was love
And I saw it all, still I chose the cross
And you were the one that I was thinking of
When I rose from the grave
Now rid of the shackles, my victory's yours
I tore the veil for you to come close
There's no reason to stand at a distance anymore
You're not far from home

I'll be your lighthouse when you're lost at sea
And I will illuminate everything
No need to be frightened by intimacy
Just throw off your fear and come running to Me

And oh as you run what hindered love
Will only become part of the story

Baby you're almost home now
Please don't quit now
You're almost home to Me

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Appendix: Who am I?

God's smile is upon ME and I light up His face as much as anyone has ever lit up a lover's face.

I am God's child (John 1:12). **I have been justified** (Romans 5:1). **I am Christ's friend** (John 15:15). **I belong to God** (1 Corinthians 6:20). **I am a member of Christ's Body** (1 Corinthians 12:27). **I have been established, anointed and sealed by God** (2 Corinthians 1:21-22). **I am confident that God will perfect the work He has begun in me** (Philippians 1:6). **I am a citizen of heaven** (Philippians 3:20). **I am hidden with Christ in God** (Colossians 3:3). **I have not been given a spirit of fear, but of power, love, and self-discipline** (2 Timothy 1:7). **I have purpose; I have hope; I am included** (Ephesians 1:9, 12, 13, 3:11). **I have been chosen and God desires me to bear fruit** (John 15:1, 5). **I am God's coworker** (2 Corinthians 6:1). **I am a minister of reconciliation** (2 Corinthians 5:17-20). **I am alive with Christ** (Ephesians 2:5). **I am raised up with Christ** (Ephesians 2:6, Colossians 2:12). **I am seated with Christ in the heavenly realms** (Ephesians 2:6). **I have been shown the incomparable riches of God's grace** (Ephesians 2:7). **I am God's workmanship** (Ephesians 2:10). **I have been brought near to God through Christ's blood** (Ephesians 2:13). **I have peace** (Ephesians 2:14). **I have access to the Father** (Ephesians 2:18). **I am a member of God's household** (Ephesians 2:19). **I am secure** (Ephesians 2:20). **I am a holy temple** (Ephesians 2:21; 1 Corinthians 6:19). **I am a dwelling place for the Holy Spirit** (Ephesians 2:22). **I share in the promise of Christ Jesus** (Ephesians 3:6). **God's power works through me** (Ephesians 3:7). **I can approach God with freedom and confidence** (Ephesians 3:12). **I know there is a purpose for my sufferings** (Ephesians 3:13). **I am completed by God** (Ephesians 3:19). **I can bring glory to God** (Ephesians 3:21). **I have been called** (Ephesians 4:1; 2 Timothy 1:9). **I am a light to others, and can exhibit goodness, righteousness and truth** (Ephesians 5:8-9). **I can honor God through marriage** (Ephesians 5:22-33). **I can parent our children with composure** (Ephesians 6:4). **I can be strong** (Ephesians 6:10). **I have God's power** (Ephesians 6:10). **I can stand firm in the day of evil** (Ephesians 6:13). **I am dead to sin** (Romans 1:12). **I am not alone** (Hebrews 13:5). **I am growing** (Colossians 2:7). **I am His disciple** (John 13:15). **I am prayed for by Jesus Christ** (John 17:20-23). **I am not in want** (Philippians 4:19). **I possess the mind of Christ** (1 Corinthians 2:16). **My heart and mind are protected with God's peace** (Philippians 4:7). **I am chosen and dearly loved** (Colossians 3:12). **I am blameless** (1 Corinthians 1:8). **I am set free** (Romans 8:2, John 8:32). **I am a light in the world** (Matthew 5:14). **I am more than a conqueror** (Romans 8:37). **I am the righteousness of God** (2 Corinthians 5:21). **I am safe** (1 John 5:18). **I am part of God's kingdom** (Revelation 1:6). **I am not helpless** (Philippians 4:13). **I am overcoming** (1 John 4:4). **I am persevering** (Philippians 3:14). **I am protected** (John 10:28). **I am a new creation** (2 Corinthians 5:17). **I am qualified to share in His inheritance** (Colossians 1:12). **I am victorious** (1 Corinthians 15:57). **I am a sheep of His pasture. Therefore, I have everything I need** (Psalm 23 & 100).

God rejoices over ME with gladness, He will quiet me with His love, He will exult over me with singing.

Zephaniah 3:17



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