

# THIS IS WHO I AM

From *The First Responder Healing Manual*<sup>1</sup> – Chris & Rahnella Adsit

In Week 11 you went through an exercise that contrasted who Satan says you are, and who God says you are. Here is a summary of GOD’S TRUTH about your identity.

## REGARDED

- I am a friend of the Almighty God of heaven and earth. (John 15:15)
- Jesus is not ashamed to call me His brother (sister). (Hebrews 2:11)
- I am chosen by God, holy and without fault in His eyes. (Ephesians 1:4)
- I am an heir to the riches of the Creator of the universe. (Galatians 4:7)

## IMPORTANT

- I have been rightly called a child of God. (John 1:12)
- God has made me His salt and light in the world. (Matthew 5:13,14)
- I am an eternal being. (John 3:16)

## FORGIVEN

- I am no longer condemned. (Romans 8:1)
- I have been justified before the righteous Judge. (Romans 5:1)
- I am at peace with God. (Romans 5:1)
- God no longer remembers my sins. (Hebrews 10:17)

## VALUED

- God loves me with an everlasting love. (Jeremiah 31:3)
- I am God’s temple, bought at a great price. (1 Corinthians 6:19,20)
- God knows, chose, called, justified and glorified me. (Romans. 8:29,30)

## ACCEPTED

- I am accepted in Christ. (Ephesians 1:6 NKJV)
- I am a chosen, costly, living stone in God’s building. (1 Peter 2:4,5)
- I have bold, unrestricted access to God’s throne of grace. (Hebrews 4:16)

## POWERFUL

- God has given me the spirit of power, love and a sound mind. (2 Timothy 1:7)
- God’s Spirit in me is greater than any unholy spirits in the world. (1 John 4:4)
- I am born of God and believe in Jesus – I’m a world-overcomer. (1 John 5:4,5)

## LOVABLE

- I am loved by God and *nothing* will keep us apart. (Romans 8:38,39)
- I am loved supremely – enough for God to die for me. (John 15:13)
- I am loved unconditionally, *even* when I sin. (Romans 5:8)

## CONNECTED

- I am intimately attached to Christ and bearing fruit. (John 15:5)
- I am a member of God’s eternal family. (Galatians 3:26)
- Christ is as close to me as my heart and lungs. (Galatians 2:20)
- I am part of Christ’s body with millions of brothers and sisters. (1 Corinthians 12:27)
- I am an eternal member of God’s Kingdom and household. (Ephesians 2:19)

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<sup>1</sup> Adsit, Chris & Rahnella, *The First Responder Healing Manual* (Eugene, OR: Branches of Valor, Int’l, 2015). P 111.