

Will the *Real You* Please Stand Up?

Circle the five characteristics you feel at your WORST moment or how you see others at their worst moment:

Controlling	Irrational	Unaffectionate	Angry	Critical
Demanding	Harsh	Insecure	Moody	Passive
Unkind	Unloving	Quiet	Withdrawn	Hard to please
Untrustworthy	Manipulative	Stupid	Ungrateful	Emotional
Not good enough	Unlovable	Incapable	Guilty	Irresponsible
Critical of others	Worthless	Failure	Unwanted	Rejected
Explosive	Always right	Defensive	Make excuses	Selfish

Circle the five characteristics you especially admire about Jesus or character qualities you have experienced from His presence in your life:

Adequate	Able	Beautiful	Anxious for nothing	Pure and Holy
Loved by God	Overcomer	Fearless	Perfect/Complete	Powerful
Perfect	Righteous	Stable	Servant	Wise
Witness	Humble	Loving	Sacrificial	Authority
Prayerful	Forgiving	Honest	Unashamed	Knows all things
Bold	Blameless	Assured	Disciplined	Conqueror
Confident	Equipped	Bold	Mobilizer	Friend

When you become a believer, Christ's blood covers you and makes you a new creation. When God looks at you He see Christ. So everything that is true of Christ is true of your new nature! When we sin, we are acting out of character to who we really are, which is like Christ!

Look at John 8:31-32

"If you abide in My word, then you are truly disciples of Mine; and you shall know the truth and the truth shall make you free."

From the second list, which TRUTH is hardest for you to believe about yourself? What if your behavior actually mirrored what the Truth is?

The TRUTH about who we really are in Christ:

You are no longer the person you were before

- “I have been crucified with Christ and I no longer live, but Christ lives in me. The life I live in the body, I live by faith in the Son of God, who loved me and gave himself for me.” -- Galatians 2:20 (NIV)
- “Therefore if any person is [engrafted] in Christ (the Messiah) he is a new creation (a new creature altogether); the old [previous moral and spiritual condition] has passed away. Behold, the fresh and new has come!” --2 Corinthians 5:17 (Amplified)

You have been given a new nature

- “If we have been united with him like this in his death, we will certainly also be united with him in his resurrection. For we know that our old self was crucified with him so that the body of sin might be done away with, that we should no longer be slaves to sin--” --Romans 6:5-6 (NIV)
- “Neither circumcision nor uncircumcision means anything; what counts is a new creation.” --Galatians 6:15 (NIV)
- “Do not lie to each other, since you have taken off your old self with its practices and have put on the new self, which is being renewed in knowledge in the image of its Creator.” --Colossians 3:9-10 (NIV)
- “Don’t lie to one another. You’re done with that old self. It’s like a filthy set of ill-fitting clothes you’ve stripped off and put in the fire. Now you’re dressed in a new wardrobe. Every item of your new way of life is custom-made by the Creator, with his label on it. All the old fashions are now obsolete.” --Colossians 3:9-10 (The Message)

Your true nature as a believer is now one of righteousness, completeness, and perfection. (Notice the past or present tenses in each verse listed below.)

- You, however, did not come to know Christ that way. Surely you heard of him and were taught in him in accordance with the truth that is in Jesus. You were taught, with regard to your former way of life, to put off your old self, which is being corrupted by its deceitful desires; to be made new in the attitude of your minds; and to put on the new self, created to be like God in true righteousness and holiness. Therefore each of you must put off falsehood and speak truthfully to his neighbor, for we are all members of one body.” --Ephesians 4:20-25 (NIV)
- “And by that will, we have been made holy through the sacrifice of the body of Jesus Christ once for all....because by one sacrifice he has made perfect forever those who are being made holy.” --Hebrews 10:10,14 (NIV)
- You may not know it, feel it, or experience it, but the day you came to Christ, your old self was removed and replaced with Christ’s life. When we receive Christ’s life, everything that is true about His life becomes true of our life. (Righteousness, victorious over the unholy, is not of this world, over comes all obstacles, etc. --Romans 8:28-30; Philemon 4-6; 2 Peter 1:3)

What about sin and all these feelings of failure? What can I do about them?

- Although we are a new creation, we are still in our fallen bodies (the flesh)
 - What is “the flesh” anyway?
 - The flesh is the condition wherein a man is controlled by something other than God, in the world without hope, close to being destroyed, and

enslaved by chains that n man can break.

- “Watch and pray so that you will not fall into temptation. The spirit is willing but the body is weak.” (Body=Flesh in Greek) --Matthew 26:41
- Our flesh is at war with our spirit. They are in opposition to one another.
 - Romans 17:15-23: Paul talks about his Struggle
- So what can we do about this Struggle
 - Renew our mind (Ephesians 4:23-24) through the Holy Spirit
 - Through prayer, encouragement/rebuke, and study the Holy Spirit shows you a false belief. Step one is recognizing a lie you are believing and/or acting upon either emotionally, physically, or spiritually.
 - Once you recognize a false belief/action/attitude, find out what the Bible says on that issue (Truth). Get a verse list going.
 - Dwell on the TRUTH (memorize and meditate on them) Believe the Truth when you feel/act/think in your old patterns. When you find yourself going down the wrong path—stop! Force yourself to listen to the Truth no matter what your emotions are saying!
 - Act on the TRUTH (Faith-Fact-Feeling Train)