



Fresh Start to Freedom

Becoming Relationally Free Series

<i>Session 1</i>	<i>Free To Be The Real You</i>
Session 2	Freedom 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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FREE TO BE "THE REAL YOU"

This means that anyone who belongs to Christ has become a new person. The old life is gone;
a new life has begun!

II Corinthians 5:17 (NLT)

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 (issues, beliefs, etc.)

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** (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 the truth about who God says you are in Him difficult for you to believe? 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.

What Is Your New Identity?

Do You Know Who You Are As A Follower of Christ?

Do you believe you are the sum total of your life's experiences, or any part of your life's experiences?

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

If so, you are really believing a lie and in yourself (i.e., putting confidence in yourself, making yourself "lord", living outside of the truth of Jesus)

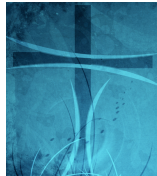
You have believed the lie:

Your Life's Experiences = You

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

Natural Minded

OR



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

- When He died, you (the flesh) 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.
- The authority He has, you have!
- 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 choosing to believe in what God says, regardless of how you may feel or what you may think at times (He is the Lord of your life).

You have believed the truth:

His Life Is Your Life!

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