



The
Believer's
Identity

“in Christ”

International Center for Biblical Counseling of Indiana

9780 Lantern Road, Suite 330, Fishers, Indiana 46038

Phone: 317.585.1845

Who am I?

My Identity in Christ	Reference
<p>I am the salt of the earth I am the light of the world. I am a child of God. I am part of the True Vine, a channel of Christ's life. I am Christ's friend. I am chosen and appointed by Christ to bear His fruit.</p>	<p>Matthew 5:13 Matthew 5:14 John 1:2 John 15:1, 5 John 15:15 John 15:16</p>
<p>I am a slave of righteousness. I am enslaved to God. I am a son of God; God is spiritually my Father. I am a joint heir with Christ, sharing His inheritance with Him. I am a temple—a dwelling place—of God. His Spirit and His life dwell in me.</p>	<p>Romans 6:18 Romans 6:22 Romans 8:14-15; Galatians 3:26; 4:6 Romans 8:17 1 Corinthians 3:16; 6:19</p>
<p>I am united to the Lord and am one spirit with Him. I am a member of Christ's body. I am a new creation. I am reconciled to God and am a minister of reconciliation. I am a son of God and one in Christ.</p>	<p>1 Corinthians 6: 17 1 Corinthians 12:27; Ephesians 5:30 2 Corinthians 5:17 2 Corinthians 5:18, 19 Galatians 3:26, 28</p>
<p>I am an heir of God since I am a son of God. I am a saint. I am God's workmanship—his handiwork—born anew in Christ to do His work. I am a fellow citizen with the rest of God's family. I am a prisoner of Christ. I am righteous and holy. I am a citizen of heaven, seated in heaven right now. I am hidden with Christ in God. I am an expression of the life of Christ because He is my life. I am chosen of God, holy and dearly beloved.</p>	<p>Galatians 4:6-7 Ephesians 1:1; 1 Corinthians 1:2; Philippians 1:1; Colossians 1:2 Ephesians 2:10 Ephesians 2:19 Ephesians 3:1; 4:1 Ephesians 4:24 Philippians 3:20; Ephesians 2:6 Colossians 3:3 Colossians 3:4 Colossians 3:12; 1 Thessalonians 1:4</p>
<p>I am a son of light and not of darkness. I am a holy partaker of a heavenly calling. I am a partaker of Christ; I share in His life. I am one of God's living stones, being built up in Christ as a spiritual house. I am a member of a chosen race, a royal priesthood, a holy nation, a people for God's own possession.</p>	<p>1 Thessalonians 5:5 Hebrews 3:1 Hebrews 3:14 1 Peter 2:5 1 Peter 2:11</p>
<p>I am an alien and stranger to this world in which I temporarily live. I am an enemy of the devil. I am a child of God and I will resemble Christ when He returns. I am born of God and the evil one—the Devil—cannot touch me. I am not the great "I Am" (Exodus 3:14; John 8:24, 28, 58), but by the grace of God, I am what I am.</p>	<p>1 Peter 2:11 1 Peter 5:8 1 John 3:1, 2 1 John 5:18 1 Corinthians 15:10</p>

Understanding Your Identity in Christ

Ephesians 1:3-13

Read the following passage of Scripture, inserting your name into each blank.

³Blessed *be* the God and Father of our Lord Jesus Christ, Who hath blessed _____ with all spiritual blessings in heavenly *places* in Christ: ⁴According as He hath chosen _____ in Him before the foundation of the world, that _____ should be holy and without blame before Him in love: ⁵Having predestinated _____ unto the adoption of children by Jesus Christ to Himself, according to the good pleasure of His will, ⁶To the praise of the glory of His grace, wherein He hath made _____ accepted in the beloved. ⁷In whom _____ [has] redemption through His blood, the forgiveness of sins, according to the riches of His grace; ⁸Wherein He hath abounded toward _____ in all wisdom and prudence; ⁹Having made known unto _____ the mystery of His will, according to His good pleasure which He hath purposed in Himself: ¹⁰That in the dispensation of the fullness of times he might gather together in one all things in Christ, both which are in heaven, and which are on earth; *even* in Him: ¹¹In Whom also _____ [has] obtained an inheritance, being predestinated according to the purpose of Him who worketh all things after the counsel of His own will: ¹²That _____ should be to the praise of His glory, who first trusted in Christ. ¹³In Whom _____ also _____ *trusted*, after that _____ heard the word of truth, the gospel of _____ salvation: in Whom also after that _____ believed, _____ [was] sealed with that Holy Spirit of promise.

How One Obtains Lasting Significance

(A Devotional on Ephesians 1)

God's Provision for Every Believer

- ❑ **Ephesians 1:3—Blessed be the God and Father of our Lord Jesus Christ, Who hath blessed** (2127 *eulogeo*—to speak well of, religiously to bless, praise) **us with all spiritual blessings** (2129 *eulogia*—fine speaking, commendation (*eulogy*), reverential adoration, benediction) **in heavenly places in Christ:**

- ❑ **Ephesians 1:4—According as He hath chosen us in Him before the foundation of the world, that we should be holy** (40 *hagios*—sacred, physically pure, morally blameless, religious, ceremonially consecrated, saint) **and without blame** (299 *amomos*—unblemished, faultless, unblamable) **before Him** (2714 *katenopion*—directly in front of) **in love:**

- ❑ **Ephesians 1:5—Having predestinated us unto the adoption of children by Jesus Christ to Himself, according to the good pleasure of His will,**

- ❑ **Ephesians 1:6—To the praise of the glory of His grace, wherein He hath made us accepted** (5487 *charitoo*—to grace, i.e. endue with special honor, make accepted, be highly favored) **in the beloved.**

Practical Applications of God's Provisions

- My holiness is not dependent on my efforts; it is dependent on the finished work of Christ and the Holy Spirit in me. Therefore...
 - ❑ I can stop “trying” to get holiness and accept that I am already holy.
 - ❑ My achievements do not make me “more” holy, neither do my failures make me “less” holy.
- I can accept God's forgiveness and thus forgive myself for my past failures.
- God loves me unconditionally because Christ died for me. It is not tied to my performance or obedience.
- I am acceptable and have worth with God based on the finished work of Christ—not by my efforts—it is the gift through faith. Therefore...
 - ❑ I don't have to focus on my strengths to get acceptance. I can accept myself with my weaknesses because God created me and accepts me completely with my weaknesses.
 - ❑ I no longer have to hide my mistakes and failures because God knows about them, has forgiven them, and loves me despite my past.

- ❑ It eliminates pride because I didn't do anything to earn my worth and acceptance.
- ❑ My "identity" is not determined by my education, vocation, wealth, power, or position. I am a child of God, a saint, and a chosen one.
- ❑ It produces security because my acceptance is based on something that will not change with time. I don't fear the loss of intelligence, looks, abilities, finances, friends, social status, reputation, position, family, etc.

The difference between a Christian and an unbeliever is not that Christians don't have any problems. The difference is how a Christian deals with the difficulties when they arise. Many Christians spend their lives protecting themselves or avoiding discomforts, and are unknowingly rejecting the means by which God deepens their focus on Him. They are either unaware of the God-given means to deal with the struggle, or they choose to handle the situation in their own strength apart from God. Either way, mishandled suffering produces bitterness, pride, and fear, rather than the joy, forgiveness, and freedom that God provides His children in times of trial. Below are some practical suggestions to deal with the pains of life.

Remember that God is in control

Job suffered terrible loss, but God had a hedge about Job, limiting the destruction. God's purpose was to draw Job into a deeper understanding of how He is and that focusing on God can produce an enduring faith (Job 1:10, 20-22; 42:5). God has promised that every event in our lives will work for our good to transform us into the likeness of His Son (Romans 8:28, 29). The way we understand and are able to comfort others is by receiving God's comfort and grace during our own sufferings (2 Corinthians 1:32-5). Our lives are made fruitful by the pruning shears of a Loving Father (John 15: 2).

Focus on the person and presence of the Lord Jesus Christ rather than the circumstance.

Faith is focusing on the Person of Christ. As Peter lost his focus on the Lord and sank helplessly after joining Jesus on the water, so we, if we take our focus off the Person of Christ will sink helplessly in our circumstance. Satan does not care what we get our focus on as long as we take it off the Lord (Hebrews 12:2).

Commit the situation to God.

If a person has offended you, commit him to the Righteous Judge to bring justice (1 Peter 1:23). We were never created to judge or to meet out vengeance; that is God's responsibility. We become proud if we start assuming God's responsibilities.

If you are going through a difficult situation, commit yourself and the situation to God (1 Peter 4:19). God is working through the situation and will work it for our good if we will only trust Him.

If offenses have occurred, forgive the offenders from the heart.

Forgiveness is an act of the will, not a feeling. Very few of us feel like forgiving when we are hurt. To maintain our focus on the Lord, to receive God's ongoing power and forgiveness, and to avoid spiritual torment, we must forgive (1 Peter 2:19; Hebrews 12:15; Matthew 6:14; 18:34-35). Forgiveness is not letting a person off the hook. Instead, it is transferring him to God's hook. It is trusting God to deal with that person wisely and justly.

If the circumstance is due to a personal failure, ask God to forgive you.

Identifying and Confronting the Lies Regarding Our Identity in Christ

Taken from Dr. Neil T. Anderson's book, Helping Others Find Freedom in Christ

Go through the list below and check the lies that you believed, lies that Satan has used to shape and control your life, your view of yourself, and your view of God.

I Renounce the Lie That...	I Announce the Truth That in Christ...
I'll never be accepted by God or others.	I'm already accepted.
Everyone, including God, accepts me if I work hard to please them. All love must be earned.	God accepts me because I'm His child (John 1:12).
I must be accepted by certain others to feel okay about myself.	I am accepted by Christ as His friend (John 15:5).
I must do everything well or right to be accepted.	I am justified, made right with God through Christ (Romans 5:1).
Sooner or later God will reject me and turn away from me.	I am united with God, one spirit with Him (1 Corinthians 6:17).
I have no real value to God, so He will reject me sooner or later. I feel worthless as a person.	He bought me with the price of His Son, I am of infinite value to Him (1 Corinthians 6:20).
I can't break free from sin because I'm just a sinner.	I'm a saint, a holy one who may struggle with sin, but need not be mastered by it (Ephesians 1:1).
No sane person would choose to love me.	God chose to love me for all eternity and to adopt me into His family (Ephesians 1:5).
God loves other Christians more than me. If I were like them, I could get closer to God.	I have the same direct access to my Heavenly Father as all other believers (Ephesians 2:18).
Some things I've done can't be forgiven. God can't keep on forgiving me. I'm a hopeless case.	I have been redeemed and forgiven of all my sins (Colossians 1:14).

I Renounce the Lie That...

I Announce the Truth That in Christ...

I'll always be abandoned.

I'm already secure.

I'm unworthy of love and deserve to be condemned and abandoned. God is basically angry with me and always wants to punish me.

I am free forever from condemnation (Romans 8:1-2).

Sooner or later, my life always falls apart. If God really loved, life would be easier.

I am assured that all things work together to make me more like Christ, and that is good (Romans 8:28-29).

Others tell me I'm bad or worthless, so I must be bad or worthless.

I am free from any condemning charges against me (Romans 8:31ff).

Sooner or later, God will give up on me and abandon me.

I cannot be separated from God's love (Romans 8:35ff).

My relationship with God depends on me trying harder to please Him.

I have been established, anointed, and sealed by God (2 Corinthians 1:21-22).

Sooner or later, people will find out about me and reject me, abandon me, or hurt me.

My life is hidden in Christ, and therefore secure (Colossians 3:3).

Since I still struggle with sin, God will quit working in my life and give up on me.

I am confident that the good work that God has begun in me will be perfected (Philippians 1:6).

I'll never know if I'm going to make it to heaven.

I am already a citizen of heaven (Philippians 3:20).

I'm afraid I'll be abandoned, so I have to be weak, meet everyone's demands, or pretend I'm dumb.

I have not been given a spirit of fear, but of power, love, and a sound mind (2 Timothy 1:7).

When the chips are down, everyone always leave me.

I can find grace and mercy in my time of need (Hebrews 4:16).

I can't really defeat Satan because he has me under his control.

I am born of God, and the evil one cannot touch me (1 John 5:18).

I Renounce the Lie That...

I Announce the Truth That in Christ...

My significance or success is based on something I do. I'm already significant.

I have nothing of real value to offer others.

I am the salt and light of the earth (Matthew 5:13-14).

The only way I can make an impact in this life is by being in control and asserting myself. My significance comes from what I do, not who I am.

I am a branch of the True Vine, a channel of His life (John 15:1-5).

My life will never really amount to anything.

I have been chosen and appointed to bear fruit (John 15:16).

I have no right or ability to tell others about Christ because my life isn't perfect.

I am a Spirit-empowered witness of Christ (Acts 1:8).

Significance is found only in a beautiful appearance, superior intelligence, or an image of success.

I am God's temple, significant because I have God indwelling me (1 Corinthians 3:16).

I have to be perfect for God to really use me.

I am a minister of reconciliation for God because I am His new creation (1 Corinthians 5:17ff).

If people really knew me, they wouldn't want to work with me.

I am God's co-worker (1 Corinthians 3:9).

God has no use for me. I must put myself down or others down to make me feel better.

I am seated with Christ in the heavenly realm (Ephesians 2:6).

I am an accident, a cosmic mistake, and therefore worthless, I wish I were someone else.

I am God's workmanship (Ephesians 2:10).

I can only be significant through much effort and hard work. I can never be really sure of God's love.

I can approach God anytime with freedom and confidence (Ephesians 3:12).

I can't change. It's just too hard, so I give up. I can't take risks because I might fail.

I can do all things through Christ who strengthens me (Philippians 3:6).

The Father Image of God

The Truth About our Heavenly Father

Taken from Dr. Neil Anderson's Book, *Freedom from Fear*

The Lie I renounce the lie that my Heavenly Father is...	The Truth I announce the truth that my Heavenly Father is...
Distant and disinterested	Intimate and involved Psalm 139:1-18
Insensitive and uncaring	Kind and compassionate Psalm 103:8-14
Stern and demanding	Accepting and filled with joy and love Romans 15:7; Zephaniah 3:17
Passive and cold	Warm and affectionate Isaiah 40:11; Hosea 11:3, 4
Absent or too busy for me	Always with me and eager to be with me Hebrews 13:5; Jeremiah 31:20; Ezekiel 34: 11-16
Never satisfied with what I do; impatient and angry	Patient and slow to anger Exodus 34:6; 2 Peter 3:9
Mean, cruel, or abusive	Loving, gentle, and protective Jeremiah 31:3; Isaiah 42:3; Psalm 18:2
Takes all the fun out of life	Trustworthy; He wants to give me a full life; His will is good, perfect, acceptable Lamentations 3:22, 23; John 10:10; Romans 12:1, 2
Controlling or manipulative	Full of grace and mercy Hebrews 4:15, 16; Luke 15: 11-16
Condemning or unforgiving	Tenderhearted and forgiving; His heart and arms are always open Psalm 130: 1-4; Luke 15: 17-24
Nit-picking, exacting, or perfectionist	Committed to my growth and proud of me as His growing child Romans 8:28-29; Hebrews 12:5-11; 2 Corinthians 7:4

Affirmations for Dismantling Self-Hate

- I refuse all self-hate.
- I choose to love myself as God wants me to love myself.
- It is not wrong to love myself as God wants me to.
- I do not need to punish myself.
- What was forced on me was not my fault.
- I refuse all false guilt.
- It is all right to be healed inside.
- I choose to take care of myself.
- I do not deserve pain.
- I am not an evil person.
- I will be nice to myself today.
- I deserve to be treated gently.
- It is all right to make a mistake.
- I am not a _____ (whatever you call yourself inside).
- It is all right for me to be happy.
- My body is not evil.
- I am precious in God's sight.
- I am not a mistake.
- God enjoys me.
- I put off the enemy's opinion of me and I put on God's opinion of me.

Taking Charge of Our Thinking

Adapted from Victor Matthews

Introduction

- ❑ Our thought life has a direct bearing on all our other functions. What we think on causes a reaction of our will (choices), our body (desires), and our emotions (feelings). Our thinking will also begin a process that will lead to other thoughts.
- ❑ To understand how to live successfully, we must learn how our mind is related to our other functions and learn how to “take charge” of our thinking.

Your thoughts are not you. They are simply a manifestation of one of your functions.

- ❑ Because of the fall of man and our sin, we have lost control of our functions. Now our functions often control us—as in the alcoholic.
- ❑ Most if not all of us have two levels of thinking. The second level is almost always negative and condemning. It is extremely important to recognize this and take charge of it. See the work of David Burns in *Feeling Good* and Aaron Beck in *Cognitive Therapy*.

Person	W	
	I	Mind—Thoughts
	L	Emotions—Feelings
	L	Body—Desires

Your thoughts may not be caused by you.

- ❑ They may be caused by the flesh.
 - *“For from within, out of the heart of man, proceed evil thoughts, adulteries...and these defile the man”* (Mark 7:21-22).
- ❑ They may be caused by the world.
 - *“For all that is in the world, the lust of the flesh, and the lust of the eyes, and the pride of life, is not of the Father, but is of the world”* (I John 2:16).
- ❑ They may be caused by Satan and wicked spirits.
 - Satan could talk to Eve before she became a sinner. *“Yea, hath God said, ye shall eat of every tree...”* (Genesis 3:1-5).
 - Satan could talk to the Lord Jesus. *“And when the tempter came to Him, He said, If Thou be the Son of God, command that these stones be made bread”* (Matthew 4:3).

Your thoughts are not authoritative.

- ❑ Simply having a thought does not mean it indicates who or what you are. To accept your thoughts as authoritative opens one up to profound error.
- ❑ The presence of a thought in our mind does not mean we must obey it.

- ❑ The presence of a wrong thought, as in temptation, does not make us sinful or guilty. The Lord Jesus did not become guilty in His temptation.
- ❑ The presence of a thought does not mean it has come to pass or will come to pass. We do not create reality by our thought life.

We must learn to reject wrong thoughts.

- ❑ When a thought is not in harmony with the Bible, and is not what you desire or believe, then you have not originated that thought, it has come from some other source.
 - If we blame ourselves for such a wrong thought, then we give that thought control over us. When we do that, it produces guilt or fear or some desire. If Satan put that thought in our mind in some way and we accept it and give way to it, then he has some control over us. He is the deceiver, the accuser, the father of lies.
 - It is important to reject wrong thoughts:

“In the name of the lord Jesus Christ, I take charge of my thinking and reject the thought of _____. I bring all my thinking into subjection to the Lord Jesus Christ and choose to believe the truth as revealed in the Scriptures.”

- ❑ Learn to monitor your thought life. If you have any question as to the origin of a thought, ask yourself what effect the thought has on you. Does it edify you or upset you? If the effect is disturbing, it is not from God or from yourself (unless you are living out of the will of God. If it were from God, you would know.

We must learn to think on correct thoughts.

- ❑ Philippians 4:8— *“Finally, my brethren, whatsoever things are true...honest...pure...lovely...of good report...think on these things.”* We must use the Bible as a sword. We do this, the Holy Spirit can get involved in the process and help us (Ephesians 6:17).
- ❑ Make a list of your negative thinking and choose to correct it from the Bible. Learn to reject and correct your thinking moment by moment.
- ❑ Suggestion: Stop being afraid of your life. The whole process is simply one of your functions and you can take charge of it—like you take charge of your body. Make some choices as to what you are going to think on. Memorize Scripture and meditate on the verses. Sing worship hymns and think about the words. Listen to good tapes and concentrate on the teaching. In doing all this, reject the wrong thoughts that come to you, correct them with the truth, and then believe and live it.

Identifying and Confronting Emotional Lies

Primary Negative Emotion	Related Lies	Scriptural Truth
<p style="text-align: center;">Sadness Abandonment Shame</p>	<p>I am alone. I will always be alone. I have been overlooked. They do not need me. I don't matter. No one even cares. They are not coming back. There is no one to protect me. God has forsaken me too. No one will believe me. I cannot trust anyone. I am afraid they won't come back.</p>	<p>Hebrews 13:5 <i>"...I will never leave you nor forsake you."</i></p> <p>Psalms 139:5 <i>"You have hedged me behind and before, and laid Your hand upon me."</i></p> <p>Psalms 139:17 <i>"How precious also are Your thoughts to me, O God! How great is the sum of them!"</i></p> <p>1 Peter 5:7 <i>"Casting all your care upon Him, for He careth for you."</i></p>
<p style="text-align: center;">Shame Tainted</p>	<p>I am so stupid and ignorant; an idiot. I should have done something to have stopped it from happening. I allowed it. I was a participant. I should have known better. It was my fault. I should have told someone. I knew what was going to happen, yet I stayed anyway. I felt pleasure, so I must have wanted it. I was a participant. It happened because of my looks, my gender, my body, etc. I should have stopped them. I did not try to run away. I deserved it. I am cheap, like a slut. I was paid for service rendered. I kept going back. I did it to him/her first. I'm bad, dirty, shameful, sick, nasty, etc.</p> <p>I am dirty, shameful, evil, perverted, etc., because of what happened to me. My life is ruined. I will never feel clean again. Everyone can see my shame, filth, dirtiness, etc. I will always be hurt, damaged, broken because of what has happened. I will never be happy. I will always be unclean, filthy, etc. God could never want me after what has happened to me. My body parts are dirty. No one will ever really be able to love me.</p>	<p>1 John 1:9 <i>"If we confess our sins, He is faithful and just to forgive us our sins and cleanse us from all unrighteousness."</i></p> <p>Proverbs 28:13 <i>"He who covers his sins will not prosper, But whoever confesses and forsakes them will have mercy."</i></p> <p>Romans 6:21-22 <i>"What fruit did you have then in the things of which you are now ashamed? For the end of those things is death. But now having been set free from sin, and having become slaves of God, you have your fruit to holiness, and the end, everlasting life."</i></p> <p>1 Corinthians 6:19 <i>"...do you not know that your body is the temple of the Holy Spirit who is in you, whom you have from God, and you are not your own?"</i></p> <p>Psalms 139:14 <i>"I will praise You, for I am fearfully and wonderfully made; marvelous are Your works, and that my soul knows very well."</i></p> <p>Romans 6:19 <i>"...For just as you presented your members as slaves of uncleanness, and of lawlessness leading to more lawlessness, so now present your members as slaves of righteousness for holiness."</i></p>

Primary Negative Emotion	Related Lies	Scriptural Truth
Hopeless Despair Confusion	<p>It is never going to get any better. There is no way out. It will just happen again and again. There is no good thing for me. I have no reason to live. There are no options for me. I just want to die. Nothing good will ever come of this.</p> <p>I don't know what is happening to me. Everything is confusing. This does not make any sense. Why would they do this to me. <i>(This lie is sometimes confused with demonic interference. Demons will cause confusion in a memory which will feel much like a confusion lie.)</i></p>	<p>Jeremiah 32:17 <i>“Ah Lord GOD! Behold, You have made the heavens and the earth by Your great power and outstretched arm. There is nothing too hard for You.”</i></p> <p>Romans 8:28 <i>“And we know that all things work together for good to those who love God, to them Who are called according to His purpose.”</i></p> <p>Proverbs 3:5-6 <i>“Trust in the LORD with all your heart, and lean not on your own understanding; In all your ways acknowledge Him, and He shall direct your paths.”</i></p>
Powerlessness/ Trapped	<p>I cannot stop this. He/she/they are too strong to resist. There is no way out. I am too weak to resist. The pain is too great to bear. I cannot get away. I am going to die, and cannot do anything about it. I cannot get loose. I am overwhelmed. I don't know what to do. Everything is out of control. I am too small to do anything.</p>	<p>Philippians 4:13 <i>“I can do all things through Christ Who strengthens me.”</i></p> <p>Romans 8:11 <i>“But if the Spirit of Him Who raised up Jesus from the dead dwells in you, He Who raised Christ from the dead will also give life to your mortal bodies through His Spirit Who dwells in you.”</i></p> <p>Ephesians 1:18-19 <i>“...that you may know...what is the exceeding greatness of His power toward us who believe, according to the working of His might power.”</i></p>
Fear	<p>I am going to die. He/she/they is going to hurt me. I do not know what to do. If I tell, they will come back and hurt me. If I trust, I will die. He/she/they are coming back. It is just a matter of time before it happens again. If I let him/her them/ into my life, they will hurt me too. Something bad will happen if I tell, stop it, or confront it. They are going to get me. Doom is just around the corner. He/she/they will kill me.</p>	<p>Matthew 10:28 <i>“And fear not them which kill the body, but are not able to kill the soul: but rather fear him which is able to destroy both soul and body in hell.”</i></p> <p>Philippians 4:6 <i>“Be careful for nothing; but in every thing by prayer and supplication with thanksgiving let your requests be made known unto God.”</i></p> <p>Proverbs 28:13 <i>“He who covers his sins will not prosper, But whoever confesses and forsakes them will have mercy.”</i></p>

Primary Negative Emotion	Related Lies	Scriptural Truth
<p>Invalidation</p>	<p>I am not loved, needed, wanted, cared for, or important. They do not need me. I am worthless and have no value. I am unimportant. I was a mistake. I should never have been born. I am in the way. I am a burden. I was never liked by them because I was _____. God could never love or accept me. I could never be as _____ as s/he. I could never jump high enough to please him/her. I am not acceptable.”</p>	<p>Romans 5:8 <i>“But God commended His love toward us, in that while we were yet sinners, Christ died for us.”</i></p> <p>Ephesians 1:4 <i>“Just as He chose us in Him before the foundation of the world, that we should be holy and without blame before Him in love.”</i></p> <p>Matthew 10:29-31 <i>“Are not two sparrows sold for a farthing? And one of them shall not fall on the ground without your Father. But the very hairs of your head are all numbered. Fear ye not therefore, ye are of more value than many sparrows.”</i></p> <p>1 Peter 5:7 <i>“Casting all your care upon Him, for He careth for you.”</i></p>