

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 have 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 15:15).
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.	God bought me with the price of His Son; therefore 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 me, 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 (2 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 really be 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 4:13).

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