

# UNDERSTANDING YOUR IDENTITY IN CHRIST

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Mental Health Series  
Knights of the Way: Keepers of the Armor of God



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## **In Dedication**

This book is dedicated to my mother, Beverly M. Fetter, daughter, sister, wife, and mother extraordinaire. I'm thankful for who she was and the lives she touched.

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# **Introduction**

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Welcome to the Understanding Your Identity in Christ course. I'm Gregg Fetter, your guide. If you've ever felt ineffective in your Christian walk, then this is the right place for you. Because once you complete this course, you're going to be impassioned. You are going to have the tools you need to live an effective, inspired Christian life. I want to thank you for allowing me to be your guide on this journey and I want to commend you for your desire to understand your identity in Christ.

This course is broken down into 2 sections. Throughout the course we'll discuss the role identity plays in guiding your life. Odds are that you haven't thought much about identity and the role it plays in your life.

### Section 1: Understanding Identity

In our first section we'll discuss how an identity is created and passed on from one generation to the next. We'll discuss its characteristics and the fruit it produces. This section is called Understanding Identity.

### Section 2: Walking in the Identity of Christ

In the second section, we'll discuss the identity God wants you to walk in and how to go about it. This section is called, Walking in the Identity of Christ.

Let's get started.

# SECTION 1

## UNDERSTANDING IDENTITY

## Lesson 1

### Table of Contents

#### **How an Identity is Created**

Welcome to Lesson 1. In this lesson we'll discuss how an identity is created.

To understand how an identity is created, let's consider the life of the first man Adam.

When God first created Adam, his nature was theocentric or God-centered.

Adam didn't make decisions based on what he wanted; he made decisions based on what God wanted. That doesn't mean that he didn't have a free will. He did. He just chose to follow God. Why wouldn't he? God was good and provided him with everything he could possibly want. There wasn't any need to go outside the will of a loving God.

But then something happened to change Adam's nature.

Let's read from Genesis 3 and see what happened.





Adam and Eve in the garden with the serpent.

Now the serpent was more crafty than any other beast of the field that the Lord God had made. He said to the woman, "Did God actually say, 'You shall not eat of any tree in the garden'?" And the woman said to the serpent, "We may eat of the fruit of the trees in the garden, but God said, 'You shall not eat of the fruit of the tree that is in the midst of the garden, neither shall you touch it, lest you die.'" But the serpent said to the woman, "You will not surely die. For God knows that when you eat of it your eyes will be opened, and you will be like God, knowing good and evil." So, when the woman saw that the tree was good for food, and that it was a delight to the eyes, and that the tree was to be desired to make one wise, she took of its fruit and ate, and she

also gave some to her husband who was with her, and he ate. Then the eyes of both were opened, and they knew that they were naked. And they sewed fig leaves together and made themselves loincloths. And they heard the sound of the Lord God walking in the garden in the cool of the day, and the man and his wife hid themselves from the presence of the Lord God among the trees of the garden. But the Lord God called to the man and said to him, "Where are you?" And he said, "I heard the sound of you in the garden, and I was afraid, because I was naked, and I hid myself." He said, "Who told you that you were naked? Have you eaten of the tree of which I commanded you not to eat?" The man said, "The woman whom you gave to be with me, she gave me fruit of the tree, and I ate." Then the Lord God said to the woman, "What is this that you have done?" The woman said, "The serpent deceived me, and I ate."  
Genesis 3:1-13

In this passage we see that:

Adam's nature was changed because he disobeyed God.

He went from being THEOCENTRIC (God centered) to EGOCENTRIC (self-centered).

It's important to understand that Adam's nature changed because of WHAT HE DID.

Therefore, an identity is the result of a LIFE LIVED.

So, while God created Adam with an innocent identity, he acquired a sinful identity by living a sinful life.

If Adam acquired a sinful identity by living a sinful life, then HUMANITY acquires a sinful identity through BIRTH.

That's because an identity is created by just one person, then passed on to future generations through genetics.

In Romans 5 it says:

Just as sin came into the world through one man, and death through sin, and so death spread to all men because all sinned.  
Romans 5:12

This will conclude today's lesson. In summary, these are the points you will want to remember:

### **Lesson 1 Summary**

1. God created Adam with a theocentric identity.
2. Adam changed his identity by the life he lived.
3. By living a sinful life Adam acquired a sinful identity.
4. An identity originates from just one person.
5. An identity is passed on by birth.
6. By birth, all humanity has acquired the sinful identity of Adam.

In lesson 2 we'll discuss the characteristics of a sinful identity. I'll see you then.

**Note:** Additional resources for Section 1, Lesson 1 can be found in the Appendix.

## Lesson 2

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### **The Characteristics of a Sinful Identity**

Welcome back to lesson 2. In this lesson we'll discuss the characteristics of a sinful identity.

In Galatians it says:

The works of the flesh are evident: sexual immorality, impurity, sensuality, idolatry, sorcery, enmity, strife, jealousy, fits of anger, rivalries, dissensions, divisions, envy, drunkenness, orgies, and things like these.

Galatians 5:19-21

These are the characteristics of a sinful identity. They are expressed through 4 temperament types.

- Sanguine
- Choleric
- Melancholy
- Phlegmatic

Each temperament has strengths and weaknesses.

Sanguine strengths are:

- Enjoying
- Optimistic
- Friendly
- Compassionate

Sanguine weaknesses are:

- Restless
- Weak-willed

- Egotistical
- Emotionally Unstable

Choleric strengths are:

- Practical
- Optimistic
- Leaders
- Strong Will Power

Choleric weaknesses are:

- Hot-tempered
- Cruel
- Impetuous
- Self-sufficient

Melancholy strengths are:

- Sensitive
- Perfectionists
- Analytical
- Faithful and Self-sacrificing

Melancholy weaknesses are:

- Self-centered
- Pessimistic
- Moody
- Revengeful

Phlegmatic strengths are:

- Witty
- Dependable
- Practical
- Efficient

Phlegmatic weakness are:

- Slow
- Lazy
- Teasers
- Stubborn
- Indecisive

People don't express just one temperament. They express a mixture of temperaments, but one temperament is dominant.

The Sanguine and Choleric are EXTROVERTS.

The Melancholy and Phlegmatic are INTROVERTS.

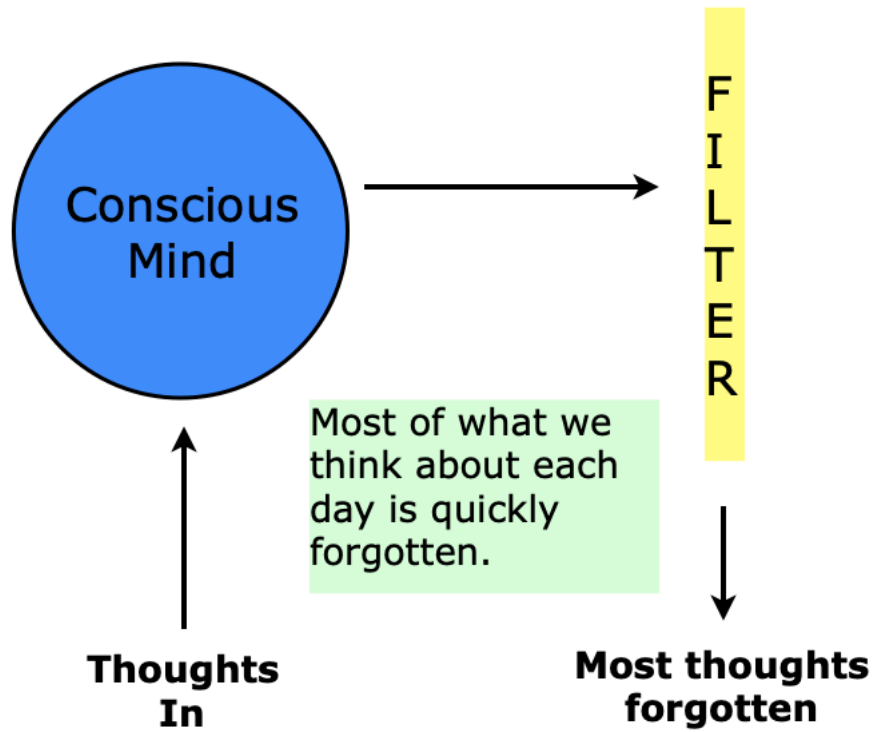
### **The Conscious Mind**

The characteristics of a sinful identity produce long term memories that drive the conscious mind.

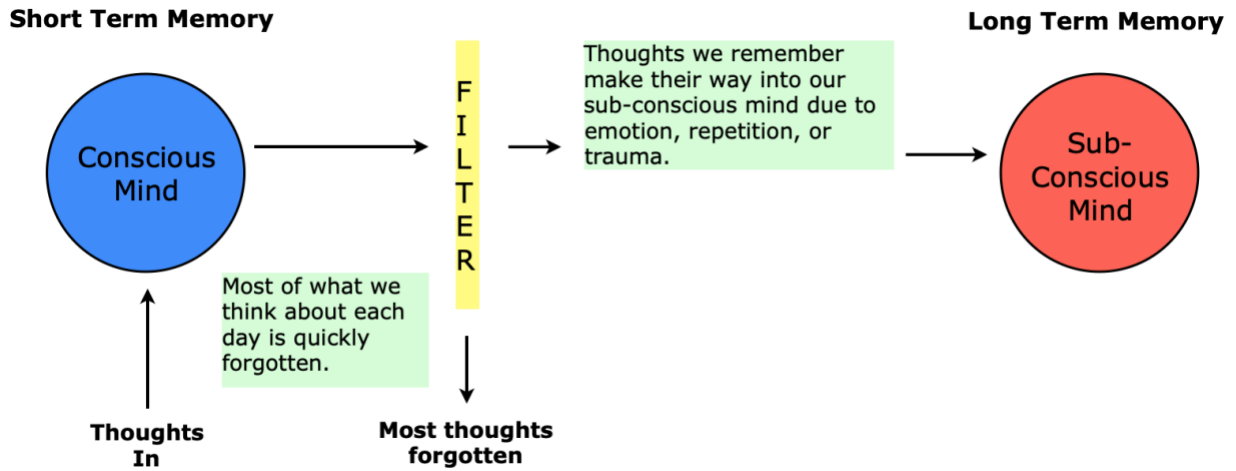
This graphic explains how the conscious mind works.

Most of what we think about each day is quickly forgotten.

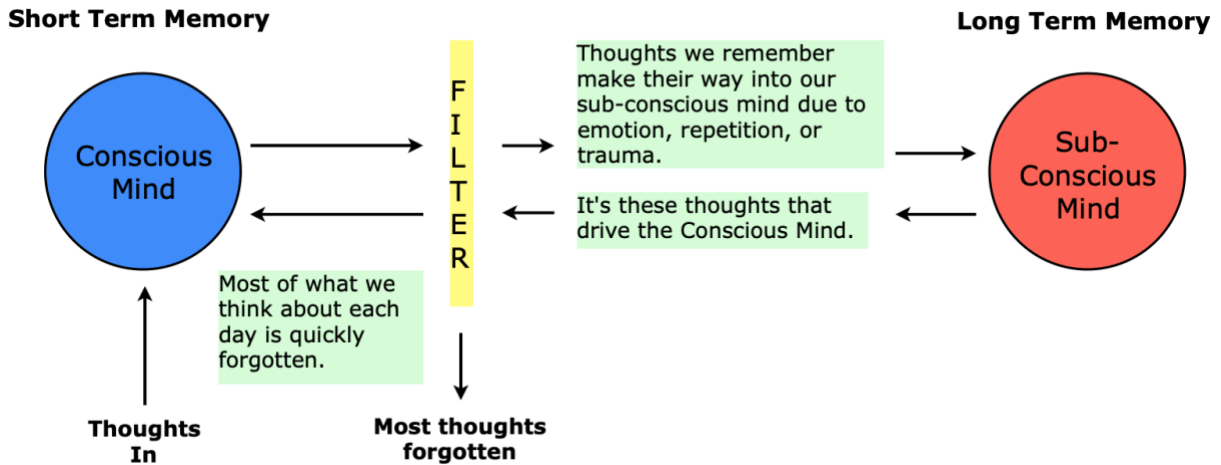
## Short Term Memory



Thoughts we remember make their way into our sub-conscious mind due to emotion, repetition, or trauma.

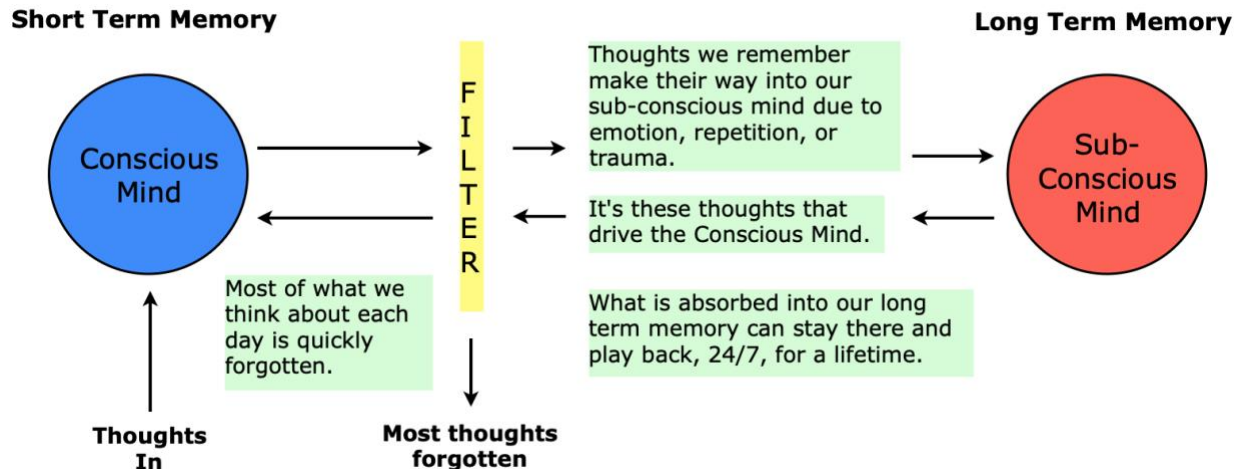


It's these thoughts that drive the conscious mind.





The subconscious mind isn't very smart. It doesn't know right from wrong. It can't reason. It simply relays to the conscious mind, 24/7, what has been programmed into it.



While the conscious mind tries to protect us from the impulses of our sub-conscious mind, it can't overrule it. Therefore, we do things we don't want to do, and why the Apostle Paul could say:

### The Apostle Paul

I have the desire to do what is right (conscious mind), but not the ability to carry it out (sub-conscious mind). For I do not do the good I want (conscious mind), but the evil I do not want is what I keep on doing (sub-conscious mind).

Romans 7:18-19

This will conclude today's lesson. In summary, these are the points you will want to remember:

### Lesson 2 Summary

1. The characteristics of a sinful identity are:

- Sexual immorality

- Strife
- Jealousy
- Fits of anger
- Envy
- Drunkenness

Reference: Galatians 5:19-21

2. The characteristics of a sinful identity are expressed through 4 temperament types:

- Sanguine
- Choleric
- Melancholy
- Phlegmatic

3. Each temperament has its own strengths and weaknesses.

4. The Sanguine and Choleric are EXTROVERTS. The Melancholy and Phlegmatic are INTROVERTS.

5. The characteristics of a sinful identity produce long term memories that drive the conscious mind.

6. These long-term memories are stored in the sub-conscious mind.

7. The sub-conscious mind drives the conscious mind.

8. Because the sub-conscious mind drives the conscious mind, we often do things we don't want to do.

In lesson 3 we'll discuss the FRUIT these characteristics produce in people. I'll see you then.

**Note:** Additional resources for Section 1, Lesson 2 can be found in the Appendix.

## Lesson 3

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### **The Fruit of a Sinful Identity**

Welcome back to lesson 3. In lesson 2 we discussed the characteristics of a sinful identity; in this lesson we'll discuss the FRUIT these characteristics produce in people.

1. A sinful identity produces:

Fear and anger.

Introverts tend to form deep seated expressions of FEAR in their sub-conscious mind.

Examples for the expression of FEAR are:

- Social shyness
- Depression
- Worry
- Doubts
- Over aggression

Extroverts tend to form deep seated expressions of ANGER in their sub-conscious mind.

Examples for the expression of ANGER are:

- Bitterness
- Wrath
- Intolerance
- Unforgiveness
- Revenge

2. A sinful identity produces:

Strife and struggle.

Strife was the curse God gave Eve when He said:

### **Curse of Strife**

“I will sharpen the pain of your pregnancy, and in pain you will give birth. And you will desire to CONTROL YOUR HUSBAND, but he will rule over you.”

Genesis 3:16

Struggle was the curse God gave Adam when He said:

### **Curse of Struggle**

“Since you listened to your wife and ate from the tree whose fruit I commanded you not to eat, the ground is cursed because of you. All your life you will STRUGGLE to scratch a living from it.”

Genesis 3:17

3. A sinful identity produces:

Death

Because of sin:

You will die.

Just as sin came into the world through one man (Adam) and DEATH THROUGH SIN, and so death spread to all men because all sinned.

Romans 5:12

But what about Adam, did he die?

Adam died physically at the age of 930 after he sinned (Genesis 5:5).

Adam died spiritually the moment he sinned.

How do we know that Adam died spiritually?

We know, because in Genesis 3:10 it says that when Adam and Eve sinned, they felt naked and afraid.

What does feeling naked and afraid have to do with spiritual death?

Spiritual death is separation from God. Prior to sin, Adam and Eve were protected by God. When Adam and Eve sinned, God removed His protection from them. Adam and Eve didn't feel safe without God's protection. That's why Adam and Eve felt naked and afraid.

As we consider the characteristics and fruit of man's sinful nature, it becomes clear that man is severely LIMITED. With ego at the center of his being, he can't see the implication of his choices. The more he tries to achieve PEACE, the more confusion he brings. The more LOVE he hopes to instill, the more hate he creates.

His limited nature will cause him to always make mistakes and always fail.

But has God left man to fail? No, from the beginning of time, God foreknew man's sin and had a plan to restore man's sinful identity to a sinless identity.

This will conclude today's lesson. In summary, the points you will want to remember are:

## Lesson 3 Summary

1. The fruits of a sinful identity are:

- Fear and anger
- Strife and Struggle
- Death

2. Adam's sin nature was passed on to you through genetics. As a result, man is born dead spiritually.

3. Physical birth begins the process of physical death.

4. God has a plan to restore man's sinful identity to a sinless identity.

In lesson 4 we'll discuss how God accomplishes His plan of restoring man's sinful identity to a sinless identity. I'll see you then.

**Note:** Additional resources for Section 1, Lesson 3 can be found in the Appendix.

## Lesson 4

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#### **The Creation of a Sinless Identity**

Welcome back to lesson 4. In lesson 3 we learned that God had a plan to restore man's sinful identity to a sinless identity. In this lesson we'll discuss how God accomplishes His plan.

First, we know that as the head of humanity, Adam passed down his sinful identity through birth.

In Romans 5 it says:

Just as sin came into the world THROUGH ONE MAN (Adam) and death through sin, and so death spread to all men because all sinned.

Romans 5:12

So, to create a sinless identity, God would have to establish a second head of humanity through which man could be spiritually born again.

The Gospel of Luke tells us how God accomplishes this:



### The Announcement of Mary's Conception

In the sixth month the angel Gabriel was sent from God to a city of Galilee named Nazareth, to a virgin betrothed to a man whose name was Joseph, of the house of David. And the virgin's name was Mary. And he came to her and said, "Greetings, O favored one, the Lord is with you!" But she was greatly troubled at the saying and tried to discern what sort of greeting this might be. And the angel said to her, "Do not be afraid, Mary, for you have found favor with God. And behold, you will conceive in your womb and bear a son, and you shall call his name Jesus. He will be great and will be called the Son of the Most High. And the Lord God will give to him the throne of his father David, and he will reign over the house of Jacob forever, and of his kingdom there will be no end." And Mary said to the angel, "How will this be, SINCE I AM A VIRGIN?" And the angel answered her, "The Holy Spirit will come upon you, and the power of the Most High will OVERSHADOW YOU; therefore the child to be born will be called holy—the Son of God.

Luke 1:26-35



In Genesis 3 we learn that sin is spread to mankind through the SEED of man (Genesis 3:15).

Therefore, to create a sinless identity, God impregnates Mary with the incorruptible seed of the Holy Spirit rather than the corruptible seed of Adam (1 Peter 1:23).

As a result, Jesus is born with a THEOCENTRIC nature, the same nature Adam had before he sinned.

Then, like Adam, as the head of a new humanity, Jesus creates a sinless identity through the LIFE HE LIVED.

In 1 Peter it says:

Jesus committed NO SIN, neither was deceit found in his mouth.  
1 Peter 2:22

And now as the second Adam, or the second head of humanity, Christ's sinless identity is made available to mankind by BIRTH (1 Corinthians 15:45-49).

Those born again spiritually receive Christ's sinless identity.

In John 3 it says:

Jesus answered him, "Truly, truly, I say to you, unless one is BORN AGAIN, he cannot see the kingdom of God." Nicodemus said to him, "How can a man be born when he is old? Can he enter a second time into his mother's womb and be born?" Jesus answered, "Truly, truly, I say to you, unless one is born of water (physical birth) and the Spirit (spiritual birth), he cannot enter the kingdom of God. That which is born of the flesh is flesh, and that which is born of the Spirit is spirit.  
John 3:3-6

We receive Christ's sinless identity when we BELIEVE in His name.

In John 1 it says:

To all who did receive him, who believed in his name, he gave the right to become children of God.

John 1:12

This will conclude today's lesson. In summary, these are the points you will want to remember:

### **Lesson 4 Summary**

1. God has a plan to restore man's fallen identity.
2. God bypasses the corruptible seed of Adam by impregnating Mary with His own incorruptible seed.
3. Born theocentric, Jesus lives a sinless life and creates a sinless identity.
4. We are born again spiritually and receive Christ's sinless identity when we BELIEVE in His name.

In lesson 5 we'll discuss what the characteristics of a sinless identity are. I'll see you then.

**Note:** Additional resources for Section 1, Lesson 4 can be found in the Appendix.

## Lesson 5

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#### **The Characteristics of a Sinless Identity**

Welcome back to lesson 5. In this lesson we'll discuss the characteristics of a sinless identity.

In Galatians it says:

But the fruit (or characteristics) of the Spirit is love, joy, peace, long-suffering, gentleness, goodness, faith, meekness, temperance: against such there is no law.

Galatians 5:22-24 KJV

These characteristics are expressed through one temperament type— the Spirit-filled temperament. The Spirit-filled temperament has NO weaknesses.

Its strengths can be organized into 3 categories:

1. Its world view.
2. How it treats people.
3. How it lives its life.

Let's discuss them one at a time.

#### **1. The World View of a Spirit-Filled Temperament**

The World View of the Spirit-Filled Temperament is:

1. Peace
2. Meekness

## **Peace**

Peace is getting God's perspective.

We get God's perspective through the sinless identity of Christ given to us at spiritual birth. Unlike our sinful identity, our sinless identity is at peace with God.

God's peace helps us to understand that we don't need to fear life because God is for us (Romans 8:31). God works all things together for good, even when bad things happen (Romans 8:28).

## **Meekness**

Meekness is having a servant's heart.

The natural inclination of the Spirit-filled temperament is to serve humanity.

Christ is our supreme example. Who, although He was God, became a man so that He could become the appeasement for our sins by dying on the cross (Philippians 2:3-8; 1 John 4:10).

## **2. How a Spirit-Filled Temperament Treats People**

The Spirit-filled temperament treats people with:

1. Gentleness
2. Long-suffering

## **Gentleness**

Gentleness is the power of kindness and mercy.

Even as men sin against God, God demonstrates His kindness and mercy to them through His death on the cross. It's God's gentleness that makes people great.

As we operate in the Spirit, our gentleness will make people great too, even as they sin against us (Psalm 18:29,35).

## **Long-suffering**

Long-suffering is maintaining emotional balance.

The Spirit-filled temperament maintains emotional balance. People will get upset with us even when we've done nothing wrong. A sinless identity takes it in stride and suffers patiently (1 Peter 2:19-20).

## **3. How a Spirit-Filled Temperament Lives Life**

The Spirit-filled temperament lives life with:

1. Joy
2. Goodness
3. Faith
4. Temperance

### **Joy**

Joy is the expression of inner contentment.

Where happiness depends on life's circumstances, joy does not. Joy comes from an inner contentment.

Joy comes from the indwelling presence of the Holy Spirit, that He is in control and that your mind, will and emotions are fully submitted to Him (2 Samuel 6:14).

### **Goodness**

Goodness is filling the gap.

The Spirit-filled temperament fills the gap. People won't always do what is right. They won't clean up after themselves, they will

shirk their duties. Other people just need help— elderly people, imprisoned, disabled.

The Spirit-filled temperament picks up where others leave off, it makes a difference. That's because the sinless identity wants to serve and help people, not judge them. The Spirit-filled temperament is good (Galatians 6:9).

## **Faith**

Faith is objective evidence in action.

Faith is vision, it's walking out the eternal purpose God created you for. It consists of two things: hope and evidence (Hebrews 11:1-2). The evidence for vision comes from within. What do you hope for, what are your desires? They come from works God prepared in advance for you to do. Faith is putting the works you hope for into action (Ephesians 2:10).

## **Temperance**

Temperance is having self-discipline.

Temperance is being in control of your body and your spirit (1 Corinthians 6:20).

Our new identity in Christ allows us to be in control because it comes from God. Our old nature isn't in control, it's controlled by whatever stimuli it receives from the world.

Because our old identity is still attached to our bodies, we must use our new identity to combat the pull of our flesh, until Jesus comes again (Romans 8:23).

Our new identity has temperance. It guides us and helps us discipline our bodies through diet, exercise, and mental control (Matthew 16:24-25).

## **Love**

Love is the fullness of the Spirit.

Love is the expression of all the other characteristics of the Spirit combined: joy, peace, long-suffering, gentleness, goodness, faith, meekness, and temperance (Galatians 5:22-23).

This will conclude today's lesson. In summary, these are the points you will want to remember:

### **Lesson 5 Summary**

1. The characteristics of the Spirit-filled life are joy, peace, long-suffering, gentleness, goodness, faith, meekness, and temperance.
2. Love is the fullness of the Spirit. Love defines them all.

In lesson 6 we'll discuss the FRUIT these characteristics produce in people. I'll see you then.

**Note:** Additional resources for Section 1, Lesson 5 can be found in the Appendix.

## Lesson 6

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### **The Fruit of a Sinless Identity**

Welcome back to lesson 6. In lesson 5 we discussed the characteristics of a sinless identity; in this lesson we'll discuss the FRUIT these characteristics produce in people.

A sinless identity produces:

1. Kindness, tenderheartedness, and forgiveness.

Just as light drives out darkness, love drives out fear.

In 1 John 4 it says:

There is no fear in love, but perfect love casts out fear. For fear has to do with punishment, and whoever fears has not been perfected in love.

1 John 4:18

When fear is gone, we experience the fruit of a sinless identity. We become kind, tenderhearted and forgiving.

In Ephesians 4 it says:

Be kind to one another, tenderhearted, forgiving one another, as God in Christ forgave you.

Ephesians 4:32

A sinless identity produces:

2. Rest



Released from the curse of our sinful identity, we don't have to struggle anymore. We can rest in God's unlimited capacity. He's in control and so are we, as we trust in Him.

In Romans 8 it says:

We know that all things work together for good to them that love God, to them who are the called according to his purpose.  
Romans 8:28

In Matthew 11 it says:

Come to me, all who labor and are heavy laden, and I will give you rest. Take my yoke upon you, and learn from me, for I am gentle and lowly in heart, and you will find rest for your souls. For my yoke is easy, and my burden is light.  
Matthew 11:28-30

A sinless identity produces:

### 3. Life

Jesus came to give us ABUNDANT LIFE on earth.

In John 10 it says:

I came that they may have LIFE and have it abundantly.  
John 10:10

Jesus came to give us ETERNAL LIFE in heaven.

In John 3 it says:

For God so loved the world, that he gave his only Son, that whoever believes in him should not perish but have ETERNAL LIFE.  
John 3:16

## **Death is Defeated**

A sinless identity defeats death. SPIRITUAL DEATH is defeated when we believe in the redemptive work of Christ.

In John 3 it says:

For God so loved the world, that he gave his only Son, that whoever believes in him should not perish but have eternal life.  
John 3:16

PHYSICAL DEATH is defeated when Jesus comes again.

In 1 Corinthians 15 it says:

In a moment, in the twinkling of an eye, at the last trumpet. For the trumpet will sound, and the dead will be raised imperishable, and we shall be changed. For this perishable body must put on the imperishable, and this mortal body must put on immortality. When the perishable puts on the imperishable, and the mortal puts on immortality, then shall come to pass the saying that is written: Death is swallowed up in victory. O death, where is your victory? O death, where is your sting?  
1 Corinthians 15:52-55

This will conclude today's lesson. In summary, these are the points you will want to remember:

### **Lesson 6 Summary**

1. The fruit of a sinless identity is:

- Kindness, tenderheartedness, and forgiveness
- Rest
- Life

2. A sinless identity defeats spiritual and physical death.

In lesson 7 we'll discuss the Armor of God. See you then.

**Note:** Additional resources for Section 1, Lesson 6 can be found in the Appendix.

## Lesson 7

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### **The Armor of God**

Welcome back to lesson 7. In this lesson we'll discuss the Armor of God.

As we look at the two identities of man:

1. The sinful identity through Adam.
2. The sinless identity through Jesus.

Which identity do you think God wants you to live your life through?

In Ephesians 4 it says:

PUT OFF YOUR OLD SELF (that is, your sinful identity), which belongs to your former manner of life and is corrupt through deceitful desires, and to be RENEWED IN THE SPIRIT OF YOUR MINDS, and TO PUT ON THE NEW SELF (that is your sinless identity), created after the likeness of God in true righteousness and holiness.

Ephesians 4:22-24

God wants you to live your life through your sinless identity (NEW SELF).

But to live your life through your sinless identity, you must put off your old self. To put off your old self you must be renewed in the SPIRIT of your mind.

What is the Spirit of your mind?

In 1 Corinthians 2 it says:

We have received not the spirit of the world, but the SPIRIT who is from God, that we might understand the things freely given us by God. We have the MIND OF CHRIST.

2 Corinthians 2:12;16

The Spirit of your mind is the mind of Christ. God wants you to renew your mind by putting on the mind of Christ.

How do you put on the mind of Christ?

In Ephesians 6 it says:

PUT ON THE WHOLE ARMOR OF GOD, that you may be able to stand against the schemes of the devil.

Ephesians 6:11

You put on the mind of Christ when you put on the Armor of God.

What is the Armor of God?

The Armor of God are 6 PERSPECTIVES that renew your mind. They allow you to put off your old self and live your life through your sinless identity.

What are the 6 perspectives of the Armor of God? They are:

1. The Righteousness Perspective or The Breastplate of Righteousness (Ephesians 6:14).
2. The Sin Perspective or The Sword of the Spirit (Ephesians 6:17).
3. The Sanctification Perspective or The Helmet of Salvation (Ephesians 6:17).
4. The Faith Perspective or The Shield of Faith (Ephesians 6:16).

5. The Truth Perspective or The Belt of Truth (Ephesians 6:14).

6. The Peace Perspective or The Feet Fitted with Peace (Ephesians 6:15).

This will conclude today's lesson. In summary, these are the points you will want to remember:

### **Lesson 7 Summary**

1. God wants you to live your life through your sinless identity.

2. To live your life through your sinless identity you must put off your old self.

3. To put off your old self you must be renewed in the Spirit of your mind.

4. The Spirit of your mind is the mind of Christ.

5. You put on the mind of Christ when you put on the Armor of God.

6. The Armor of God are 6 PERSPECTIVES that renew your mind. They allow you to put off your old self and live your life through your sinless identity (Ephesians 6:14-17).

This concludes Section 1. Congratulations on your progress so far. In Section 2, *Walking in the Identity of Christ*, we'll discuss how to put on the Armor of God. I'll see you in Section 2.

**Note:** Additional resources for Section 1, Lesson 7 can be found in the Appendix.

## SECTION 2

# WALKING IN THE IDENTITY OF CHRIST

## Lesson 1

### Table of Contents

## **The Righteousness Perspective: How to Live the Christian Life**

Welcome back to Section 2, Lesson 1 of the Understanding Your Identity in Christ course.

In Section 1, Understanding Identity, we discussed two identities: the sinful identity acquired through Adam and the sinless identity acquired through Jesus. We discussed how they were created, their characteristics and fruit.

We also discussed that God wants you to live your life through your sinless identity. To do that you must put off your old self by putting on the Armor of God.

In this lesson we're going to discuss how to put on The Righteousness Perspective: How to Live the Christian Life.

Let's get started.

### **How Identities Work**

We begin by understanding how identifies work.

Identities are INVOLUNTARY. They express themselves automatically.

For instance, when it comes to kids, you don't have to teach them how to be naughty. Being naughty is an involuntary part of their nature.

The same is true for adults. Sinful attitudes are an involuntary part of their nature.



As we saw in Section 1, these are the characteristics of a sinful identity:

### **The Characteristics of a Sinful Identity**

Now the works of the flesh (sinful identity) are evident: sexual immorality, impurity, sensuality, idolatry, sorcery, enmity, strife, jealousy, fits of anger, rivalries, dissensions, divisions, envy, drunkenness, orgies, and things like these.

Galatians 5:19-21

### **The Sinless Identity**

The same is true for those born in Christ. Sinless attitudes are an involuntary part of their nature.

We also saw in Section 1 the characteristics of a sinless identity:

### **The Characteristics of a Sinless Identity**

The fruit (or characteristics) of the Spirit is love, joy, peace, long-suffering, gentleness, goodness, faith, meekness, and temperance: against such there is no law.

Galatians 5:22-23 (KJV)

But if a sinless attitude is an involuntary part of a sinless nature, why are the characteristics of a sinless nature not always expressed by those born in Christ?

The reason is SIN.

Sin emanating from a sinful nature, blocks the involuntary response of a Christian's sinless nature.

To understand why this is so, let's consider a sun-filled forest.



Notice the sun is shining brightly.

There is no lack in the sun's ability to shine.

The sun is being blocked ONLY by the trees.

The trees represent sin that comes from your sinful nature.

If sin were removed from your life, God's light would shine through you automatically.

So, let's ask the question, "When we put on the armor of God are we "putting on" our sinless identity?"

The answer is no. When we put on the Armor of God, we are "putting off" the old self so that our sinless identity can shine through.

That's because if you are born in Christ, your sinless identity is ALREADY on. It's seated in heavenly places with Christ.

God raised us up with Christ and seated us with him in the heavenly places in Christ Jesus.  
Ephesians 2:6

So, what is The Righteousness Perspective?

The Righteousness Perspective is understanding that you can't live righteously on your own. It's understanding that if you are to live the Christian life, it must come from the nature of Christ ALREADY in you. It must come out involuntarily.

What allows the righteousness of Christ to come out involuntarily, is to remove any sin that blocks it from being expressed. You can't live righteously if you don't deal with sin.

Without the removal of sin, you are simply trying to live the Christian life in your flesh.

This is exactly what Satan wants. He wants you to think that the Christian life is about copying the righteousness of Christ through self-effort. He doesn't want you to realize that the righteousness of Christ is expressed through you automatically as you deal with sin.

The Righteousness Perspective or The Breastplate of Righteousness keeps you from making this error.

This will conclude today's lesson. In summary, these are the points you will want to remember:

### **Lesson 1 Summary**

1. Identities are INVOLUNTARY. They express themselves automatically.
2. Sin blocks the involuntary response of a Christian's sinless nature.

3. When you remove sin from your life, the righteousness of Christ shines through you automatically.

4. Satan wants you to think that the Christian life is about copying the righteousness of Christ through self-effort.

In lesson 2 we'll discuss The Sin Perspective: How to Deal with Sin. I'll see you then.

**Note:** Additional resources for Section 2, Lesson 1 can be found in the Appendix.

## Lesson 2

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## **The Sin Perspective: How to Deal with Sin**

Welcome back to Lesson 2. In this lesson we'll discuss:

1. What to do when you sin.
2. What causes you to sin.
3. How to eliminate sin from your life.

Let's begin.

### **1. What to Do When You Sin**

Dealing with sin through your SINLESS identity requires a different course of action than dealing with sin through your SINFUL identity.

Dealing with sin through your SINFUL IDENTITY is about:

- Self-Improvement

Whereas dealing with sin through your SINLESS IDENTITY is about:

- Acknowledgement

But what are you acknowledging?

You are acknowledging the work of Christ as it pertains to your sin.

Dealing with sin through your sinful identity is about:

- Your work

Dealing with sin through your sinless identity is about:

- Christ's work

Christ's work was about exchanging your life of SIN for His life of RIGHTEOUSNESS.

In 2 Corinthians 5 it says:

For He (God) made Him (Christ) who knew no sin to be sin for us, that we might become the righteousness of God in Him.  
2 Corinthians 5:21

Christ's work was to substitute his life for your life.

When you were born in Him, He gave you his life, He gave you His identity— intact.

He didn't say, "Here's my identity, now copy it through your works." He simply gave you the characteristics of his life by birth!

When we try to copy the characteristics of Christ in our life, we are operating out of our sinful identity which always tries to complete its work through self-improvement.

That is not what God wants us to do. God simply wants us to acknowledge the eternal work of Christ and apply it to our lives— **WHENEVER** we sin.

In 1 John 1 it says:

If we confess our sin, he is faithful and just to forgive us our sin and cleanse us from all unrighteousness.  
1 John 1:9

This is OUR ONLY WORK in dealing with sin:

- To believe in the redemptive work of Christ.
- To go to God in prayer and confess our sin to Him.

In John 6 it says:

This is the WORK of God, that YOU BELIEVE in him (that is, the work of Jesus) whom he has sent.

John 6:29

Acknowledging our sin as it pertains to Christ's work, is what "clears the trees".

It allows our sinless identity to shine through.

Sometimes the same sin must be confessed multiple times for our mind, will and emotions to be cleansed.

But dealing with sin through our sinless identity is always about acknowledging the work of Christ rather than dealing with sin through our own effort.

So now that you understand what to do WHEN you sin, let's discuss the root causes of sin within our own fallen identity. What CAUSES you to sin?

## **2. What Causes You to Sin?**

In James 1 it says:

Every man is tempted, when he is drawn away of his OWN LUST, and ENTICED. Then when lust has conceived, it brings forth sin: and sin, when it is finished, brings forth death.

James 1:14-15

We see that people are enticed to sin through their own lust.

1 John 2 describes 3 types of lust. It says:

Love not the world, neither the things that are in the world. If any man loves the world, the love of the Father is not in him. 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.

1 John 2:15-16

We see that people are enticed to sin through:

### 1. The Lust of the Flesh

Examples might be:

- Lusting after someone's body
- Lusting after pornography

### 2. The Lust of the Eyes. This is also called coveting.

Examples might be:

Coveting someone else's:

- Clothes
- Car
- House
- Situation

### 3. The Pride of Life

Examples might be:

- Being prideful about your career.
- Being prideful about your financial status.



- Being prideful about your appearance.
- Being prideful about the possessions you've been able to accumulate.

So now that we understand the 3 types of lusts that CAUSES us to sin, let's discuss HOW to eliminate them from our lives.

### **3. How to Eliminate Sin from Your Life.**

We get to the bottom of our sin when we understand its root cause: selfishness.

What causes you to sin through the lust of the flesh? Selfishness.  
What cause you to sin through the lust of your eyes? Selfishness.  
What causes you to sin with the pride of life? Selfishness!

Selfishness is expressed in one of two ways: fear or anger.

Expressions of fear:

Anxiety, doubts, timidity, indecision, superstition, withdrawal, loneliness, over aggression, worry, inferiority, cowardice, suspicion, hesitancy, depression, haughtiness, and social shyness, etc.

Expressions of anger:

Bitterness, malice, clamor, envy, resentment, intolerance, criticism, revenge, wrath, hatred, seditions, jealousy, attack, gossip, sarcasm, and unforgiveness, etc.

Expressions of fear and anger are often triggered by an emotional event. They find their way into your sub-conscious through repetition or trauma.

These emotions are so powerful that they drive the conscious mind. The only way to break their cycle is through scripture.

Scripture allows you to give these thoughts to God so that He can cleanse you of unrighteousness.

In 2 Timothy 3 it says:

All scripture *is* given by inspiration of God and is profitable for doctrine, for reproof, for correction, for instruction in righteousness.

2 Timothy 3:16

A collection of scripture addressing each expression of fear and anger, can be found in Section 2, Lesson 2 of the Appendix. Use them to reprogram your sub-conscious mind and eliminate sin.

The following scripture provides "instruction in righteousness" on the 3 types of lust that entice us.

### **The Lust of the Flesh:**

The Promiscuous Woman

For the lips of a forbidden woman drip honey, and her speech is smoother than oil, but in the end, she is bitter as wormwood, sharp as a two-edged sword. Her feet go down to death; her steps follow the path to Sheol; she does not ponder the path of life; her ways wander, and she does not know it.

Proverbs 5:3-6



The Lust of the Flesh  
The Promiscuous Woman

## **The Lust of the Eyes:**

### The Love of Money

But those who desire to be rich fall into temptation, into a snare, into many senseless and harmful desires that plunge people into ruin and destruction. For the love of money is a root of all kinds of evils. It is through this craving that some have wandered away from the faith and pierced themselves with many pangs.

1 Timothy 6:9-10



The Lust of the Eyes  
The Love of Money

## **The Pride of Life:**

### The Accumulation of Wealth

And he said to them, "Take care, and be on your guard against all covetousness, for one's life does not consist in the abundance of his possessions." And he told them a parable, saying, "The land of a rich man produced plentifully, and he thought to himself, 'What shall I do, for I have nowhere to store my crops?' And he said, 'I will do this: I will tear down my barns and build larger ones, and there I will store all my grain and my goods. And I will say to my soul, "Soul, you have ample goods laid up for many years; relax, eat, drink, be merry.'" But God said to him, 'Fool! This night your soul is required of you, and the things you have prepared, whose will they be?' So is the one who lays up treasure for himself and is not rich toward God."

Luke 12:15-20



The Pride of Life  
The Accumulation of Wealth

This will conclude today's lesson. In summary, these are the points you will want to remember:

## **Lesson 2 Summary**

1. Dealing with sin through your sinful identity is about self-improvement.
2. Dealing with sin through your sinless identity is about acknowledging the work of Christ.
3. Christ's work was about exchanging your life of sin for His life of righteousness.
4. When you were born in Christ, He gave you his righteousness intact. You don't have to work to achieve it.
5. Dealing with sin is about acknowledging the work of Christ, rather than dealing with sin through self-effort.
6. We are enticed to sin through our own lusts (James 1:14-15).
7. There are 3 types of lust: Lust of the flesh, lust of the eyes (coveting), and the pride of life (1 John 2:15-16)
8. We can eliminate sin from our lives when we understand its root cause: selfishness.
9. Selfishness is expressed in one of two ways: fear or anger.
10. These emotions get lodged in our sub-conscious mind causing us to sin even when we don't want to.
11. Eliminating sin involves reprogramming the sub-conscious mind. We can do that through scripture.



In lesson 3 we'll discuss, The Sanctification Perspective. The Sanctification Perspective shows you how to grow in Christ. I'll see you then.

**Note:** Additional resources for Section 2, Lesson 2 can be found in the Appendix.

## Lesson 3

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#### **The Sanctification Perspective: How to Grow as a Christian**

Welcome back to lesson 3. In this lesson we'll discuss, The Sanctification Perspective: How to grow as a Christian.

Let's begin by defining what growing in Christ isn't.

Growing in Christ isn't about trying to improve yourself as a person. Of course, this is what Satan wants you to believe. As we have seen in earlier lessons, being born in Christ means being born with Christ's sinless identity intact. Therefore, you can't improve on perfection.

So, what does it mean to grow in Christ?

Growing in Christ means getting sin out of your life so that Christ's perfect identity in you, can shine through you.

In Lesson 2 we learned:

1. What to do when you sin.
2. What causes you to sin.
3. How to eliminate sin from your life.

But even this isn't enough. Sin isn't easy to understand.

We aren't always aware of what our sins are— man's heart can be deceiving.

In Psalm 19 it says:

Who can understand his errors? Cleanse me from secret faults.  
Psalm 19:12

In Jeremiah 17 it says:

The heart is DECEITFUL above all things, and desperately sick;  
who can understand it?  
Jeremiah 17:9

So how do we become aware of our sins?

In John it says:

He (Holy Spirit) will convict the world concerning SIN and  
RIGHTEOUSNESS and JUDGEMENT.  
John 16:8

We become aware of our sins through the Holy Spirit.

Concerning Sin:

The Holy Spirit convicts us of sin that leads to repentance.  
Through faith in Christ, we are JUSTIFIED and given our sinless  
identity (Galatians 2:16).

Concerning Righteousness:

The Holy Spirit convicts of sin that leads to righteousness. We  
are SANCTIFIED so that our sinless identity can shine through  
(Romans 15:16).

Concerning Judgement:

For those who don't repent of their sin, there is judgement (1  
Peter 4:17).

For those being sanctified, the Holy Spirit cleanses us through His  
word:

1. His internal word

## 2. His external word

Christ loved the church and gave himself up for her, that he might SANCTIFY her, having cleansed her by the washing of water with the WORD.

Ephesians 5:25-26

### **The Internal Word**

The internal word of God is His Rhema word. Rhema means "utterance".

It's the SPOKEN word of God IN YOU.

In 1 Corinthians it says:

Who knows a person's thoughts except the spirit of that person, which is in him? So also no one comprehends the thoughts of God except the Spirit of God. Now we have received not the spirit of the world, but the SPIRIT WHO IS FROM GOD, that we might understand the things freely given us by God. We have the mind of Christ.

1 Corinthians 2:11-12,16

But how do we understand which thoughts are God's thoughts in us?

We understand by comparing our thoughts with scripture. Scripture is God's external word.

### **The External Word**

The external word of God is His Logos word. Logos means the "expression of thought".

It's the WRITTEN word of God TO YOU.

In 2 Timothy 3 it says:

ALL SCRIPTURE is given by inspiration of God, and is profitable for doctrine, for reproof, for correction, for instruction in righteousness: that the man of God may be perfect, thoroughly furnished unto all good works.

2 Timothy 3:16

When our thoughts agree with scripture, we understand which thoughts are God's thoughts in us.

The reverse is also true. When our thoughts disagree with scripture, we understand which thoughts are not God's thoughts in us, and the Holy Spirit convicts us of sin. As we deal with sin, the Holy Spirit leads us to righteousness. Our sinless identity can shine through.

Corinthians 3 describes how God uses His external word in conjunction with His internal word to transform us. It says:

All of us, as with unveiled face, continued to behold [in the Word of God] as in a mirror the glory of the Lord, are constantly being transfigured into His *very own* image in ever increasing splendor *and* from one degree of glory to another; from the Lord [Who is] the Spirit.

2 Corinthians 3:18 AMPC

Scripture is like a MIRROR that reflects the image of Christ to us so that sin can be revealed in us, and we can be transformed into His image.



Let's demonstrate this process by reading Psalm 15. It says:

Lord, who may dwell in your sacred tent? Who may live on your holy mountain? The one whose walk is blameless, who does what is righteous, who speaks the truth from their heart; whose tongue utters no slander, who does no wrong to a neighbor, and casts no slur on others; who despises a vile person but honors those who fear the Lord; who keeps an oath even when it hurts and does not change their mind; who lends money to the

poor without interest; who does not accept a bribe against the innocent. Whoever does these things will never be shaken.  
Psalm 15:1-5 NIV

This passage discusses who can stand in the presence of God. Each verse presents a precept:

- Do you speak truth from your heart?
- Do you keep from slandering others?
- Do you honor those who fear the Lord?
- Do you keep an oath even when it hurts?
- Do you lend money to the poor without interest?
- Do you avoid bribes?

Are these words of God reflected in your life?

For example, do you keep your word, even when it hurts? If so, Christ's image is reflected in your life. If not, respond to the conviction of the Holy Spirit so he can lead you to righteousness.

In Romans it says:

Do not conform to the pattern of this world but be transformed by the renewing of your mind. Then you will be able to test and approve what God's will is—his good, pleasing, and perfect will.  
Romans 12:2

This will conclude today's lesson. In summary, these are the points you will want to remember:

### **Lesson 3 Summary**

1. Growing in Christ isn't about trying to improve yourself as a person.
2. Growing in Christ means getting sin out of your life so that Christ's perfect identity in you, can shine through you.

3. Sin isn't easy to understand. We aren't always aware of what our sins are— man's heart can be deceiving (Psalm 19:12; Jeremiah 17:9).

4. The Holy Spirit makes us aware of our sins (John 16:8).

5. The Holy Spirit convicts of sin that leads to REPENTANCE. We are justified.

The Holy Spirit convicts of sin that leads to RIGHTEOUSNESS. We are sanctified.

If we don't repent of sin, the Holy Spirit convicts of sin that leads to JUDGEMENT.

6. The Holy Spirit sanctifies us through His internal and external word.

7. The internal word of God is His Rhema word. It's the SPOKEN word of God IN YOU.

8. The external word of God is His Logos word. It's the WRITTEN word of God TO YOU.

9. The internal word of God and the external word of God work together to find sin in your life.

10. If our thoughts (internal) don't agree with scripture (external) the Holy Spirit convicts us of sin.

11. As we deal with sin revealed by the Holy Spirit, our sinless identity will shine through.

In lesson 4 we'll discuss The Faith Perspective: How to Fulfill God's Purpose in Your Life. I'll see to you then.



**Note:** Additional resources for Section 2, Lesson 3 can be found in the Appendix.

## Lesson 4

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## **The Faith Perspective: How to Find Purpose**

Welcome back to lesson 4. In this lesson we'll discuss, The Faith Perspective: How to Find Purpose.

Let's get started:

Faith consists of two components:

1. Hope
2. Evidence

In Hebrews 11 it says:

Faith is the substance of things HOPED for, the EVIDENCE of things not seen.

Hebrews 11:1

Let's look at evidence first.

### **Evidence**

Faith is seeing God's VISION for your life and walking towards it.

Where does vision come from?

Vision comes from within you.

So, look within yourself. What are your deepest desires and most persistent thoughts?

These desires don't come to you by happenstance. God placed them in you since the beginning of time. They are "the evidence

of things not seen”, they are the evidence of purpose.

Now let's look at hope.

## **Hope**

Your desires excite you because they are “the substance of things HOPED for”. They are the good works God prepared in ADVANCE for you to do.

In Ephesians it says:

For we are God’s workmanship, created in Christ Jesus to do good works, which God prepared in ADVANCE for us to do.

Ephesians 2:10

Walking in vision and faith means that you align your desires with your natural gift.

God has given seven natural gifts to men. They are:

Preaching (or speaking), serving, teaching, encouraging, giving, leading, showing mercy (Romans 12:6-8).

- Preaching (or speaking) is declaring the truth.
- Serving is practicing the truth.
- Teaching is explaining the truth.
- Encouraging is applying the truth.
- Giving is supporting the truth.
- Leading is organizing the truth.
- Mercy is ministering the truth.

But which gift is yours?

You can determine your gift by understanding the EFFECT it has in someone’s life.

Different gifts cause different “effects” in people. By identifying which “effect” brings you the most joy, you can understand your gift (1 Corinthians 12:6 NASB).

### **Preaching (Speaking)**

- Are you a big picture guy?
- Do you like getting people EXCITED about a cause?
- Can you speak well?
- Are you comfortable in front of a crowd and enjoy the spotlight?

Then your gift is Preaching or Speaking.

The “effect” that brings you joy is in your ability to rally people to a common cause.

### **Serving**

- Are you more comfortable “doing” the truth than you are “expressing” the truth?
- Do you want your actions to speak louder than your words?
- Do you like to help people?

Then your gift is Serving.

The “effect” that brings you joy is in your ability to make someone’s life easier by what you do for them.

### **Teaching**

- Is it important to you that people understand WHY they believe what they believe?
- Are you interested in the mechanics of why something is true?
- Can you explain it to people?

Then your gift is Teaching.

The “effect” that brings you joy is in your ability to help people UNDERSTAND why something is true.

## **Encouraging**

- Do you have discernment?
- Can you say the right thing at the right time?
- Do you like to encourage people when they are down?

Then your gift is Encouragement.

The “effect” that brings you joy is in your ability to give people HOPE.

## **Giving**

- Do you have a knack for making money?
- Does everything you touch turn to gold?
- Do you have a desire to see worthwhile efforts get off the ground?

Then your gift is Giving.

The “effect” that brings you joy is in your ability to bring someone’s vision to life through your financial support.

## **Leading**

- Are you organized?
- Are you detail oriented?
- Are you able to understand the process of making something work?
- Are you able to inspire others to follow your lead?

Then your gift is Leading.

The “effect” that brings you joy is in your ability to make things run smoothly through your organizing skills.

## **Mercy**

- Are you sensitive to the hurts of others?
- Do you see the value in people no matter what they have done?

Then your gift is Mercy.

The “effect” that brings you joy is your ability to validate people.

Note: People often have more than one gift.

Now let's talk about understanding your gift. Understanding your gift is important because your gift is the VEHICLE you will use to:

- Make a Living
- Serve others

## **Make a Living**

You can make a living one of two ways, as a:

1. Gatherer
2. Laborer

## **The Gatherer**

When you use your gift(s) in combination with the characteristics of your NEW IDENTITY, God's purpose IS fulfilled in your life. You operate within God's economy and GOD meets your needs as a gatherer.

## **The Laborer**

When you use your gift(s) in combination with the characteristics of your OLD IDENTITY, God's purpose ISN'T fulfilled in your life. We operate within the world's economy, and YOU must meet your own needs as a laborer.

These two ways to make a living are played out in the life of Adam.

Prior to the fall, Adam met the needs of his life as a gatherer not laborer.

God gave Adam a garden to tend. God created the garden. God watered the garden. God made it grow. Adam simply gathered its fruit.

However, after the fall, Adam's life changed. Because of sin, God cursed the ground proclaiming that man must work by the sweat of his brow to make a living (Genesis 3:17-19).

Adam became a laborer.

Since Adam, all people are born laborers. Adam's curse has been passed down to all humanity— except those born in Christ.

Christ breaks the curse.

In Galatians 3 it says:

Christ redeemed us from the curse of the law by becoming a curse for us.

Galatians 3:13

Through Christ's righteous identity you become a:

Gatherer not a Laborer.

In Matthew 6 it says:

Seek first the kingdom of God and his RIGHTEOUSNESS (character), and all these things (material) will be added to you. Matthew 6:33

God promises to add material things to you as you use your gift(s) in the CHARACTER of your new identity.

What is the character of your new identity?

Love, joy, peace, long suffering, goodness, gentleness, faith, meekness and temperance (Galatians 5:22-23 (KJV)).

These characteristics are God's righteousness.

Look at it this way:

God gave you a garden to tend in the form of a gift so that you can serve mankind and make a living. God created your gift. God will water your gift. God will make your gift grow. When opportunity arises, simply gather the fruit you need to live.

Now let's talk about how Satan perverts the Faith Perspective.

### **How Satan Perverts the Faith Perspective**

Satan wants you to think that the gift God's given you is more important than the character of your new identity.

Satan wants you to emphasize gift over character.

However, God wants you to emphasize character over gift. Why?

Because how you treat people points them to God, your ultimate purpose. The apostle Paul says that if you have the GIFT OF



FAITH and can remove mountains, but don't have LOVE (or God's character) you are NOTHING (1 Corinthians 13:2).

But how do you emphasize character over gift in your life?

## **Serve Others**

You emphasize character over gift when you use your gift to serve others in the name of Jesus Christ.

In Colossians 3 it says:

Whatever you do, in word or deed, do everything in the name of the Lord Jesus, giving thanks to God the Father through him.  
Colossians 3:17

If you do everything in the name of Jesus Christ, you will think to do everything for God's glory and not your own. You will think to confess your sin allowing you to walk in your new identity. Character will be emphasized over gift.

This will conclude today's lesson. In summary, these are the points you will want to remember:

## **Lesson 4 Summary**

1. Faith is seeing God's VISION for your life and walking towards it. Vision comes from within you.
2. Ask yourself. What are my deepest desires and most persistent thoughts?
3. Walking in vision and faith means that you align your desires with your natural gift.

4. God has given seven natural gifts to men. They are, preaching (or speaking), serving, teaching, encouraging, giving, leading, showing mercy. What is your gift?

5. Understanding your gift is important because your gift is the vehicle you will use to serve others and make a living.

6. As you make a living, if you walk in the identity of Christ, you will be a gatherer. If you walk in the identity of Adam, you will be a laborer.

7. God gave you a garden to tend in the form of a gift so that you could serve mankind and make a living. God created your gift. God will water your gift. God will make your gift grow. When opportunity arises, simply gather the fruit you need to live.

8. God gave everyone a gift but not everyone has God's character. God wants His character to live through you so that people are led to Christ. Satan always emphasizes gift over character.

9. You can live in Christ's character if everything you do, you do in the name of the Lord Jesus.

10. If you do everything in the name of Jesus Christ, you will think to do everything for God's glory and not your own. You will think to confess your sin allowing you to walk in your new identity. Character will be emphasized over gift.

In lesson 5 we'll discuss, The Truth Perspective: How to Find Truth. I'll see you then.

**Note:** Additional resources for Section 2, Lesson 4 can be found in the Appendix.

## Lesson 5

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## **The Truth Perspective: How to Find Truth**

Welcome back to lesson 5. In this lesson we'll discuss, The Truth Perspective: How to Find Truth.

There are 3 types of truth:

1. Relative Truth
2. Absolute Truth
3. Transcendent Truth

Satan wants us to only see truth from a limited perspective. Limited perspectives include:

1. Relative Truth
2. Absolute Truth

### **Relative Truth**

Relative truth is like looking at the world through a peephole.

What you see may be true enough, but it's only part of the whole.

John Godfrey Saxe brings this concept to light in his famous version of the Indian legend, "The Blind Men and the Elephant".

The Blind Men and the Elephant  
by John Godfrey Saxe

Let's read it:

It was six men of Indostan  
To learning much inclined,

Who went to see the Elephant  
(Though all of them were blind),  
That each by observation  
Might satisfy his mind.

The First approach'd the Elephant,  
And happening to fall  
Against his broad and sturdy side,  
At once began to bawl:  
"God bless me! but the Elephant  
Is very like a wall!"

The Second, feeling of the tusk,  
Cried, -"Ho! what have we here  
So very round and smooth and sharp?  
To me 'tis mighty clear  
This wonder of an Elephant  
Is very like a spear!"

The Third approached the animal,  
And happening to take  
The squirming trunk within his hands,  
Thus, boldly up and spake:  
"I see," quoth he, "the Elephant  
Is very like a snake!"

The Fourth reached out his eager hand,  
And felt about the knee.  
"What most this wondrous beast is like  
Is mighty plain," quoth he,  
"Tis clear enough the Elephant  
Is very like a tree!"

The Fifth, who chanced to touch the ear,  
Said: "E'en the blindest man  
Can tell what this resembles most;  
Deny the fact who can,

This marvel of an Elephant  
Is very like a fan!"

The Sixth no sooner had begun  
About the beast to grope,  
Then, seizing on the swinging tail  
That fell within his scope,  
"I see," quoth he, "the Elephant  
Is very like a rope!"

And so, these men of Indostan  
Disputed loud and long,  
Each in his own opinion  
Exceeding stiff and strong,  
Though each was partly in the right,  
And all were in the wrong!

John Godfrey Saxe's poem is very revealing. We learn that while relative truth can be partly right, it can also be completely wrong. That's because relative truth isn't always objective. Our views can be mixed with subjectivity. For example, a woman who has had bad experiences with a man might describe all men as "pigs". However, that isn't true. ALL men aren't pigs. Her objectivity is tainted by her subjective opinion. That is why relative truth does not always work. It is limited.

A great definition for relative truth is that it works for some people, in some situations, some of the time.

Relative truth is SUBJECTIVE.

### **Absolute Truth**

Absolute truth on the other hand, works for all people, in all situations, all the time.

Absolute truth is OBJECTIVE.

Take flying for example.

- Flying is based on the objective principle of aerodynamics.
- Aerodynamics is the scientific basis for flight.
- Aerodynamics work no matter what century they are enacted in.
- Aerodynamics aren't based on the subjective opinions of people.

As a result, you might think that absolute truths are unlimited in nature, but they are not. Absolute truths are limited to the confines of our present reality.

After all:

- Man, only discovers truth; he doesn't create it.
- Where does truth come from?
- Who or what created truth?
- Does God exist?

God wants us to see truth from an unlimited perspective. He wants us to see life from a transcendent perspective.

But what is transcendent truth?

## **Transcendent Truth**

Transcendent truth is truth that extends beyond the limits of the 5 senses.

By definition then, is it possible for man to know the transcendent?

By definition, no. Limited man can't find the unlimited.

So how are we supposed to see life from a transcendent point of view?

That's the story of the Bible, that God through Christ, would restore man's ability to receive transcendent truth by being born of the Spirit.

As a result, the Bible distinguishes between two types of people:

1. The Spiritual Man: Who receives transcendent truth from God.
2. The Natural Man: Who doesn't receive transcendent truth from God.

### **Natural Man**

The natural man CANNOT receive transcendent truth because it is spiritually discerned. He has not been born again.

In 1 Corinthians 2 it says:

The natural man does not accept the things of the Spirit of God, for they are folly to him, and he is not able to understand them because they are spiritually discerned.

1 Corinthians 2:14

### **Spiritual Man**

The spiritual man CAN receive transcendent truth because he has the MIND OF CHRIST. He has been born again.

In 1 Corinthians 2 it says:

We have received not the spirit of the world, but the Spirit who is from God, that we might understand the things freely GIVEN TO US BY GOD. We have the MIND OF CHRIST.

1 Corinthians 2:12,16

While there are 3 ways to receive truth: relative, absolute, transcendent, Satan only wants you to receive truth from LIMITED sources— relative and absolute.

God wants you to receive truth from an UNLIMITED source— Him. God wants you to experience transcendent truth.

Although we are unable to receive transcendent truth through our 5 senses, God makes it possible through:

- The mind of Christ in us (1 Corinthians 2:16).
- The revelation of God's Word, the Bible (2 Corinthians 3:18).

This will conclude today's lesson. In summary, these are the points you will want to remember:

### **Lesson 5 Summary**

1. There are 3 types of truth:

- Relative Truth
- Absolute Truth
- Transcendent Truth

2. Relative truth works for some people, in some situations, some of the time. Relative truth is subjective.

3. Absolute truth works for all people, in all situations, all the time. Absolute truth is objective. However, absolute truths are LIMITED to the confines of our present reality.



4. Transcendent truth is truth that extends beyond the limits of the 5 senses.

5. To receive transcendent truth you must be born of the Spirit. The natural man can't receive the things of the Spirit, only the spiritual man can.

6. The spiritual man receives transcendent truth through:

- The mind of Christ in him (1 Corinthians 2:16).
- The revelation of God's Word, the Bible (2 Corinthians 3:18).

In lesson 6 we'll discuss, The Peace Perspective: How to Find Inner Peace. I'll see you then.

**Note:** Additional resources for Section 2, Lesson 5 can be found in the Appendix.

## Lesson 6

### Table of Contents

#### **The Peace Perspective: How to Find Peace**

Welcome back to lesson 6. In this lesson we'll discuss, The Peace Perspective: How to Find Peace.

Let's get started:

In Romans 5 it says:

Therefore, being JUSTIFIED by faith, we have PEACE with God through our Lord Jesus Christ.

Romans 5:1

This verse speaks of being JUSTIFIED to have peace with God.

What is it that has been justified (made right)?

Our fallen identities have been justified.

Sin caused us to have a fallen identity. But Christ made a new identity available through faith in Him. We were born again.

Now being justified in Christ we have PEACE with God.

What are the benefits of having PEACE with God?

The benefits are that we don't have to FEAR life anymore and God is for us. If God is for us, who can be against us?

In Romans 8 it says:

What then shall we say to these things? If God is for us, who can be against us?

Romans 8:31

If God is for us, does that mean that nothing bad will happen to us?

No, bad things will happen because we live in a fallen world. Until the world is redeemed, people will do what their fallen natures tell them to do.

But we are different. In the world, not of the world, our new identities bind us to God. We are called according to His purpose. As a result, through trial and tribulation, God promises to work all things together for good.

In Romans 8 it says:

We know that for those who love God all things work together for good, for those who are called according to his purpose.  
Romans 8:28

Walking in God's peace is about seeing life from God's perspective.

Consider the following story on perspective:

A farmer had one horse that he used for tilling his fields. One day the horse escaped into the hills. When the farmer's neighbors heard about it, they sympathized with the man over his bad luck. "Bad luck? Good luck? Who knows." said the farmer.

A week later, the horse returned with a herd of wild horses from the hills. This time the neighbors congratulated the farmer on his good luck. "Good luck? Bad luck? Who knows." said the farmer.

Then, when the farmer's son was attempting to tame one of the wild horses, he fell off its back and broke his leg. Everyone agreed that this was very bad luck. Not the farmer, who replied, "Bad luck? Good luck? Who knows."

Some weeks later, an army marched into the village and forced every able-bodied young man to go fight in a bloody war. When they saw that the farmer's son had a broken leg, they let him stay. Everyone was very happy at the farmer's good luck.

What about your life's situation? Good luck? Bad luck?

For those who come under His care, GOD KNOWS, because He is in control.

That's because God views life from a higher perspective. He knows that through Christ, He has overcome the world.

In John 16 it says:

I have said these things to you, that in me you may have PEACE. In the world you will have tribulation. But take heart; I have overcome the world.

John 16:33

From God's perspective, because of our relationship with Christ, we've also overcome the world, we are more than conquerors.

In Romans 8 it says:

In all these things we are MORE THAN CONQUERORS through him who loved us. For I am sure that neither death nor life, nor angels nor rulers, nor things present nor things to come, nor powers, nor height nor depth, nor anything else in all creation, will be able to separate us from the love of God in Christ Jesus our Lord.

Romans 8:37-39

How about you?

Are you more than a conqueror through Christ?

How do YOU respond to life's circumstances?

When you worry, you demonstrate that you don't believe God is in control.

You are fearful because you have not been perfected in God's love.

You are fearful because you are still operating out of your sinful identity, exactly what Satan wants.

But as you abide in Christ your worries go away. You demonstrate that you believe God is in control.

You aren't fearful because you are perfect in God's love.

You aren't fearful because you are viewing life from the perspective of your sinless identity.

In 1 John 4 it says:

There is no fear in love, but perfect love casts out fear. For fear has to do with punishment, and whoever fears has not been perfected in love.

1 John 4:18

The Peace Perspective teaches us to keep ourselves in the love of God. By keeping ourselves in the love of God, we won't be fearful.

In Jude it says:

Keep yourselves in the love of God, waiting for the mercy of our Lord Jesus Christ that leads to eternal life.

Jude 21

Now let's talk about Satan and peace.

How does the peace you get from God, differ from the kind of peace Satan wants you to acquire?

### **Natural Information**

Satan wants you to find peace through natural information.

What is natural information? It's information you gather about yourself based on your circumstances.

Like:

- How's your marriage?
- How are your kids?
- How is your career?
- Are you succeeding in life?

Based on the answer to these questions, you decide if God is for you or not. You decide if you can feel peaceful.

But this isn't where the peace of God originates. God's peace originates from God, not our circumstances. We are peaceful because God said:

For those who love God, ALL THINGS work together for good, for those who are called according to his purpose.

Romans 8:28

God said:

In all these things we are MORE THAN CONQUERORS through him who loved us.

Romans 8:37

God's peace occurs because we BELIEVE God.

We can walk through the Valley of the Shadow of Death and be at peace because we know that God is in control (Psalm 23:4).

This will conclude today's lesson. In summary, these are the points you will want to remember:

## **Lesson 6 Summary**

1. Due to sin and our fallen identity, we were at odds with God. But now, through Christ, we have peace with God. We have been justified through our new identity. We are born again.

2. The benefits of having peace with God are:

- We don't have to FEAR life anymore.
- God is for us.

3. Because God is for us, doesn't mean that bad things won't happen to us. It means that God is in control of the outcome and that He promises to work all things together for good.

4. Learning to trust God is learning to see life from His perspective. In all things, we are more that conquers through Christ. He has overcome the world.

5. How do YOU respond to life's circumstances? When you worry, you demonstrate that you don't really believe God is in control.

6. The Peace Perspective, teaches us to keep ourselves in the love of God. By keeping ourselves in the love of God we won't be fearful.

7. Satan wants you to find peace through natural information. Natural information is information you gather about yourself based on your circumstances. If the information is positive, you feel peaceful.

8. But God's peace isn't based on circumstances, it's based on what God said. Peace occurs because we BELIEVE God.

9. We can walk through the Valley of the Shadow of Death and be at peace because we know that God is in control.

In lesson 7 we'll discuss the daily practices of the Spirit-filled life. I'll see you then.

**Note:** Additional resources for Section 2, Lesson 6 can be found in the Appendix.



## Lesson 7

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## **The Daily Practices of the Spirit-filled Life**

Welcome back to lesson 7. In this lesson we'll discuss, The daily practices the Spirit-filled life.

Over the last two sections we've been learning about identities:

- How they are created.
- How they work.

We've learned that an effective Christian life CAN'T be lived through our sinful identity in Adam. That an effective Christian life MUST be lived through our sinless identity in Christ.

So what are the DAILY PRACTICES of the Spirit-filled life?

1. Read the Bible.
2. Walk in the character of your sinless identity.
3. Use your gift to serve mankind.

Let's go over these.

### **1. Read the Bible**

When you read the Bible, you need to have a plan. There are many plans for reading the Bible. You could:

- Read the Bible from Genesis to Revelation.
- Read the Bible chronologically in the order of its stories and events.

- Read the Bible historically according to the estimated date of its writing.

Of course, creating a reading plan based on your own interests is always acceptable.

In this course we are offering the Read Scripture plan:

### **Read Scripture** ([readscripture.org](http://readscripture.org))

Read Scripture is a Bible reading APP that can be downloaded on your phone. You can download it from the Apple App Store or Google Play. If you don't have a phone, I've provided an alternate reading plan in Section 2 Lesson 7 of the Appendix.

Read Scripture was created by 2 companies: Basil Technologies and Pillar Seminary in association with The Bible Project. The result is groundbreaking.

A yearlong plan, Read Scripture is different because it uses well-designed videos to help you understand what you are reading and computer technology to keep you on track.

I've included the Read Scripture plan in this course because I feel it's one of the best Bible reading plans available to immerse yourself in scripture and to help you grow— fast.

## **2. Walk in the character of your sinless identity.**

To walk in the character of your sinless identity follow these 4 steps:

## Step 1: Review the Characteristics of the Spirit cards.



The Characteristics of the Spirit cards can be found in Section 2 Lesson 7 of the Appendix. They provide an easy way for you to review the 9 characteristics of the Spirit (Galatians 5:22-23). They are:

Love  
Joy  
Peace

Long-suffering  
Goodness  
Gentleness

Faith  
Meekness  
Temperance

Daily review of the Characteristics of the Spirit cards allows you to reprogram your sub-conscious mind through repetition.

Review the cards for 5-10 minutes daily.

**Step 2: Respond to the Holy Spirit if He convicts you for not walking in the character of your sinless identity.**

Here is a possible scenario:

**A Trip to the Grocery Store**

As you are backing out of your driveway on a trip to the grocery store, a car almost hits you. This really upsets you; the driver wasn't being careful. You shake your fist and scream at the driver in anger.

You've been studying the characteristics of the Spirit in Galatians 5 and reviewing them with the Characteristics of the Spirit cards. You are aware that a sinless identity walks in PEACE.

As a result, you feel convicted by the Holy Spirit. You acknowledge your anger isn't in line with the characteristics of your sinless identity. So, what do you do?

**Step 3: Ask God to help you find the root cause of your sin.**

Sin, resulting from selfishness, can be categorized into one of two emotions: fear or anger.

Expressions of Fear:

Anxiety, doubts, timidity, indecision, superstition, withdrawal, loneliness, over aggression, worry, inferiority, cowardice, suspicion, hesitancy, depression, haughtiness, and social shyness.

Expressions of Anger:

Bitterness, malice, clamor, envy, resentment, intolerance, criticism, revenge, wrath, hatred, seditions, jealousy, attack, gossip, sarcasm, and unforgiveness.

God helps you identify REVENGEFUL ANGER as the root cause of the sin you committed on the way to the grocery store.

Having identified the root cause of your anger, the fourth step for walking in the character of your sinless identity is to:

**Step 4: Confess your sin and ask God to remove it from your life.**

Since sin is a part of your sinful identity, ask God to forgive you of revengeful anger and restore your mind, will and emotions to your sinless identity. With anger out of the way you'll be able to respond peacefully in the future.

Peace is an attitude that trusts God. Peace knows that God is in control and for those who love Him, He works all things together for good (Romans 8:28).

**3. Use your gift to serve mankind.**

In 1 Peter 4 it says:

Each of you should use whatever gift you have received to serve others, as faithful stewards of God's grace in its various forms.  
1 Peter 4:10-11

Our desires, combined with our natural gifts, provide the vehicle we need to serve mankind.

Use your gift to serve mankind, by following these steps:

### **Step 1: Tap into your desires.**

Ask yourself, "What am I passionate about?" Then explore ways your passion could be used to make a living.

In Ephesians 2 it says:

We are his (God's) workmanship, created in Christ Jesus for good works, which God prepared beforehand, that we should walk in them.

Ephesians 2:10

Remember, the desires you have come from the works God prepared in advance for you to do. It's your innate desire to complete these works that gives you the passion you feel.

### **Step 2: Follow a logical path.**

Being able to do what you have a passion for is like climbing a ladder. You reach the top one rung at a time. Ask yourself, "What's the next step I take in order to reach my goal?" Then take it. Then take the next step.

In Romans 1 it says:

The righteousness of God is revealed from FAITH TO FAITH, as it is written, "The righteous shall live by faith."

Romans 1:17

### **Step 3: Overcome obstacles that keep you from moving forward.**

Sometimes it can be as simple as taking a class— educating yourself. Sometimes we try to do things without God's leading. Remember, God prepared works in advance for you to do. Give God time to show you what those works are through the doors He

opens or closes. Spending time in scripture will help you understand where God is leading.

In Psalm 27 it says:

I am confident of this: I will see the goodness of the Lord in the land of the living. Wait for the lord; be strong and take heart and wait for the Lord.

Psalm 27:13-14

#### **Step 4: Don't give up. You need time.**

You need time to develop your skills. Experience comes through trial and error. Skills are honed over time. If you don't give up, people will recognize your skill.

In Proverbs 22 it says:

Do you see a man skillful in his work? He will stand before kings; he will not stand before obscure men.

Proverbs 22:29

#### **Man Will Reward You**

When you meet the NEEDS of others, they will reward you.

In Galatians 6 it says:

Let us not grow weary of doing good, for in due season WE WILL REAP, if we do not give up.

Galatians 6:9

#### **God Will Reward You**

God will reward you because your acts of service fulfill His original calling— to subdue the earth (Genesis 1:28). In subduing the earth, we serve people. What we do is not so important, as to HOW we do it (Matthew 6:33).

Do you serve mankind in the identity of Christ? Are people drawn to Christ by what you do?

In Colossians 3 it says:

Whatever you do, work at it with all your heart, as working for the Lord, not for human masters, since you know that you will receive an inheritance from the Lord as a reward. It is the Lord Christ you are serving.

Colossians 3:23-24

This will conclude today's lesson. In summary, these are the points you will want to remember:

## **Lesson 7 Summary**

1. An effective Christian life can't be lived through your sinful identity in Adam. It must be lived through your sinless identity in Christ.

2. There are three DAILY PRACTICES of the Spirit-filled life. They are:

- Read the Bible.
- Walk in the character of your sinless identity.
- Use your gift to serve mankind.

3. Read the Bible. Use the Read Scripture APP.

4. Walk in the character of your sinless identity. There are 4 steps:

Step 1: Review the Characteristics of the Spirit cards.

Step 2: Respond to the Holy Spirit if He convicts you of not walking in the character of your sinless identity.

Step 3: Ask God to help you find the root cause of your sin.



Step 4: Confess your sin and ask God to remove it from your life.

5. Use your gift to serve mankind. There are 4 steps:

Step 1: Tap into your desires.

Step 2: Follow a logical path.

Step 3: Overcome obstacles that keep you from moving forward.

Step 4: Don't give up. You need time. Man will reward you. God will reward you.

This will conclude Section 2 and this course.

The Christian life is about dying to your old self and living IN your new self. I hope this course has provided you with the knowledge and insights to do just that.

Thank you for letting me be a part of your journey!

For more information on identity go to my web site, [Finding a Life That Works](http://findingalifethatworks.com) (findingalifethatworks.com).

**Note:** Additional resources for Section 2, Lesson 7 can be found in the Appendix.

## Commendations

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What people are saying about Gregg's writing:

Simple, profound, and exciting. Thank you for using your gifts to encourage others.

*Sara*

What can I say! Wow, it is mind blowing. Can't wait to start after many years of being dormant in my walk with Christ.

*Simangani*

Thank you for this amazing teaching, God bless you.

*Judy*

Gregg, this is an amazing article. Practical, simple, and inspiring. As you continue to give of yourself to others, may God water and refresh you.

*Linus*

Thank you for your well-written article. It is inspiring and has helped me on this journey. I am excited about the way forward. God bless.

*igf Campbell*

I am so blessed by your numerous articles on Biblical insights for Christian living.

*Ofonime*

This was on point and well said. Your writings are so interesting and make me even more hungry for the word.

*Vivian*

Excellent and so true Gregg! Also very well put in your easy-to-understand style of writing!

*Yvonne*

Thank you for tending the Lord's sheep! I enjoyed being at your site today and hearing the truth.

*a gentle iconoclast*

Thanks, Gregg, for this eye-opening article. May the living God continue to reveal more to share with the world. Wish all believers knew about your website.

*Sam*

## **About Gregg Fetter**

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As the son of a military father, Gregg Fetter lived in Germany and traveled extensively throughout Europe visiting, England, Holland, France, Spain, and Switzerland. He also traveled to Hawaii, Alaska, Canada, Mexico, the Caribbean, Central America, and every major U.S. city as a Flight Attendant for a major U.S. air carrier from 1984-2020. His educational background is in philosophy, communications, theology, and world religions having studied at Grand Canyon College in Phoenix, Arizona and Baylor University in Waco, Texas. Gregg is married and has two grown sons. One son is a Software Engineer and the other is a Fine Artist studying at Watts Atelier of the Arts in Encinitas, California.

# SECTION 1

## APPENDIX

## Lesson 1

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### **Know Your Synonyms**

Throughout "Understanding Your Identity in Christ", certain words and concepts are used interchangeably. Here is a list of words and concepts that mean the same thing.

Identity=Nature

#### **Christ Identity**

New Identity

2 Cor. 5:17

New Creature

2 Cor. 5:17 (KJV)

New Creation

2 Cor. 5:17 (ESV)

New Nature

2 Peter 1:4

New Man

2 Cor 5:17

Eph. 2:15

Eph. 4:24 (KJV)

New Self

Eph. 4:24 (ESV)

Col. 3:1,10

Sinless Identity

2 Cor. 5:21

#### **Adam Identity**

Old Identity

2 Cor. 5:17

Old Creature

2 Cor. 5:17 (KJV)

Old Creation

2 Cor. 5:17 (ESV)

Old Nature

Ephesians 2:3

Old Man

Romans 6:6 (KJV)

Eph. 4:22 (KJV)

Old Self

Romans 6:6 (ESV)

Eph. 4:22

Sinful Identity

2 Cor. 5:21

2 Peter 1:4

## **Christ Identity**

### Heavenly Identity

1 Cor. 15:47-49

### Divine Nature

2 Peter 1:4

### Incorruptible Seed

1 Peter 1:23 (KJV)

### Imperishable Seed

1 Peter 1:23 (ESV)

### Spirit

Gal. 5:16-24

1 Thes. 5:23

2 Thes. 2:13

2 Tim. 1:7

Titus 3:5 (ESV)

## **Adam Identity**

### Earthy Identity

1 Cor. 15:47-49 (KJV)

### Earthy Nature

1 Cor. 15:47-49 (KJV)

### Corruptible Seed

1 Peter 1:23 (KJV)

### Perishable Seed

1 Peter 1:23 (ESV)

### Flesh

Romans 8:1

1 Cor. 3:1 (ESV)

Eph. 2:3

## **The Bible and the Masculine Generic**

Let's begin with a definition of the term, masculine generic. The masculine generic means that while a noun or pronoun is masculine in form, it can be used generically to include both male and female. This is understood through context.

The masculine generic is used extensively in the Bible.

For example, in Romans 5:12 it says that sin spread to all MEN. Are we to believe only men sin? No, context shows us that while a masculine noun is used, sin spread to women as well as men.

Another example can be seen in John 1:12, where it says, "but as many as received him, to them gave he power to become the SONS of God." Does this mean that only men can receive Christ's new nature? No, context shows us that Christ also gives women the power to become daughters of God, but a masculine noun is used.

In today's culture, the use of a masculine generic offends some people. People in the West have grown sensitive to gender specific language. Calling a firefighter, a "fireman" is frowned upon as sexist, even if he is obviously male. English students are taught to say, "he or she" or, more commonly, "they" (even when referring to a single individual), since the plural is gender neutral.

But this wasn't always so. For centuries, it was common practice to use the masculine generic. "He", was an acceptable substitute for "he or she" when referring to an unknown person.

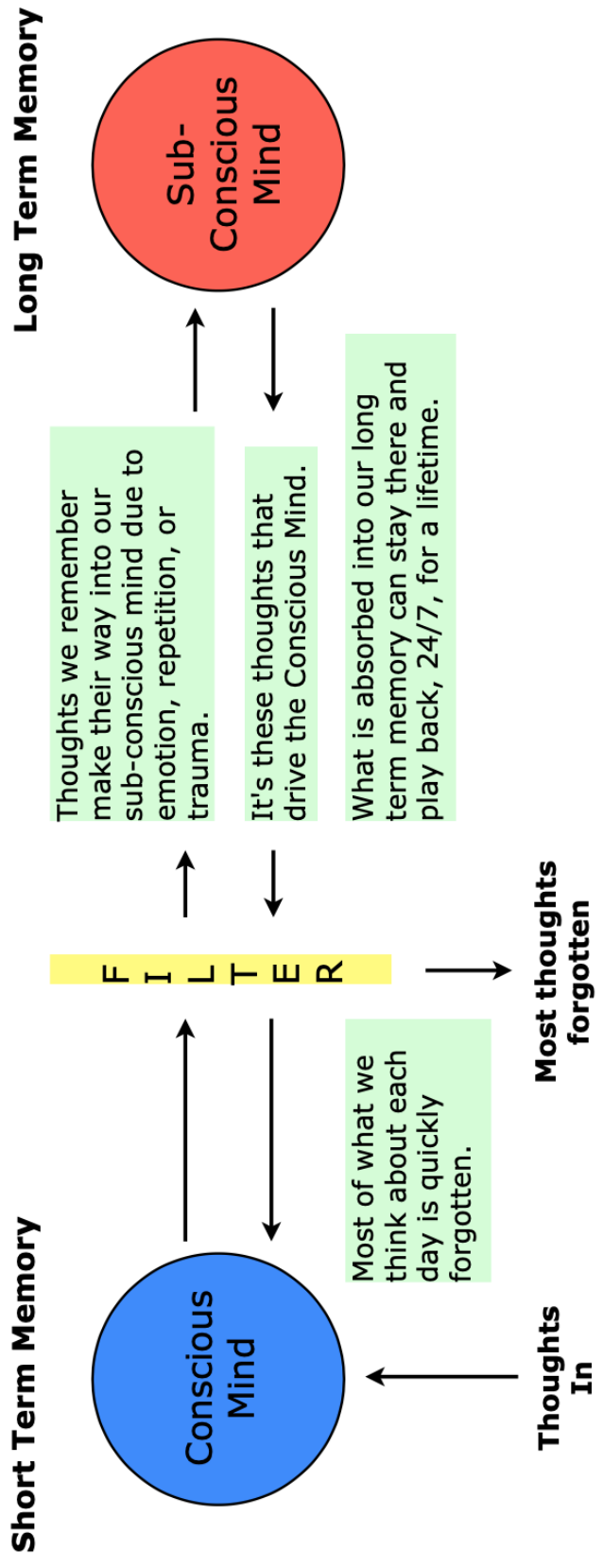
In this course, I use the masculine generic. I do so because the authors of the Bible did. While many modern translations have adopted a more gender-neutral wording, it is my preference to use the words as found in the original Hebrew and Greek texts.



## Lesson 2

### Table of Contents

**Conscious/Sub-conscious Mind Graphic** (On next page)



## Lesson 3

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#### **The Lifespan of Adam and His Descendants**

<u>Patriarch</u>	<u>Years from Creation at Birth</u>	<u>Lifespan</u>	<u>Years from Creation at Death</u>
Adam	0	930	930
Seth	130	912	1042
Enos	235	905	1140
Cainan	325	910	1235
Mahalaleel	395	895	1290
Jared	460	962	1422
Enoch	622	365	987 (Translated)
Methuselah	687	969	1656
Lamech	874	777	1651
Noah	1056	950	2006
Shem	1558	600	2158
Arphaxad	1658	438	2096
Salah	1963	433	2126
Eber	1723	464	2187
Peleg	1757	239	1996
Reu	1787	239	2026
Serug	1819	230	2049
Nahor	1849	148	1997
Terah	1878	205	2083
Abraham	2008	175	2183

## Lesson 4

### Table of Contents

#### **How Jesus Can Be Both God and Man**

The Bible teaches that man is made up of three parts: body, soul, and spirit (1 Thessalonians 5:23). Being man, Jesus was also comprised of these three elements— with one distinction. Each component of Jesus was also God's.

Christ's Spirit was God's, Christ's Soul was God's and Christ's Body was God's. Jesus was 100% man but also 100% God.

Let's confirm this through scripture.

#### **Christ Has God's Spirit**

Christ is fully God because the Spirit that drives him is the Holy Spirit.

*You, however, are not in the flesh but in the Spirit, if in fact the SPIRIT OF GOD dwells in you. Anyone who does not have the SPIRIT OF CHRIST does not belong to him.*

*Romans 8:9*

The Spirit of God and the Spirit of Christ are used interchangeably.

#### **Christ Has God's Soul**

Christ is fully God because the soul that he operates out of (mind, will and emotions) are God's. We know this because he can only do what the Father does.

*So, Jesus said to them, “Truly, truly, I say to you, the Son can do nothing of his own accord, but only what he sees the Father doing. FOR WHATEVER THE FATHER DOES, that THE SON DOES likewise.*

*John 5:19*

God and Christ have the same mind, will and emotions.

### **Christ Has God's Body**

Christ is fully God because the body he operates out of was not inherited from Adam but came directly from God.

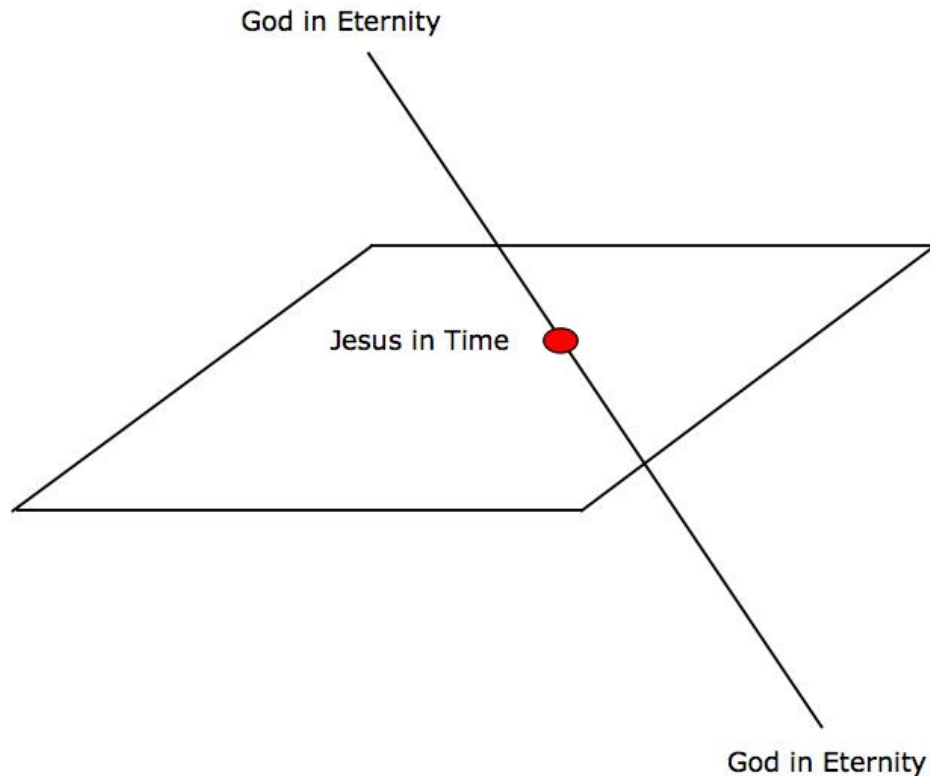
*“The Holy Spirit will come upon you, and the power of the Most High will overshadow you; therefore the child to be born will be called holy—the SON OF GOD.*

*Luke 1:35*

So, Christ is God operating in the flesh. But how does that work?

If God is in heaven, how can He be on earth at the same time?  
Who oversees the world if God is encapsulated in flesh?

To answer that, consider that you are a three dimensional being, but you want to exist in a two-dimensional world (hypothetical). To enter that world all you'd need to do is reach out and touch it. You'd still exist in the third dimension, but you'd also exist in the second dimension at your point of intersection with it.



God can do the same thing. He can exist in ETERNITY and reach out and participate in TIME. But how is the man Jesus, connected to God? Limited by his five senses, Jesus must rely on His Spirit to commune with God in heaven.

Think of it this way. You've seen the one-way window in a police interrogation room. On one side of the glass, you can see in but on the other side you can't see back. Now God in heaven can fully look at the human reproduction of himself on earth, but Jesus on the other hand, limited by his flesh cannot see back. Jesus by objective faith and through the revelation of God in His Spirit, walked in complete obedience to the will of God unlike Adam before him. In doing so, Christ lives a sinless life and creates a new identity (nature). Christ makes this new nature available by spiritual birth to anyone who believes in Him (John 1:12).

## **The Two Opposing Seeds of Genesis 3:15**

I will put enmity between you and the woman, and between your **seed** and her **Seed**; He shall bruise your head, and you shall bruise His heel.

Genesis 3:15 NKJV

Men have seed. Their seed is used to generate offspring. The above passage is discussing two opposing seeds.

### **Two Seeds**

The first seed is the seed of Adam, inspired by Satan. When Adam disobeyed God, his nature changed from theocentric to egocentric. His DNA changed as well, and he passed on his sin through his seed to successive generations.

Just as sin came into the world THROUGH ONE MAN (Adam) and death through sin, and so death spread to all men because all sinned.

Romans 5:12

The second seed, inspired by God, came through the woman, Mary. Mary received the imperishable seed of God through the Holy Spirit (Luke 1:26-35; 1 Peter 1:23 ESV). The seed of God produced Christ. Christ lived a sinless life and produced a new nature, independent of Adam's fallen nature.

These two natures, Adam's nature and Christ's nature oppose each other. They are described in Genesis 3:15.

Genesis 3:15 is a prophetic statement as to the future opposition Christ's nature would bring to the newly formed Satanic nature through Adam.

Let's breakdown this scripture so you can see it more clearly.

I will put enmity between (1) **you** and the **woman**, and between (2) **your seed** and **her Seed**; (3) **He** shall bruise **your head**, and (4) **you** shall bruise **His heel**.

Genesis 3:15

Here is a legend for understanding this scripture.

- |   |   |
|---|---|
| 1. <b>You</b> =Satan                                      | <b>Woman</b> =Mary                                  |
| 2. <b>Your seed</b> /Satan's seed<br>Adam's fallen nature | <b>Her seed</b> /Mary's seed<br>Christ's new nature |
| 3. <b>He</b> =Christ                                      | <b>Your Head</b> =Satan<br>(Death Blow)             |
| 4. <b>You</b> =Satan                                      | <b>His Heel</b> =Christ<br>(Cause injury)           |

Here is the scripture reformed with its meaning interpreted.

I will put enmity between (1) **Satan and Mary**, and between (2) **Adam's nature (seed) and Christ's nature (seed)**; (3) **Christ** shall bruise **Satan's head** (by destroying Satan's hold on death through His resurrection), and (4) **Satan** shall bruise **Christ's heel** (by inspiring men to crucify Christ on a cross).

Genesis 3:15

Genesis 3:15 warns us that as Christians the two natures we possess will battle each other. The nature we received through Adam and the nature we received through Christ.

The Apostle Paul admonishes us to put off the old nature and to put on the new nature.

PUT OFF YOUR OLD SELF, which belongs to your former manner of life and is corrupt through deceitful desires, and to be renewed in the spirit of your minds, and to PUT ON THE NEW SELF,



created after the likeness of God in true righteousness and holiness.

Ephesians 4:22-24

We put off the old and put on the new in 2 ways:

1. We deny the pull of our flesh that wants us to sin. Christ said,

If anyone would come after me, let him DENY HIMSELF and TAKE UP HIS CROSS and FOLLOW ME. For whoever would save his life will lose it, but whoever loses his life for my sake will find it.

Matthew 16:24-25

2. We listen to God's Spirit as we read the Bible. We need to spend time with Jesus.

Now when they saw the boldness of Peter and John, and perceived that they were uneducated, common men, they were astonished. And they recognized that THEY HAD BEEN WITH JESUS.

Acts 4:13

But we all, with open face beholding as in a glass the glory of the Lord (as we see Him in the Bible), are changed into the same image from glory to glory, even as BY THE SPIRIT OF THE LORD.

2 Corinthians 3:18

In conclusion the Apostle Paul said:

I have been crucified with Christ. It is no longer I who live, but Christ who lives in me. And the life I now live in the flesh I live by faith in the Son of God, who loved me and gave himself for me.

Galatians 2:20

After Christ, Paul is no longer driven by his flesh but by the Spirit of God that lives in him... and so should we.

## **The Two Identities of the Christian**

### SINFUL IDENTITY

*Scriptural proof that Christians still have a sinful identity that resides in their body after salvation.*

For I delight in the law of God, in my inner being, but I see in my members another law waging war against the law of my mind and making me captive to the law of sin that dwells in my members. Wretched man that I am! Who will deliver me from this body of death?

Romans 7:22-24

I myself serve the law of God with my mind, but with my flesh I serve the law of sin.

Romans 7:25

We know that our old self was crucified with him in order that the body of sin might be brought to nothing, so that we would no longer be enslaved to sin.

Romans 6:6

Note: We crucify the old self so that it is brought to nothing, but it still resides in our flesh.

For while we were living in the flesh, our sinful passions, aroused by the law, were at work in our members to bear fruit for death.

Romans 7:5

I know that nothing good dwells in me, that is, in my flesh.

Romans 7:18

Now if I do what I do not want, it is no longer I who do it, but sin (or sinful nature) that dwells within me.

Romans 7:20

We ourselves, who have the first fruits of the Spirit, groan inwardly as we wait eagerly for adoption as sons, the redemption of our bodies.

Romans 8:23

We shall not all sleep, but we shall all be changed, in a moment, in the twinkling of an eye, at the last trumpet. For the trumpet will sound, and the dead will be raised imperishable, and we shall be changed. For this perishable body must put on the imperishable, and this mortal body must put on immortality.

1 Corinthians 15:51-53

Each person is tempted when he is lured and enticed by his own desire. Then desire when it has conceived gives birth to sin, and sin when it is fully grown brings forth death.

James 1:14-15

## SINLESS IDENTITY

*Scriptural proof that Christians were given a sinless identity that resides in their soul (mind, will and emotions) upon salvation.*

For I delight in the law of God, in my inner being, but I see in my members another law waging war against the law of my mind and making me captive to the law of sin that dwells in my members. Wretched man that I am! Who will deliver me from this body of death?

Romans 7:22-24

I myself serve the law of God with my mind, but with my flesh I serve the law of sin.

Romans 7:25

We ourselves, who have the first fruits of the Spirit, groan inwardly as we wait eagerly for adoption as sons, the redemption of our bodies.

Romans 8:23

But put on the Lord Jesus Christ, and make no provision for the flesh, to gratify its desires.

Romans 13:14

Therefore, if anyone is in Christ, he is a new creation. The old has passed away; behold, the new has come.

2 Corinthians 5:17

## Lesson 5

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### **The Characteristics (or Fruit) of the Spirit: Bible Comparisons**

This course uses the Characteristics of the Spirit as listed in the King James Bible (Galatians 5:22). Modern translations list some of these characteristics differently. Below, I compare two popular translations with the King James Bible.

#### King James Version (KJV)

But the fruit of the Spirit is **love, joy, peace, long-suffering, gentleness, goodness, faith, meekness, temperance:** against such there is no law.  
Galatians 5:22

#### New International Version (NIV)

But the fruit of the Spirit is **love, joy, peace, forbearance, kindness, goodness, faithfulness, gentleness, and self-control.** Against such things there is no law.

#### English Standard Version (ESV)

But the fruit of the Spirit is **love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, self-control.** Against such things there is no law.  
Galatians 5:22

## Side-By-Side Comparison

<u>KJV</u>	<u>NIV</u>	<u>ESV</u>
love	love	love
joy	joy	joy
peace	peace	peace
<b>long-suffering</b>	<b>forbearance</b>	<b>patience</b>
<b>gentleness</b>	<b>kindness</b>	<b>kindness</b>
goodness	goodness	goodness
<b>faith</b>	<b>faithfulness</b>	<b>faithfulness</b>
<b>meekness</b>	<b>gentleness</b>	<b>gentleness</b>
<b>temperance</b>	<b>self-control</b>	<b>self-control</b>

While the characteristics (fruit) of each translation are similar, in my opinion the King James Bible provides a better interpretation.

### The Definition of Love

Love is all the characteristics combined. Love is joy, peace, long-suffering, gentleness, goodness, faith, meekness and temperance.

These 8 characteristics are expressed in 1 Corinthians 13, the Love Chapter.

Love suffers long (**Long-suffering**) and is kind (**Gentleness**); love does not envy; love does not parade itself, is not puffed up (**Meekness**); does not behave rudely (**Goodness**), does not seek its own (**Meekness**), is not provoked (**Long-suffering**), thinks no evil (**Peace**); does not rejoice in iniquity, but rejoices in the truth (**Joy**); bears all things (**Temperance**), believes all things, hopes all things (**Faith**), endures all things (**Temperance**). Love never fails.

1 Corinthians 13:4-8a NKJV

## Lesson 6

### Table of Contents

### **The Fruit of a Sinful and Sinless Identity**

#### Sinful Identity

Fear  
Anger  
Strife  
Struggle  
Death

#### Sinless Identity

Kindness  
Tenderheartedness  
Forgiveness  
Rest  
Life

## Lesson 7

### Table of Contents

### **The Armor of God**



Put on the whole armor of God, that you may be able to stand against the schemes of the devil. Stand therefore, having fastened on the **belt of truth**, and having put on the **breastplate of righteousness**, and as **shoes for your feet**, having put on the readiness given up by the **gospel of peace**. In all circumstances take up the **shield of faith**, with which you can extinguish all the flaming darts of the evil one; and take the **helmet of salvation**, and the **sword of the Spirit**, which is the word of God, praying at all times in the Spirit, with all prayer and supplication.

Ephesians 6:11,14-18 (ESV)



# SECTION 2

# APPENDIX

## Lesson 1

### Table of Contents

**The Armor of God Synopsis** (On next page)

## **The Armor of God Synopsis**

<u>Perspective/Armor</u>	<u>It shows you:</u>	<u>Scripture Reference</u>
The Righteousness Perspective/ The Breastplate of Righteousness	How to live the Christian life.	Ephesians 6:14
The Sin Perspective/ The Sword of the Spirit	How to deal with sin.	Ephesians 6:17
The Sanctification Perspective/ The Helmet of Salvation	How to grow in Christ.	Ephesians 6:17
The Faith Perspective/ The Shield of Faith	How to find purpose.	Ephesians 6:16
The Truth Perspective/ The Belt of Truth	How to find truth.	Ephesians 6:14
The Peace Perspective/ The Feet Fitted with Peace	How to find peace.	Ephesians 6:15

## Lesson 2

### Table of Contents

## **Reprogramming Fear and Anger through Scripture**

### **Fear and the Expressions of Fear**

Anxiety, doubts, timidity, indecision, superstition, withdrawal, loneliness, over-aggression, worry, inferiority, cowardice, suspicion, hesitancy, depression, haughtiness, social shyness.

#### **Fear** (In general)

The LORD is my light and my salvation— whom shall I fear? The LORD is the stronghold of my life— of whom shall I be afraid? When evil men advance against me to devour my flesh, when my enemies and my foes attack me, they will stumble and fall.

Though an army besiege me, my heart will not fear; though war break out against me, even then will I be confident.

Psalm 27:1-3

So do not fear, for I am with you; do not be dismayed, for I am your God. I will strengthen you and help you; I will uphold you with my righteous right hand.

Isaiah 41:10

When I am afraid, I will trust in you.

Psalm 56:3

There is no fear in love. But perfect love drives out fear because fear has to do with punishment. The one who fears is not made perfect in love.

1 John 4:18

Love is patient, love is kind. It does not envy, it does not boast, it is not proud. It is not rude, it is not self-seeking, it is not easily angered, it keeps no record of wrongs. Love does not delight in evil but rejoices with the truth. It always protects, always trusts, always hopes, always perseveres.

1 Corinthians 13:4-7

For you did not receive a spirit that makes you a slave again to fear, but you received the Spirit of sonship. And by him we cry “Abba, Father.”

Romans 8:15

Peace, I leave with you; my peace I give you. I do not give to you as the world gives. Do not let your hearts be troubled and do not be afraid.

John 14:27

Keep your lives free from the love of money and be content with what you have, because God has said, “Never will I leave you; never will I forsake you.” So, we say with confidence, “The Lord is my helper; I will not be afraid. What can man do to me?”

Hebrews 13:5-6

Finally, be strong in the Lord and in his mighty power. Put on the full armor of God so that you can take your stand against the devil’s schemes. For our struggle is not against flesh and blood, but against the rulers, against the authorities, against the powers of this dark world and against the spiritual forces of evil in the heavenly realms. Therefore, put on the full armor of God, so that when the day of evil comes, you may be able to stand your ground, and after you have done everything, to stand. Stand firm then, with the belt of truth buckled around your waist, with the breastplate of righteousness in place, and with your feet fitted with the readiness that comes from the gospel of peace. In addition to all this, take up the shield of faith, with which you can extinguish all the flaming arrows of the evil one. Take the helmet

of salvation and the sword of the Spirit, which is the word of God. And pray in the Spirit on all occasions with all kinds of prayers and requests. With this in mind, be alert and always keep on praying for all the saints.

Ephesians 6:10-18

## **Anxiety**

Search me, O God, and know my heart; test me and know my anxious thoughts. See if there is any offensive way in me, and lead me in the way everlasting.

Psalms 139:23-24

Cast all your anxiety on him because he cares for you.

1 Peter 5:7

Do not be anxious about anything, but in everything, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and minds in Christ Jesus.

Philippians 4:6-7

## **Worry**

“Therefore I tell you, do not worry about your life, what you will eat or drink; or about your body, what you will wear. Is not life more important than food, and the body more important than clothes? Look at the birds of the air; they do not sow or reap or store away in barns, and yet your heavenly Father feeds them. Are you not much more valuable than they?”

Matthew 6:25-26

Who of you by worrying can add a single hour to his life?

Matthew 6:27

Therefore, do not worry about tomorrow, for tomorrow will worry about itself. Each day has enough trouble of its own.  
Matthew 6:34

### **Doubt, Indecision, Hesitancy**

If any of you lacks wisdom, he should ask God, who gives generously to all without finding fault, and it will be given to him. But when he asks, he must believe and not doubt, because he who doubts is like a wave of the sea, blown and tossed by the wind. That man should not think he will receive anything from the Lord; he is a double-minded man, unstable in all he does.  
James 1:5-8

Submit yourselves, then, to God. Resist the devil, and he will flee from you. Come near to God and he will come near to you. Wash your hands, you sinners, and purify your hearts, you double-minded.  
James 4:7-9

Let us hold unswervingly to the hope we profess, for he who promised is faithful.  
Hebrews 10:23

And without faith it is impossible to please God, because anyone who comes to him must believe that he exists and that he rewards those who earnestly seek him.  
Hebrews 11:6

For we also have had the gospel preached to us, just as they did; but the message they heard was of no value to them, because those who heard did not combine it with faith.  
Hebrews 4:2

"I tell you the truth, if anyone says to this mountain, 'Go, throw yourself into the sea,' and does not doubt in his heart but believes that what he says will happen, it will be done for him.  
Mark 11:23

## **Inferiority**

But he said to me, "My grace is sufficient for you, for my power is made perfect in weakness." Therefore, I will boast all the more gladly about my weaknesses, so that Christ's power may rest on me.

2 Corinthians 12:9

For everyone born of God overcomes the world. This is the victory that has overcome the world, even our faith.

1 John 5:4

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

What, then, shall we say in response to this? If God is for us, who can be against us?

Romans 8:31

## **Timidity**

God did not give us a spirit of timidity, but a spirit of power, of love and of self-discipline.

2 Timothy 1:7

## **Cowardice, Withdrawal, Superstition**

But the cowardly, the unbelieving, the vile, the murderers, the sexually immoral, those who practice magic arts, the idolaters and all liars--their place will be in the fiery lake of burning sulfur. This is the second death."

Revelation 21:8

In all these things we are more than conquerors through him who loved us.

Romans 8:37



Be strong and courageous. Do not be afraid or terrified because of them, for the LORD your God goes with you; he will never leave you nor forsake you.

Deuteronomy 31:6

This is the verdict: Light has come into the world, but men loved darkness instead of light because their deeds were evil. Everyone who does evil hates the light and will not come into the light for fear that his deeds will be exposed. But whoever lives by the truth comes into the light, so that it may be seen plainly that what he has done has been done through God."

John 3:19-21

Do not practice divination or sorcery.

Leviticus 19:26

I hate those who cling to worthless idols; I trust in the LORD.

Psalms 31:6

## **Suspicion**

See to it, brothers, that none of you has a sinful, unbelieving heart that turns away from the living God.

Hebrews 3:12

Trust in the LORD with all your heart and lean not on your own understanding; in all your ways acknowledge him, and he will make your paths straight.

Proverbs 3:5-6

He who dwells in the shelter of the Most High will rest in the shadow of the Almighty. I will say of the LORD, "He is my refuge and my fortress, my God, in whom I trust."

Psalms 91:1-2

Some trust in chariots and some in horses, but we trust in the name of the LORD our God.  
Psalm 20:7

## **Depression**

The LORD himself goes before you and will be with you; he will never leave you nor forsake you. Do not be afraid; do not be discouraged."  
Deuteronomy 31:8

Have I not commanded you? Be strong and courageous. Do not be terrified; do not be discouraged, for the LORD your God will be with you wherever you go.  
Joshua 1:9

Open my eyes that I may see wonderful things in your law.  
Psalm 119:18

## **Loneliness**

God makes a home for the lonely; He leads out the prisoners into prosperity, Only the rebellious dwell in a parched land.  
Psalm 68:6

He upholds the cause of the oppressed and gives food to the hungry. The LORD sets prisoners free.  
Psalm 146:7

## **Haughtiness**

You save the humble but bring low those whose eyes are haughty.  
Psalm 18:27

Whoever slanders his neighbor in secret, him will I put to silence; whoever has haughty eyes and a proud heart, him will I not endure.

Psalm 101:5

My heart is not proud, O LORD, my eyes are not haughty; I do not concern myself with great matters or things too wonderful for me.

Psalm 131:1

Pride goes before destruction, a haughty spirit before a fall.

Proverbs 16:18

### **Over-aggression**

Get rid of all bitterness, rage and anger, brawling and slander, along with every form of malice.

Ephesians 4:31

But now you must rid yourselves of all such things as these: anger, rage, malice, slander, and filthy language from your lips.

Colossians 3:8

### **Social Shyness**

As for those who seemed to be important—whatever they were makes no difference to me; God does not judge by external appearance.

Galatians 2:6

God does not show favoritism.

Romans 2:11

But the LORD said to Samuel, "Do not consider his appearance or his height, for I have rejected him. The LORD does not look at the things man looks at. Man looks at the outward appearance, but the LORD looks at the heart."

1 Samuel 16:7

“I tell you, my friends, do not be afraid of those who kill the body and after that can do no more. But I will show you whom you should fear: Fear him who, after the killing of the body, has power to throw you into hell. Yes, I tell you, fear him.  
Luke 12:4-5

## **Anger and the Expressions of Anger**

Bitterness, malice, clamor, envy, resentment, intolerance, criticism, revenge, wrath, hatred, seditions, jealousy, attack, gossip, sarcasm, and unforgiveness.

### **Anger** (In general)

A fool gives full vent to his anger, but a wise man keeps himself under control.  
Proverbs 29:11

A gentle answer turns away wrath, but a harsh word stirs up anger.  
Proverbs 15:1

Reckless words pierce like a sword, but the tongue of the wise brings healing.  
Proverbs 12:18

My dear brothers, take note of this: Everyone should be quick to listen, slow to speak and slow to become angry, for man's anger does not bring about the righteous life that God desires.  
James 1:19-20

Do not judge, or you too will be judged. For in the same way you judge others, you will be judged, and with the measure you use, it will be measured to you. Why do you look at the speck of sawdust in your brother's eye and pay no attention to the plank in your own eye?

Matthew 7:1-3

Be merciful, just as your Father is merciful. Do not judge, and you will not be judged. Do not condemn, and you will not be condemned. Forgive, and you will be forgiven.

Luke 6:36-37

Let your conversation be always full of grace, seasoned with salt, so that you may know how to answer everyone.

Colossians 4:6

So I say, live by the Spirit, and you will not gratify the desires of the sinful nature. For the sinful nature desires what is contrary to the Spirit, and the Spirit what is contrary to the sinful nature. They are in conflict with each other, so that you do not do what you want. But if you are led by the Spirit, you are not under law. The acts of the sinful nature are obvious: sexual immorality, impurity and debauchery; idolatry and witchcraft; hatred, discord, jealousy, fits of rage, selfish ambition, dissensions, factions and envy; drunkenness, orgies, and the like. I warn you, as I did before, that those who live like this will not inherit the kingdom of God. But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness and self-control. Against such things there is no law. Those who belong to Christ Jesus have crucified the sinful nature with its passions and desires. Since we live by the Spirit, let us keep in step with the Spirit. Let us not become conceited, provoking and envying each other.

Galatians 5:16-26

## **Bitterness, Malice, Clamor, Envy, Criticism**

At one time we too were foolish, disobedient, deceived and enslaved by all kinds of passions and pleasures. We lived in malice and envy, being hated and hating one another.

Titus 3:3

See to it that no one misses the grace of God and that no bitter root grows up to cause trouble and defile many.

Hebrews 12:15

Get rid of all bitterness, rage and anger, brawling and slander, along with every form of malice.

Ephesians 4:31

But now you must rid yourselves of all such things as these: anger, rage, malice, slander, and filthy language from your lips.

Colossians 3:8

Therefore, rid yourselves of all malice and all deceit, hypocrisy, envy, and slander of every kind.

1 Peter 2:1

Who is wise and understanding among you? Let him show it by his good life, by deeds done in the humility that comes from wisdom. But if you harbor bitter envy and selfish ambition in your hearts, do not boast about it or deny the truth. Such “wisdom” does not come down from heaven but is earthly, unspiritual, of the devil. For where you have envy and selfish ambition, there you find disorder and every evil practice.

James 3:13-16

## **Resentment**

“The godless in heart harbor resentment; even when he fetters them, they do not cry for help.

Job 36:13

Resentment kills a fool, and envy slays the simple.  
Job 5:2

### **Intolerance**

So, when you, a mere man, pass judgment on them and yet do the same things, do you think you will escape God's judgment? Or do you show contempt for the riches of his kindness, tolerance, and patience, not realizing that God's kindness leads you toward repentance?  
Romans 2:3-4

### **Revenge**

Do not take revenge, my friends, but leave room for God's wrath, for it is written: "It is mine to avenge; I will repay," says the Lord.  
Romans 12:19

### **Wrath, Hatred, Seditions, Jealousy, Attack, Sarcasm**

For I am afraid that when I come, I may not find you as I want you to be, and you may not find me as you want me to be. I fear that there may be quarreling, jealousy, outbursts of anger, factions, slander, gossip, arrogance and disorder.  
2 Corinthians 12:20

You are still worldly. For since there is jealousy and quarreling among you, are you not worldly? Are you not acting like mere men?  
1 Corinthians 3:3

If you keep on biting and devouring each other, watch out or you will be destroyed by each other.  
Galatians 5:15

What causes fights and quarrels among you? Don't they come from your desires that battle within you? You want something but don't get it. You kill and covet, but you cannot have what you want. You quarrel and fight. You do not have, because you do not ask God. When you ask, you do not receive, because you ask with wrong motives, that you may spend what you get on your pleasures. You adulterous people, don't you know that friendship with the world is hatred toward God? Anyone who chooses to be a friend of the world becomes an enemy of God.

James 4:1-4

## **Gossip**

A gossip betrays a confidence; so avoid a man who talks too much.

Proverbs 20:19

They have become filled with every kind of wickedness, evil, greed and depravity. They are full of envy, murder, strife, deceit and malice. They are gossips, slanderers, God-haters, insolent, arrogant and boastful; they invent ways of doing evil; they disobey their parents.

Romans 1:29-30

Do not let any unwholesome talk come out of your mouths, but only what is helpful for building others up according to their needs, that it may benefit those who listen.

Ephesians 4:29

## **Unforgiveness**

For if you forgive men when they sin against you, your heavenly Father will also forgive you. But if you do not forgive men their sins, your Father will not forgive your sins.

Matthew 6:14-15



Forgive us our debts, as we also have forgiven our debtors.  
Matthew 6:12

Be kind and compassionate to one another, forgiving each other,  
just as in Christ God forgave you.  
Ephesians 4:32

## **The Man and the Sack of Potatoes**

The story is told of a man walking along a road carrying a sack of potatoes on his shoulders. Seeing his situation, a truck driver stops to ask the man if he'd like a ride? Affirming that he would, the man jumps into the back of the truck with the potatoes still on his shoulders. As they drive along the truck driver notices in the rear-view mirror that the man never takes the potatoes off his shoulders. Once they arrive at their destination, the truck driver asks the man why he never took the potatoes off his shoulders? The man replied, "I kept the potatoes on my shoulders because I really appreciated the ride. I didn't want to be a burden by having you carry my load."

### **Moral of the story:**

Many people are like this man, they carry their sins around without giving them to God. The Bible says that Christ came as a propitiation (an appeasement) for our sins (Romans 3:23-25). There is nothing to be gained by carrying sin around on your shoulders. Christ already paid for them at the cross. God wants you to give your sin to Him by faith. If we confess our sins, God is faithful to forgive us our sins and cleanse us from unrighteousness.

If we confess our sins, he is faithful and just to forgive us our sins and to cleanse us from all unrighteousness.

1 John 1:9

## Lesson 3

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#### **How To Get the Most Out of the Bible**

Perhaps you realize the need to read and study your Bible, but you're not sure the best way to go about it. In this lesson I'm going to discuss how to get the most out of the Bible.

Getting the most out of the Bible is a 4-step process. You must:

1. Read it.
2. Study it.
3. Meditate on it.
4. Memorize it.

These four steps can be applied to any approach you take in studying the Bible.

You can study it by:

1. Books.
2. Chapters.
3. Topics.

Some of the Topics might be:

1. Christ Studies: The Deity of Jesus, Life and Teachings, and Parables.
2. Characters of the Bible.
3. Prophecy Studies.
4. Problems of Life.
5. Matters of Faith (what Christians believe) and Practice (what Christians do).

## Studying the Bible by Books

Start by getting a “big picture” of the Bible.

The 66 books of the Bible are broken in to 2 major groups (Old and New Testament) with several divisions.

### Books of the Bible

#### OLD TESTAMENT

##### Law

Genesis  
Exodus  
Leviticus  
Numbers  
Deuteronomy

##### Poetry

Job  
Psalms  
Proverbs  
Ecclesiastes  
Song of Solomon

##### Major Prophets

Isaiah  
Jeremiah  
Lamentations  
Ezekiel  
Daniel

##### History

Joshua  
Judges  
Ruth  
1 Samuel  
2 Samuel  
1 Kings  
2 Kings  
1 Chronicles  
2 Chronicles  
Ezra  
Nehemiah  
Esther

##### Minor Prophets

Hosea  
Joel  
Amos  
Obadiah  
Jonah  
Micah  
Nahum  
Habakkuk  
Zephaniah  
Haggai  
Zechariah  
Malachi

## NEW TESTAMENT

### Gospels

Matthew

Mark

Luke

John

### History

Acts

### Prophecy

Revelation

### Paul's Letters

Romans

1 Corinthians

2 Corinthians

Galatians

Ephesians

Philippians

Colossians

1 Thessalonians

2 Thessalonians

1 Timothy

2 Timothy

Titus

Philemon

### General Letters

Hebrews

James

1 Peter

2 Peter

1 John

2 John

3 John

Jude

Use the 4-step process for studying the Bible in this way:

### **Steps 1 & 2: Read and Study**

READ or STUDY a book of your choosing. Read for 15 minutes and study for 15 minutes— or vice versa. The order doesn't matter.

To help you study, many Bibles have a synopsis that appears just before each book. If your Bible doesn't, get a Bible commentary. I recommend, Halley's Bible Handbook. It can be purchased at Amazon.com.

I also recommend Matthew Henry's commentary at BibleGateway.com.

Don't forget the Holy Spirit. Ask Him to help you and guide you into all truth (John 16:13).

While you are reading and studying, take note of scripture or sections of scripture that you'd like to investigate further. Write them down in a **Study Notebook** created for this purpose.

Keep reading and studying DAILY until you finish reading the book you've chosen.

### **Steps 3 & 4: Meditate and Memorize**

The next step is to MEDITATE and MEMORIZE the scriptures that you've written down in your Study Notebook.

To meditate and memorize them, transfer them to a **Meditation Bible**. A Meditation Bible is a bible that is used solely to record scripture from your Study Notebook. Transfer them by using a colored highlighter.

A Meditation Bible is useful because it helps you FIND and ASSOCIATE scripture with other parts of the Bible.

The Meditation Bible helps you FIND scripture because as you flip through the Bible you can immediately find the highlighted scriptures that are important to you.

The Meditation Bible helps you ASSOCIATE one scripture with another, because it's easy to remember developing themes as you move from one book to the next.

Like the read and study process, mediate for 15 minutes and memorize for 15 minutes. Do this in place of reading and studying until you are ready to move on to the next book of the Bible.

### **Meditation**

Meditation is RUMINATING scripture. It's like a cow chewing on its cud. It's rolling scripture over and over in your mind. What

happens is that your mind, through repetition, begins to believe what it hears. Meditation reprograms your sub-conscious allowing you to believe the words of God rather than the lies of Satan. You begin to ACT on the words of God. You are transformed.

The Apostle Paul says:

Be not conformed to this world: but be ye transformed by the renewing of your mind, that ye may prove what is that good, and acceptable, and perfect, will of God.  
Romans 12:2.

Meditation is also prayer. As you roll God's words over and over in your mind, ask God for revelation. He will quicken a thought to your mind. He will give you insight into how this scripture impacts your life. The revelation will be so profound that you'll think about it for the rest of the day.

Sometimes a thought won't come. But don't despair, just move on to the next scripture allowing the Holy Spirit to guide and direct.

It's exciting to submit yourself to the Holy Spirit and to sense His presence as he leads.

For more on meditation read my article, [The Purpose of Meditation](#). You can find it on my website, [Finding a Life That Works](#). Look for the Mental Health tab, then go to "Sanctification" ([findingalifethatworks.com](http://findingalifethatworks.com)).

## **Memorization**

Where meditation reprograms the sub-conscious mind, memorization provides the RECALL needed to repeat it in your conscious mind.

In Psalm 119, King David said he memorized scripture so that he would not SIN against God.

Thy word have I hid in mine heart, that I might not sin against thee.

Psalm 119:11

You can too! Here are 3 scriptures from the Gospel of John that you could memorize:

For God so loved the world, that he gave his only begotten Son, that whosoever believeth in him should not perish, but have everlasting life.

John 3:16

In the beginning was the Word, and the Word was with God, and the Word was God.

John 1:1

Jesus saith unto him, I am the way, the truth, and the life: no man cometh unto the Father, but by me.

John 14:6

But how do you go about memorizing scripture?

Memorize a scripture by breaking it down into smaller pieces. Repeat each phrase in your mind over and over then move on to the next phrase.

For example: Break John 1:1 into 3 pieces. In your mind, repeat:

- a. In the beginning was the Word (about 100 X's).
- b. Then repeat, .... and the Word was with God (about 100 X's).
- c. Then repeat, .... and the Word was God (about 100 X's).



Now put it all together:

In the beginning was the Word, and the Word was with God, and the Word was God.

John 1:1

## **How Reading, Studying, Meditating and Memorizing the Bible Work Together**

For years I just read and studied the Bible— and it became a GRIND. I knew a lot about the Bible, but I didn't know how to make it work in my life. That's until I discovered meditation. Meditation inflamed me and gave me PASSION.

Wow, the Holy Spirit was really working in my life, talking to me— explaining and teaching. That made a huge difference, it made it real.

That's how I stumbled upon this 4-part method for growing in the Word. I realized that reading and studying the Bible spoke to my HEAD giving me the knowledge that I needed to grow but meditating and memorizing the Bible spoke to my HEART giving me the relationship that I craved.

It can do the same for you.

### **What to Read**

Take a second look at the Books of the Bible categories above. Start with the New Testament. Choose one of the sections indicated there: Gospels, History, Paul's Letters, General Letters and Prophecy.

One suggestion is that if you haven't read the Bible before, start with the Gospels, specifically the Gospel of John.

After you read the entire New Testament, then read the Old Testament. In all cases use the Head/Heart Method I explained above.

There are many resources on the market to help you in your endeavor. There are Harmonies for studying the Gospels. Harmonies place the Gospels side by side in chronological form. Harmonies allow you to compare the Gospels, gleaning from one what might not be in the other. One such Harmony is: Harmony of the Four Gospels: The New International Version by Orville E. Daniel. It can be purchased at Amazon.com.

### **The King James Bible**

In my opinion, the King James Bible is the most accurate Bible translation. While modern translations can be easier to read, sometimes they distort and leave out entire verses of scripture. Therefore, my suggestion is to always use the King James Bible as a point of reference.

It's interesting to note that while many people say they believe in the infallibility of scripture as it was originally given, they have a hard time believing God preserved it in history.

In my article, Is There a Perfect Bible? Is the Bible Inerrant?, I show you what scripture is and where it comes from, how God preserved it in history and what Satan does to corrupt it. You can find this article on my website, Finding a Life That Works (findingalifethatworks.com). Go to the website and look for the Mental Health tab, then go to "Sanctification".

Because you will have many questions concerning this topic, I suggest you go to Chick Publications (chick.com). Look for the "More" tab, then "Subjects", then "Bible Versions". Chick Publications covers this topic extensively.

## **Conclusion**

God gave us the Bible to lead us to Him and to help us grow.

All scripture is given by inspiration of God, and is profitable for doctrine, for reproof, for correction, for instruction in righteousness: That the man of God may be perfect, thoroughly furnished unto all good works.

2 Timothy 3:16-17

But we can't really grow until we learn to get the most out of the Bible. If we only read and study the Bible we may have ALL knowledge, but our hearts will not learn to love (1 Corinthians 13:2).

Only when we combine reading and studying with meditating and memorizing will we learn to love, because God will find root in our heart. He will speak to us through the power of the Holy Spirit.

May God grant you His peace as you read, study, meditate and memorize His word.

## Lesson 4

### Table of Contents

**Spiritual Categories Chart** (On next page)

# There Are Four Categories of Spiritual “Things”

1 Corinthians 12:1-7 (NASB)

**1**

Verse 4

**Gifts**

Listed in Romans 12:6-8

- Preaching**
- Serving**
- Teaching**
- Encouraging**
- Giving**
- Leading**
- Mercy**

**2**

Verse 5

**Ministries**

Listed in Ephesians 4:11

- Apostles** (ceased)
- Prophets** (ceased)
- Evangelists**
- Pastors**
- Teachers**

Manifestations are not “gifts” or “ministries” in the church. They are enablements of the Holy Spirit used in conjunction with your own personal **giftings** as God severally allows.

**3**

Verse 6

**E F F E C T S**

**4**

Verse 7

**Manifestations**

Listed in 1 Corinthians 12:8-10

- Word of Wisdom**
- Word of Knowledge**
- Faith**
- Gifts of Healing**
- Effecting of Miracles**
- Prophecy** (Illumination)
- Distinguishing of Spirits**
- Various Kinds of Tongues**
- Interpretation of Tongues**

## Lesson 5

### Table of Contents

### **3 Types of Truth Chart**

Relative truth	Relative Truth is subjective. It works for some people, in some situations, some of the time.
Absolute Truth	Absolute truth is objective. It works for all people, in all situations, all the time.
Transcendent Truth	Transcendent truth acknowledges that man cannot find God, that the finite can't find the infinite. But with this truth is the realization that God could find man if He wanted to. Transcendent truth is about God finding man. We believe that God did find man through the God/man Jesus Christ and reveals transcendent truth to him through a newly born identity and through the Bible.

## Lesson 6

### Table of Contents

#### **The Farmer and the Horse**

##### Seeing Life from God's Perspective

A farmer had one horse that he used for tilling his fields. One day the horse escaped into the hills. When the farmer's neighbors heard about it, they sympathized with the man over his bad luck. "Bad luck? Good luck? Who knows." said the farmer.

A week later, the horse returned with a herd of wild horses from the hills. This time the neighbors congratulated the farmer on his good luck. "Good luck? Bad luck? Who knows." said the farmer.

Then, when the farmer's son was attempting to tame one of the wild horses, he fell off its back and broke his leg. Everyone agreed that this was very bad luck. Not the farmer, who replied, "Bad luck? Good luck? Who knows."

Some weeks later, an army marched into the village and forced every able-bodied young man to go fight in a bloody war. When they saw that the farmer's son had a broken leg, they let him stay. Everyone was very happy at the farmer's good luck.

What about your life's situation? Good luck? Bad luck?

For those who come under His care, GOD KNOWS, because He is in control.

## Lesson 7

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### **One Year Bible Reading Plan**

The following reading plan covers the entire Bible in 365 days. This plan is effective in that it combines the Old and New Testaments dramatizing the cohesiveness of scripture. This is an alternate reading plan to the Read Scripture plan recommended in Section 2 Chapter 7. The Read Scripture plan is downloadable on your phone at [readscripture.org](http://readscripture.org).

#### **January**

1. Gen. 1-2; Luke 1
2. Gen. 3-5; Luke 2
3. Gen. 6-8; Luke 3
4. Gen. 9-11; Luke 4
5. Gen. 12-14; Luke 5
6. Gen. 15-17; Luke 6
7. Gen. 18-19; Ps. 3; Luke 7
8. Gen. 20-22; Luke 8
9. Gen. 23-24; Luke 9
10. Gen. 25-26; Ps. 6; Luke 10
11. Gen. 27-28; Ps. 4; Luke 11
12. Gen. 29-30; Luke 12
13. Gen. 31-33; Luke 13
14. Gen. 34-36; Luke 14
15. Gen. 37-38; Ps. 7; Luke 15
16. Gen. 39-41; Luke 16
17. Gen. 42-43; Ps. 5; Luke 17
18. Gen. 44-46; Luke 18
19. Gen. 47-48; Ps. 10; Luke 19
20. Gen. 49-50; Ps. 8; Luke 20
21. Ex. 1-2; Ps. 88; Luke 21
22. Ex. 3-5; Luke 22
23. Ex. 6-8; Luke 23



24. Ex. 9-11; Luke 24
25. Ex. 12-13; Ps. 21; Acts 1
26. Ex. 14-16; Acts 2
27. Ex. 17-20; Acts 3
28. Ex. 21-22; Ps.12; Acts 4
29. Ex. 23-24; Ps.14; Acts 5
30. Ex. 25-27; Acts 6
31. Ex. 28-29; Acts 7

## **February**

1. Ex. 30-32; Acts 8
2. Ex. 33-34; Ps. 16; Acts 9
3. Ex. 35-36; Acts 10
4. Ex. 37-38; Ps. 19; Acts 11
5. Ex. 39-40; Ps. 15; Acts 12
6. Lev. 1-3; Acts 13
7. Lev. 4-6; Acts 14
8. Lev. 7-9; Acts 15
9. Lev. 10-12; Acts 16
10. Lev. 13-14; Acts 17
11. Lev. 15-17; Acts 18
12. Lev. 18-19; Ps. 13; Acts 19
13. Lev. 20-22; Acts 20
14. Lev. 23-24; Ps. 24; Acts 21
15. Lev. 25; Ps. 25-26; Acts 22
16. Lev. 26-27; Acts 23
17. Num. 1-2; Acts 24
18. Num. 3-4; Acts 25
19. Num. 5-6; Ps. 22; Acts 26
20. Num. 7; Ps. 23; Acts 27
21. Num. 8-9; Acts 28
22. Num. 10-11; Ps. 27; Mark 1
23. Num. 12-13; Ps. 90; Mark 2
24. Num. 14-16; Mark 3
25. Num. 17-18; Ps. 29; Mark 4
26. Num. 19-20; Ps. 28; Mark 5

27. Num. 21-23; Mark 6-7
28. Num. 24-27; 1 Cor. 13

## **March**

1. Num. 28-29; Mark 8
2. Num. 30-31; Mark 9
3. Num. 32-33; Mark 10
4. Num. 34-36; Mark 11
5. Deut. 1-2; Mark 12
6. Deut. 3-4; Ps. 36; Mark 13
7. Deut. 5-6; Ps. 43; Mark 14
8. Deut. 7-9; Mark 15
9. Deut. 10-12; Mark 16
10. Deut. 13-15; Gal.1
11. Deut. 16-18; Ps. 38; Gal. 2
12. Deut. 19-21; Gal. 3
13. Deut. 22-24; Gal. 4
14. Deut. 25-27; Gal. 5
15. Deut. 28-29; Gal.6
16. Deut. 30-31; Ps. 40; 1 Cor. 1
17. Deut. 32-34; 1 Cor. 2
18. Josh. 1-2; Ps. 37; 1 Cor. 3
19. Josh. 3-6; 1 Cor. 4
20. Josh. 7-8; Ps. 69; 1 Cor. 5
21. Josh. 9-11; 1 Cor. 6
22. Josh. 12-14; 1 Cor. 7
23. Josh. 15-17; 1 Cor. 8
24. Josh. 18-20; 1 Cor. 9
25. Josh. 21-22; Ps. 47; 1 Cor. 10
26. Josh. 23-24; Ps. 44; 1 Cor. 11
27. Judg. 1-3; 1 Cor. 12
28. Judg. 4-5; Ps. 39, 41; 1 Cor. 13
29. Judg. 6-7; Ps. 52; 1 Cor. 14
30. Judg. 8; Ps. 42; 1 Cor. 15
31. Judg. 9-10; Ps. 49; 1 Cor. 16

## April

1. Judg. 11-12; Ps. 50; 2 Cor. 1
2. Judg. 13-16; 2 Cor. 2
3. Judg. 17-18; Ps. 89; 2 Cor. 3
4. Judg. 19-21; 2 Cor. 4
5. Ruth 1-2; Ps. 53, 61; 2 Cor. 5
6. Ruth 3-4; Ps. 64-65; 2 Cor. 6
7. 1 Sam. 1-2; Ps.66; 2Cor. 7
8. 1 Sam. 3-5; Ps.77; 2Cor. 8
9. 1 Sam. 6-7; Ps.72; 2Cor. 9
10. 1 Sam. 8-10; 2 Cor. 10
11. 1 Sam. 11-12; 1 Chr. 1; 2 Cor. 11
12. 1 Sam. 13; 1 Chr. 2-3; 2 Cor. 12
13. 1 Sam. 14; 1 Chr. 4; 2 Cor. 13
14. 1 Sam. 15-16; 1 Chr. 5; Mt. 1
15. 1 Sam. 17; Ps. 9; Mt. 2
16. 1 Sam. 18; 1 Chr. 6; Ps. 11; Mt. 3
17. 1 Sam. 19; 1Chr. 7; Ps. 59; Mt. 4
18. 1 Sam. 20-21; Ps. 34; Mt. 5
19. 1 Sam. 22; Ps.17, 35; Mt. 6
20. 1 Sam. 23; Ps. 31, 54; Mt. 7
21. 1 Sam. 24; Ps. 57-58; 1 Chr. 8; Mt. 8
22. 1 Sam. 25-26; Ps. 63; Mt. 9
23. 1 Sam. 27; Ps. 141; 1 Chr. 9; Mt. 10
24. 1 Sam. 28-29; Ps. 109; Mt. 11
25. 1 Sam. 30-31; 1 Chr. 10; Mt. 12
26. 2 Sam. 1; Ps. 140; Mt. 13
27. 2 Sam. 2; 1 Chr. 11; Ps. 142; Mt. 14
28. 2 Sam. 3; 1 Chr. 12; Mt. 15
29. 2 Sam. 4-5; Ps. 139; Mt. 16
30. 2 Sam. 6; 1 Chr. 13; Ps. 68; Mt. 17

## May

1. 1 Chr. 14-15; Ps. 132; Mt. 18
2. 1 Chr. 16; Ps. 106; Mt. 19
3. 2 Sam. 7; 1 Chr. 17; Ps. 2; Mt. 20

4. 2 Sam. 8-9; 1 Chr. 18-19; Mt. 21
5. 2 Sam. 10; 1 Chr. 20; Ps. 20; Mt. 22
6. 2 Sam. 11-12; Ps. 51; Mt. 23
7. 2 Sam. 13-14; Mt. 24
8. 2 Sam. 15-16; Ps. 51; Mt. 25
9. 2 Sam. 17; Ps. 71; Mt. 26
10. 2 Sam. 18; Ps. 56; Mt. 27
11. 2 Sam. 19-20; Ps. 55; Mt. 28
12. 2 Sam. 21-23; 1 Th. 1
13. 2 Sam. 24; 1 Chr. 21; Ps. 30; 1 Th. 2
14. 1 Chr. 22-24; 1 Th. 3
15. 1 Chr. 25-27; 1 Th. 4
16. 1 Ki. 1; 1 Chr. 28; Ps. 91; 1 Th. 5
17. 1 Ki. 2; 1 Chr. 29; Ps. 95; 2 Th. 1
18. 1 Ki. 3; 2 Chr. 1; Ps. 78; 2 Th. 2
19. 1 Ki. 4-5; 2 Chr. 2; Ps. 101; 2 Th. 3
20. 1 Ki. 6; 2 Chr. 3; Ps. 97; Rom. 1
21. 1 Ki. 7; 2 Chr. 4; Ps. 98; Rom. 2
22. 1 Ki. 8; 2 Chr. 5; Ps. 99; Rom. 3
23. 2 Chr. 6-7; Ps. 135; Rom. 4
24. 1 Ki. 9; 2 Chr. 8; Ps. 136; Rom. 5
25. 1 Ki. 10-11; 2 Chr. 9; Rom. 6
26. Prov. 1-3; Rom. 7
27. Prov. 4-6; Rom. 8
28. Prov. 7-9; Rom. 9
29. Prov. 10-12; Rom. 10
30. Prov. 13-15; Rom. 11
31. Prov. 16-18; Rom. 12

## **June**

1. Prov. 19-21; Rom. 13
2. Prov. 22-24; Rom. 14
3. Prov. 25-27; Rom. 15
4. Prov. 28-29; Ps. 60; Rom. 16
5. Prov. 30-31; Ps. 33; Eph. 1
6. Ecc. 1-3; Ps. 45; Eph. 2
7. Ecc. 4-6; Ps. 18; Eph. 3

- 8, Ecc. 7-9; Eph. 4
9. Ecc. 10-12; Ps. 94; Eph. 5
10. Song 1-4; Eph. 6
11. Song 5-8; Phil. 1
12. 1 Ki. 12; 2 Chr. 10-11; Phil. 2
13. 1 Ki. 13-14; 2 Chr. 12; Phil. 3
14. 1 Ki. 15; 2 Chr. 13-14; Phil. 4
15. 1 Ki. 16; 2 Chr. 15-16; Col. 1
16. 1 Ki. 17-19; Col. 2
17. 1 Ki. 20-21; 2 Chr. 17; Col. 3
18. 1 Ki. 22; 2 Chr. 18-19; Col. 4
19. 2 Ki. 1-3; Ps. 82; 1Tim. 1
20. 2 Ki. 4-5; Ps. 83; 1Tim. 2
21. 2 Ki. 6-7; 2 Chr. 20; 1 Tim. 3
22. 2 Ki. 8-9; 2 Chr. 21; 1 Tim. 4
23. 2 Ki. 10; 2 Chr. 22-23; 1 Tim. 5
24. 2 Ki. 11-12; 2 Chr. 24; 1 Tim. 6
25. Joel 1-3; 2 Tim. 1
26. Jon. 1-4; 2 Tim. 2
27. 2 Ki. 13-14; 2 Chr. 25; 2 Tim. 3
28. Amos 1-3; Ps. 80; 2 Tim. 4
29. Amos 4-6; Ps. 86; Tit. 1
30. Amos 7-9; Ps. 104; Tit. 2

## **July**

1. Is. 1-3; Tit. 3
2. Is. 4-5; Ps. 115-116; Jude
3. Is. 6-7; 2 Chr. 26-27; Philem.
4. 2 Ki. 15-16; Hos. 1; Heb.1
5. Hos. 2-5; Heb. 2
6. Hos. 6-9; Heb. 3
7. Hos. 10-12; Ps. 73; Heb. 4
8. Hos. 13-14; Ps. 100, 102; Heb. 5
9. Mic. 1-4; Heb. 6
10. Mic. 5-7; Heb. 7
11. Is. 8-10; Heb. 8
12. Is. 11-14; Heb. 9

13. Is. 15-18; Heb. 10
14. Is. 19-21; Heb. 11
15. Is. 22-24; Heb. 12
16. Is. 25-28; Heb. 13
17. Is. 29-31; Jas. 1
18. Is. 32-35; Jas. 2
19. 2 Ki. 17; 2 Chr. 28; Ps. 46; Jam. 3
20. 2 Chr. 29-31; Jas. 4
21. 2 Ki. 18-19; 2 Chr. 32; Jas. 5
22. Is. 36-37; Ps. 76; 1 Pet. 1
23. 2 Ki. 20; Is. 38-39; Ps. 75; 1 Pet. 2
24. Is. 40-42; 1 Pet. 3
25. Is. 43-45; 1 Pet. 4
26. Is. 46-49; 1 Pet. 5
27. Is. 50-52; Ps. 92; 2 Pet. 1
28. Is. 53-56; 2 Pet. 2
29. Is. 57-59; Ps. 103; 2 Pet. 3
30. Is. 60-62; Jn. 1
31. Is. 63-64; Ps. 107; Jn. 2

## **August**

1. Is. 65-66; Ps. 62; Jn. 3
2. 2 Ki. 21; 2 Chr. 33; Jn. 4
3. Nah. 1-3; Jn. 5
4. 2 Ki. 22; 2 Chr. 34; Jn. 6
5. 2 Ki. 23; 2 Chr. 35; Jn. 7
6. Hab. 1-3; Jn. 8
7. Zeph. 1-3; Jn. 9
8. Jer. 1-2; Jn. 10
9. Jer. 3-4; Jn. 11
10. Jer. 5-6; Jn. 12
11. Jer. 7-9; Jn. 13
12. Jer. 10-12; Jn. 14
13. Jer. 13-15; Jn. 15
14. Jer. 16-17; Ps. 96; Jn. 16
15. Jer. 18-20; Ps. 93; Jn. 17
16. 2 Ki. 24; Jer. 22; Ps. 112; Jn. 18

17. Jer. 23, 25; Jn. 19
18. Jer. 26, 35-36; Jn. 20
19. Jer. 45-47; Ps. 105; Jn. 21
20. Jer. 48-49; Ps. 67; 1 Jn. 1
21. Jer. 21, 24, 27; Ps. 118; 1 Jn. 2
22. Jer. 28-30; 1 Jn. 3
23. Jer. 31-32; 1 Jn. 4
24. Jer. 33-34; Ps. 74; 1 Jn. 5
25. Jer. 37-39; Ps. 79; 2 Jn.
26. Jer. 50-51; 3 Jn.
27. Jer. 52; Rev. 1; Ps. 143-144
28. Ezek. 1-3; Rev. 2
29. Ezek. 4-7; Rev. 3
30. Ezek. 8-11; Rev. 4
31. Ezek. 12-14; Rev. 5

## **September**

1. Ezek. 15-16; Ps. 70; Rev. 6
2. Ezek. 17-19; Rev. 7
3. Ezek. 20-21; Ps. 111; Rev. 8
4. Ezek. 22-24; Rev. 9
5. Ezek. 25-28; Rev. 10
6. Ezek. 29-32; Rev. 11
7. 2 Ki. 25; 2 Chr. 36; Jer. 40-41; Rev. 12
8. Jer. 42-44; Ps. 48; Rev. 13
9. Lam. 1-2; Obad.; Rev. 14
10. Lam. 3-5; Rev. 15
11. Dan. 1-2; Rev. 16
12. Dan. 3-4; Ps. 81; Rev. 17
13. Ezek. 33-35; Rev. 18
14. Ezek. 36-37; Ps. 110; Rev. 19
15. Ezek. 38-39; Ps. 145; Rev. 20
16. Ezek. 40-41; Ps. 128; Rev. 21
17. Ezek. 42-44; Rev. 22
18. Ezek. 45-46; Lk. 1
19. Ezek. 47-48; Lk. 2
20. Dan. 5-6; Ps. 130; Lk. 3

21. Dan. 7-8; Ps. 137; Lk. 4
22. Dan. 9-10; Ps. 123; Lk. 5
23. Dan. 11-12; Lk. 6
24. Ezra 1; Ps. 84-85; Lk. 7
25. Ezra 2-3; Lk. 8
26. Ezra 4; Ps. 113, 127; Lk. 9
27. Hag. 1-2; Ps. 129; Lk. 10
28. Zech. 1-3; Lk. 11
29. Zech. 4-6; Lk. 12
30. Zech. 7-9; Lk. 13

## **October**

1. Zech. 10-12; Ps. 126; Lk. 14
2. Zech. 13-14; Ps. 147; Lk. 15
3. Ezra 5-6; Ps. 138; Lk. 16
4. Est. 1-2; Ps. 150; Lk. 17
5. Est. 3-8; Lk. 18
6. Est. 9-10; Lk. 19
7. Ezra 7-8; Lk. 20
8. Ezra 9-10; Ps. 131; Lk. 21
9. Neh. 1-2; Ps. 133; Lk. 22
10. Neh. 3-4; Lk. 23
11. Neh. 5-6; Ps. 146; Lk. 24
12. Neh. 7-8; Acts 1
13. Neh. 9-10; Acts 2
14. Neh. 11-12; Ps. 1; Acts 3
15. Neh. 13; Mal. 1-2; Acts 4
16. Mal. 3-4; Ps. 148; Acts 5
17. Job 1-2; Acts 6-7
18. Job 3-4; Acts 8-9
19. Job 5; Ps. 108; Acts 10-11
20. Job 6-8; Acts 12
21. Job 9-10; Acts 13-14
22. Job 11-12; Acts 15-16
23. Job 13-14; Acts 17-18
24. Job 15; Acts 19-20
25. Job 16; Acts 21-23



26. Job 17; Acts 24-26
27. Job 18; Ps. 114; Acts 27-28
28. Job 19; Mark 1-2
29. Job 20; Mark 3-4
30. Job 21; Mark 5-6
31. Job 22; Mark 7-8

## **November**

1. Ps. 121; Mark 9-10
2. Job 23-24; Mark 11-12
3. Job 25; Mark 13-14
4. Job 26-27; Mark 15-16
5. Job 28-29; Gal. 1-2
6. Job 30; Ps. 120; Gal. 3-4
7. Job 31-32; Gal. 5-6
8. Job 33; 1 Cor. 1-3
9. Job 34; 1 Cor. 4-6
10. Job 35-36; 1 Cor. 7-8
11. Ps. 122; 1 Cor. 9-11
12. Job 37-38; 1 Cor. 12
13. Job 39-40; 1 Cor. 13-14
14. Ps. 149; 1 Cor. 15-16
15. Job 41-42; 2 Cor. 1-2
16. 2 Cor. 3-6
17. 2 Cor. 7-10
18. Ps. 124; 2 Cor. 11-13
19. Mt. 1-4
20. Mt. 5-7
21. Mt. 8-10
22. Mt. 11-13
23. Mt. 14-16
24. Mt. 17-19
25. Mt. 20-22
26. Mt. 23-25
27. Ps. 125; Mt. 26-27
28. Mt. 28; 1 Th. 1-3
29. 1 Th. 4-5; 2 Th. 1-3

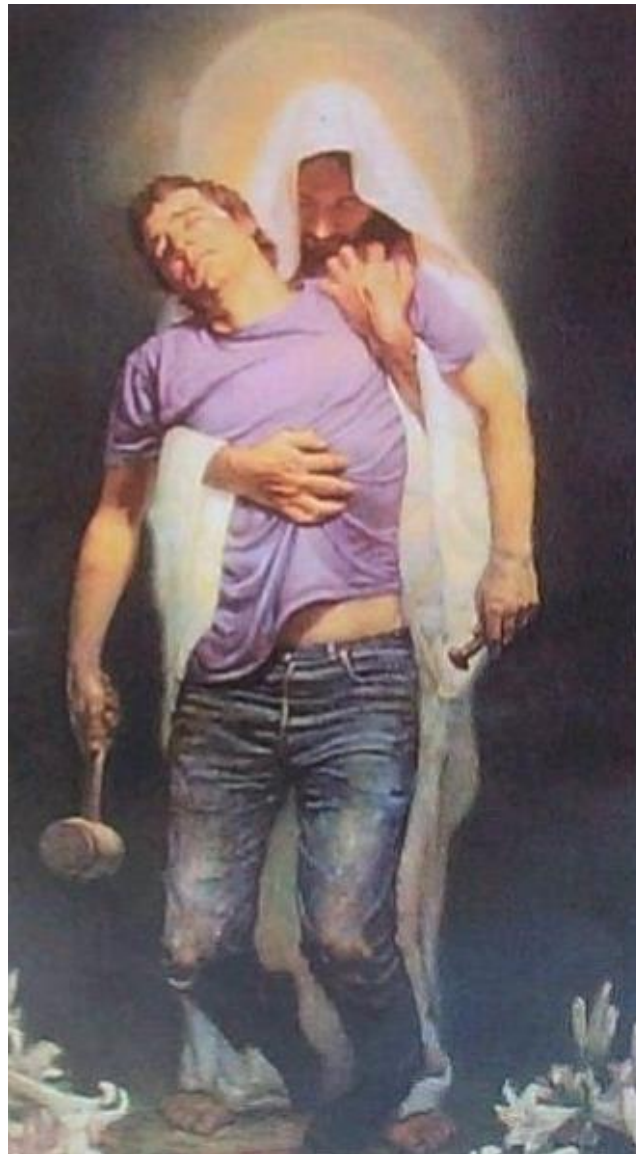
30. Rom. 1-4

## **December**

1. Rom. 5-8
2. Rom. 9-12
3. Rom. 13-16
4. Eph. 1-4
5. Eph. 5-6; Ps. 119:1-80
6. Phil. 1-4
7. Col. 1-4
8. 1 Tim. 1-4
9. 1 Tim 5-6; Tit. 1-3
10. 2 Tim. 1-4
11. Philem.; Heb. 1-4
12. Heb. 5-8
13. Heb. 9-11
14. Heb. 12-13; Jude
15. Jas. 1-5
16. 1 Pet. 1-5
17. 2 Pet. 1-3; Jn. 1
18. Jn. 2-4
19. Jn. 5-6
20. Jn. 7-8
21. Jn. 9-11
22. Jn. 12-14
23. Jn. 15-18
24. Jn. 19-21
25. 1 Jn. 1-5
26. Ps. 117; 119:81-176; 2 Jn.; 3 Jn.
27. Rev. 1-4
28. Rev 5-9
29. Rev. 10-14
30. Rev. 15-18
31. Rev. 19-22

## The Characteristics of the Spirit Cards

Copy, then cut out images and scripture. Paste them on the front and back of a 4x6 card. Laminate.



## **Love** (The Fullness of the Spirit)

If I speak in the tongues of men and of angels, but have not love, I am a noisy gong or a clanging cymbal. And if I have prophetic powers, and understand all mysteries and all knowledge, and if I have all faith, so as to remove mountains, but have not love, I am nothing. If I give away all I have, and if I deliver up my body to be burned, but have not love, I gain nothing. Love is patient and kind; love does not envy or boast; it is not arrogant or rude. It does not insist on its own way; it is not irritable or resentful; it does not rejoice at wrongdoing, but rejoices with the truth. Love bears all things, believes all things, hopes all things, endures all things. Love never ends.

1 Corinthians 13:1-8



**Joy** (The Expression of Inner Contentment)

David danced before the Lord with all his might. And David was wearing a linen ephod.

2 Samuel 6:14



## **Peace** (Getting God's Perspective)

We know that for those that love God all things work together for good, for those who are called according to his purpose.

Romans 8:28



### **Long-suffering** (Maintaining Emotional Balance)

For this is a gracious thing, when, mindful of God, one endures sorrows while suffering unjustly. For what credit is it if, when you sin and are beaten for it, you endure? But if when you do good and suffer for it you endure, this is a gracious thing in the sight of God.

1 Peter 2:19-20



### **Gentleness** (The Power of Kindness and Mercy)

For by you I can run against a troop, and by my God I can leap a wall. You have given me the shield of your salvation, and your right hand supported me, and your gentleness made me great.

Psalm 18:29, 35





**Goodness** (Filling the Gap)

Let us not grow weary of doing good, for in due season we will reap, if we do not give up.

Galatians 6:9



**Faith** (Objective Evidence in Action)

Now faith is the substance of things hoped for, the evidence of things not seen.

Hebrews 11:1



### **Meekness** (Having a Servant's Heart)

Let this mind be in you, which was also in Christ Jesus: who, being in the form of God, thought it not robbery to be equal with God: but made himself of no reputation, and took upon him the form of a servant, and was made in the likeness of men: and being found in fashion as a man, he humbled himself, and became obedient unto death, even the death of the cross.

Philippians 2:5-8



**Temperance** (Having Self Discipline)

Do you know that your body is a temple of the Holy Spirit within you, whom you have from God? You are not your own, for you were bought with a price. So, glorify God in your body.

1 Corinthians 6:19-20

## **The Identity Prayer Model**

Confessing sin as it pertains to your new identity.

Lord, I want to live my life through the new identity I inherited when I was born in you. I know this identity will express itself naturally as I deal with the sin in my life.

Therefore Lord:

I cleanse me from all unrighteousness so that I can walk in the characteristics of your Spirit. I want to walk in:

### **Peace**

Forgive me for getting upset when things don't go my way. Let me rest in the knowledge that you work all things to my good. Please allow your Spirit of peace to shine in my life.

I want to walk in:

### **Meekness**

Forgive me when I want others to serve me. I know that I'm here to serve others. Please allow your Spirit of serving others to shine in my life.

I want to walk in:

### **Gentleness**

I'm often irritated by people. Forgive me for not being gentle with them. I want to be forgiving, so allow your gentle Spirit to shine in my life.

I want to walk in:

## **Long-suffering**

My patience is short Lord. Forgive me for getting angry when people are not gentle with me. Let your long-suffering Spirit shine in my life.

I want to walk in:

## **Faith**

Forgive me Lord when I can't see what you want me to do or where you want me to go. Let your Spirit of faith and vision shine in my life.

I want to walk in:

## **Temperance**

Forgive me for not being temperate, for not completing the works you've shown me do. Allow your Spirit of self-discipline to shine in my life.

I want to walk in:

## **Goodness**

Lord forgive me for getting angry when people don't do what's right. Rather than being angry, let your Spirit of goodness shine in my life, so that I can make a difference where others will not.

I want to walk in:

## **Joy**

Lord forgive me for seeking happiness, a temporal thing.  
Instead, let me trust in your faithfulness so that your Spirit of joy  
can shine in my life.

Thank you, Lord, for cleansing me from all unrighteousness, in  
Jesus name I pray. Amen.