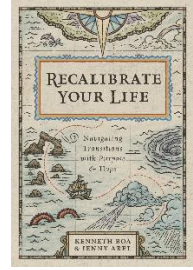


# TOOL 1

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*Online Supplement to*

*Recalibrate Your Life: Navigating Transitions with Purpose and Hope*



## Rooting Your Identity in Christ

We must calibrate in order to recalibrate, and spiritual calibration means aligning our minds and hearts with Jesus'. It means trusting Christ for salvation and eternal life, and embracing the new identity He gives us in Him. Following is a list of truths about this new identity along with Bible verses where you can find these affirmations. These statements are also found at the following link with the full text of the relevant Scriptures: <https://kenboa.org/spiritual-formation/who-does-god-say-i-am>.

### The Exercise:

Consider taking one or more of these truths and make it your focus for a day, a week, or a month. Read and meditate on the related Scripture, and seek creative ways to remind yourself of the truth as you go about your day-to-day activities.

### Who Does God Say You Are in Christ?

- I am a child of God. (John 1:12)
- I am a branch of the true vine, and a conduit of Christ's life. (John 15:1, 5)
- I am a friend of Jesus. (John 15:15)
- I have been justified and redeemed. (Romans 3:24)
- My old self was crucified with Christ, and I am no longer a slave to sin. (Romans 6:6)
- I will not be condemned by God. (Romans 8:1)
- I have been set free from the law of sin and death. (Romans 8:2)
- As a child of God, I am a fellow heir with Christ. (Romans 8:17)
- I have been accepted by Christ. (Romans 15:7)
- I have been called to be a saint. (1 Corinthians 1:2; Ephesians 1:1; Philippians 1:1; Colossians 1:2)
- In Christ Jesus, I have wisdom, righteousness, sanctification, and redemption. (1 Corinthians 1:30)
- My body is a temple of the Holy Spirit who dwells in me. (1 Corinthians 3:16; 6:19)
- I am joined to the Lord and am one spirit with him. (1 Corinthians 6:17)
- God leads me in the triumph and knowledge of Christ. (2 Corinthians 2:14)
- The hardening of my mind has been removed in Christ. (2 Corinthians 3:14)
- I am a new creature in Christ. (2 Corinthians 5:17)
- I have become the righteousness of God in Christ. (2 Corinthians 5:21)
- I have been made one with all who are in Christ Jesus. (Galatians 3:28)
- I am no longer a slave, but a child and an heir. (Galatians 4:7)

## TOOL 1 CONT.

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- I have been set free in Christ. (Galatians 5:1)
- I have been blessed with every spiritual blessing in the heavenly places. (Ephesians 1:3)
- I am chosen, holy, and blameless before God. (Ephesians 1:4)
- I am redeemed and forgiven by the grace of Christ. (Ephesians 1:7)
- I have been predestined by God to obtain an inheritance. (Ephesians 1:10b–11)
- I have been sealed with the Holy Spirit of promise. (Ephesians 1:13)
- Because of God’s mercy and love, I have been made alive with Christ. (Ephesians 2:4-5)
- I am seated in the heavenly places with Christ. (Ephesians 2:6)
- I am God’s workmanship created to produce good works. (Ephesians 2:10)
- I have been brought near to God by the blood of Christ. (Ephesians 2:13)
- I am a member of Christ’s body and a partaker of his promise. (Ephesians 3:6; also 5:30)
- I have boldness and confident access to God through faith in Christ. (Ephesians 3:12)
- My new self is righteous and holy. (Ephesians 4:24)
- I was formerly darkness, but now I am light in the Lord. (Ephesians 5:8)
- I am a citizen of heaven. (Philippians 3:20)
- The peace of God guards my heart and mind. (Philippians 4:7)
- God supplies all my needs. (Philippians 4:19)
- I have been made complete in Christ. (Colossians 2:10)
- I have been raised up with Christ. (Colossians 3:1)
- My life is hidden with Christ in God. (Colossians 3:3)
- Christ is my life, and I will be revealed with him in glory. (Colossians 3:4)
- I have been chosen of God, and I am holy and beloved. (Colossians 3:12)
- God loves me and has chosen me. (1 Thessalonians 1:4)