

**Three Main Ideas**

- 1. You have to FOCUS on the promises of God.
- 2. Go PUBLIC.
- 3. You need PEOPLE in your life to process this with.

**The Result: You embracing WHO you really are.** (1 Corinthians 15:10)

**Assignments**

- 1. In whom or what do you tend to put your trust to deal with past failures, present challenges, and anxiety about the future rather than in Christ?

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- 2. What lies do you believe about yourself that keep you a slave to your past or anxious about the future?

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- 3. PRAYER: Sit quietly and ask God to reveal roadblocks, past experiences, shame, and self-doubt that are contrary to who God says you are in Christ.

- 4. OPTIONAL: For deeper understanding, read pages 147-151 of the *Discover Your True Self* book or listen to the Day 14 audiobook excerpt.

## Misbeliefs:

- I am what I am; I cannot change.
- I can't help myself; this is just the way I've always been and always will be.



## Truth:

I am a competent person, equipped by the Holy Spirit to carry out God's will in my daily life in a way that pleases Him regardless of what stage of growth I may be in at the present. My real importance in life is connected with the way I am touching other people's lives with the love of God and the message of Christ.

Philippians 4:13