

Your Identity in Christ

Putty Putnam once said that since Christ-followers have God's identity, all His characteristics are already in us through the Holy Spirit (the Paraklete). Sometimes Putnam says, he forgets this and so there are days when he gets up, looks himself in the mirror and just has to say to himself, "God, I know you are in there, I just need you to come out! With that in mind, I want you to . . .

This is where the **Identity in Christ exercise** is helpful. Get in a quiet place and do an inventory of what you believe or are wrestling with. The scale is . . .

1 = I do not believe this. (I've never heard this or it doesn't ring true or possible.)

2 = I struggle to believe this. (I know the Bible says this but I have my doubts or doubt myself.)

3 = I believe this in my head. (I know it's true but I haven't experienced this in my heart or soul.)

4 = I believe this in my head and in my heart. (I fully claim this identity in Christ.)

After completing the exercise (make sure you date it!), pick ONE that you scored a 1 or a 2, then write that identity on your mirror (or put post-it notes on your mirror and other places) to remind yourself about the truth of who you are.

"God remind me that I am _____."

It also might be helpful to write the accompanying Scripture verse and try to memorize it before you move on to another identity. Throughout the day, pay attention to what you are paying attention to!

Keep your completed inventory in your Bible. Repeat in three, six or twelve months and see where God has taken you and taught you!