



FINDING JOY

AN EXCHANGED LIFE JOURNEY

This Exchanged Life Journey's foundational content is adapted from Handbook to Happiness (Tyndale) and The Ins & Out of Rejection (Solomon Publications) by Dr. Charles R. Solomon.

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The following chapter assumes that readers have received Jesus Christ as their personal Lord and Savior. (See HowToBeAChildOfGod.com)



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WHAT IS THE EXCHANGED LIFE?

“If you don’t like your life, exchange it for a new one!”

The heart of our message is our union with Jesus Christ in His death, burial, resurrection, and ascension. At the moment of our salvation, God took us out of spiritual death in Adam and graciously put us into union with Christ (Romans 5:12-6:10). Christ exchanged our old identity as sinners in Adam for a radically new identity in Christ (2 Corinthians 5:17). We are now not just forgiven sinners; our essential nature and identity is that of new creation saints in Christ (2 Corinthians 5:17). The old us (our spirit) in Adam died and was buried. The new us (our spiritual identity) is now raised up in union with Christ. We have been set free to live abundantly (Ephesians 2:4-10). However, the usual experience for us as Christians seems to be that we lose sight of our resources in Christ. The great tendency is for us to try to get our needs met our own way and to depend upon our own human resources (the flesh) instead of trusting Christ.

Even the Apostle Paul described his own personal struggle and defeat as he strived in his own strength to fulfill the will of God (Romans 7:14-25). We need to be brought to a place where we give up our fleshly efforts and turn from all attitudes of independence, and trust Christ to live His life in and through us by the power of the Holy Spirit (John 7:37-39; 15:1-11; 2 Corinthians 3:5-6; Philippians 1:20-21; 3:1-13). As we continue to appropriate by faith His life rather than relying on ourselves, Christ meets our inner needs and gives us His joy, peace, power, and a deeper walk with Him in the midst of life’s difficulties and problems. The focus of our attention is shifted from ourselves to Christ and those we are to love and serve through God’s enablement (John 15:9-17; 1 Corinthians 13; Galatians 5:13-18; 1 John 3:16-4:12). “I have been crucified with Christ; it is no longer I who live, but Christ lives in me; and the life which 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).

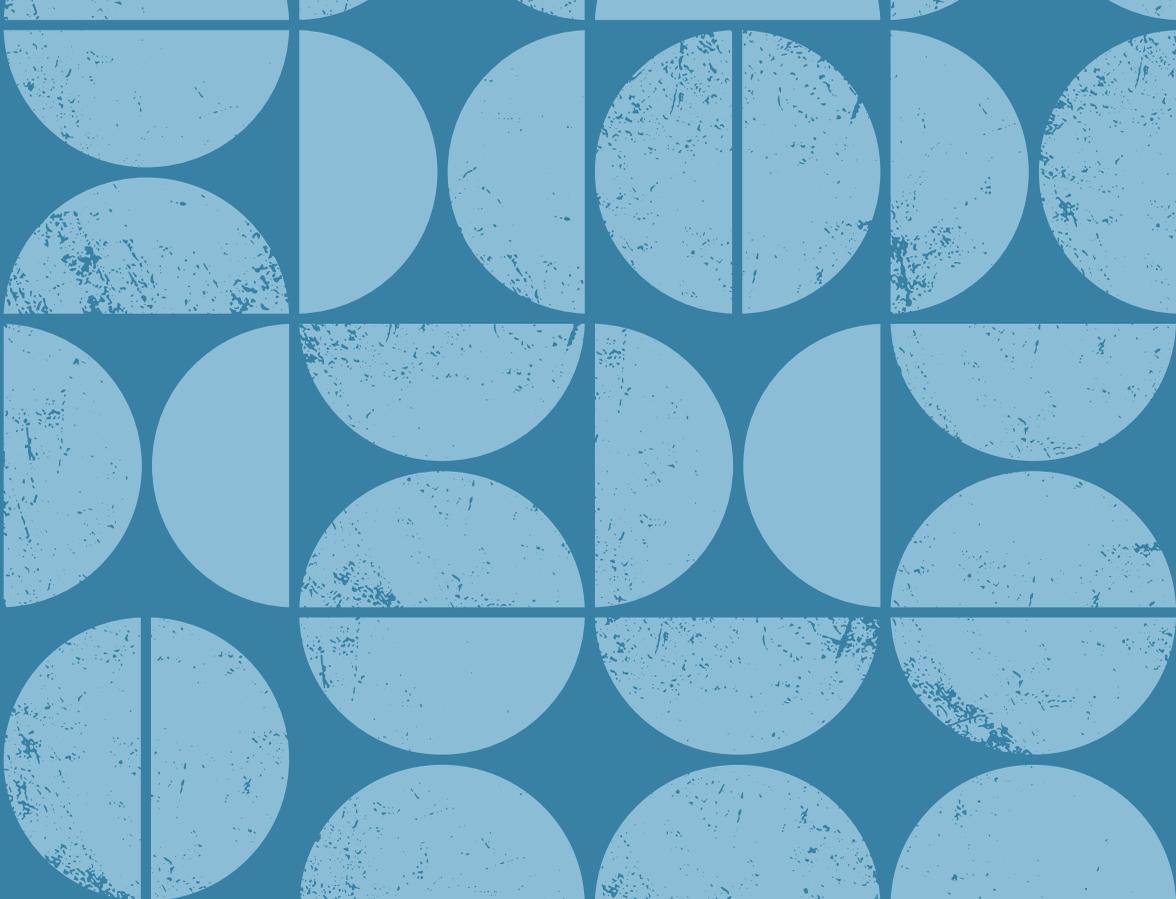
-Dr John Best

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SESSION 1

Identity

“And you have been filled in him, who is the head of all rule and authority.”

Colossians 2:10

Who are you? What's your identity? Many times, we answer these questions with answers that describe us. We say, “I am a spouse, child, parent, etc.” There is a difference between descriptors and identity. Our essential identity is given to us by God. We are not defined by popularity, possessions, positions, or potential. Too many people are wearing invisible name tags from someone other than God. Based on the truth of Ephesians 1:1-6, you are a saint, blessed, chosen, adopted, and accepted!

IDENTITY

Matthew 16:13-15

Who do others say that you are?

Who do you say that you are?

80% of our thoughts are negative.

Who does God say that you are?

Ephesians 1

v. 1: "I am a saint"

v. 6: "I am accepted in the Beloved"

Which is the real you?

REFLECT & PRAY



1. Pray for Understanding and Acceptance of Our True Identity in Christ:

“Lord, help us to fully grasp and accept our true identity as given by You. Remove any false labels or identities we have taken on from the world, and let us embrace that we are saints, blessed, chosen, adopted, and accepted in Christ.”

2. Pray for Freedom from False Identities and External Validation:

“Father, free us from the need to seek validation through popularity, possessions, positions, or potential. Help us to find our worth and value solely in Your love and the identity You have bestowed upon us.”

3. Pray for Strength to Live Out Our God-Given Identity:

“Holy Spirit, empower us to live out our God-given identity daily. Let our actions, decisions, and interactions reflect the truth that we are blessed and chosen by You, and help us to extend that same love and acceptance to others.”

4. Colossians 2:10

“Heavenly Father, thank You that we are your workmanship, created in Christ Jesus for good works which You prepared beforehand. Help us to walk in them daily, fulfilling the purpose You have designed for our lives.”



1. Daily Reflection and Affirmation:

Set aside time daily to reflect on your true identity in Christ. Write down and affirm aloud that you are a saint, blessed, chosen, adopted, and accepted by God. Use verses from Ephesians 1:1-6 and Colossians 2:10 to reinforce this truth. (See the list on page 91)

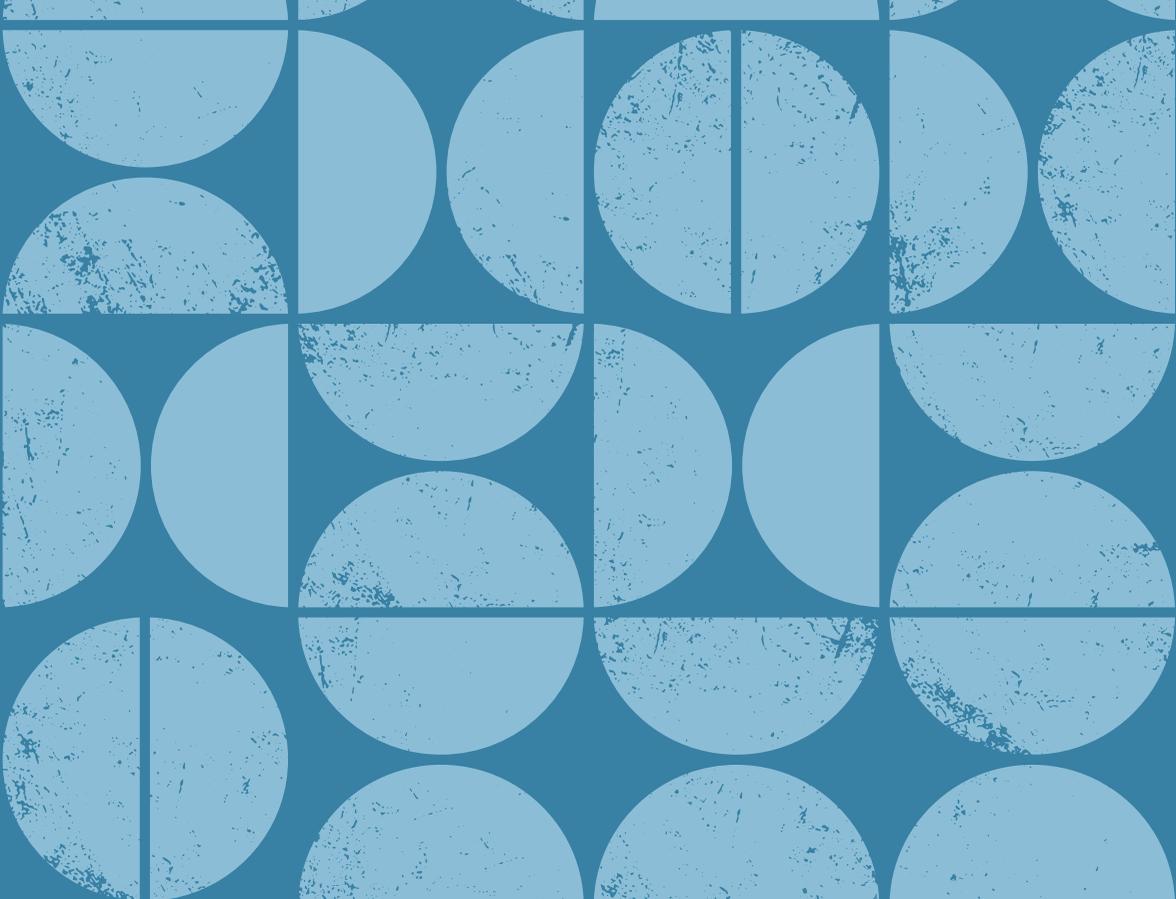
2. Encouragement and Support to Others:

Each week, identify at least one person you can encourage by reminding them of their true identity in Christ. Share with them the truths from Ephesians 1:1-6, letting them know they are loved, chosen, and accepted by God.

3. Service and Outreach:

Engage in an act of service or outreach that reflects your identity as a follower of Christ. This could be volunteering at a local charity, helping a neighbor in need, or participating in a church ministry. Let your actions demonstrate that your identity and worth are found in Christ and His love.

WEEKLY ACTIVITY



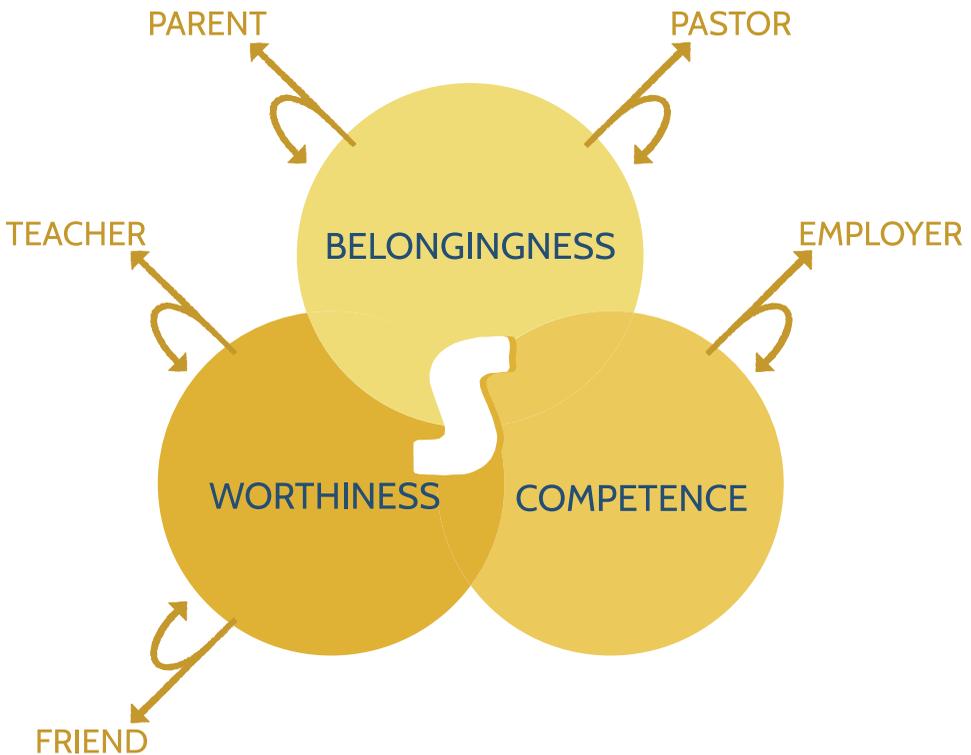
SESSION 2

Components of a Meaningful Life & Fulfillment/Satisfaction

*“And my God will supply every need of yours according to his riches in glory in Christ Jesus.”
Philippians 4:19*

Everyone is born with ultimate needs. When our needs are not met, we are disappointed ... or sometimes devastated. In our flesh, we seek to get our needs met in whatever ways we find acceptable. We ask questions, such as, “Do I belong? Am I worthy? Am I competent?” Many believers seek fulfillment based on self-centered strategies, looking to others. However, God has made provision for us to discover a meaningful life through abiding in Christ.

THE SELF-CENTERED PERSON



Do other people say the 'right things'?

You can't please everyone!

The 'hook': we expect some positive feedback in return.

THE CHRIST-CENTERED LIFE



How these needs should be met for believers—Philippians 4:19.

No 'hooks' are necessary.

Friendships become the by-product of unconditional love.

FULFILLMENT & SATISFACTION

↓
SELF-WORTH (PERSONAL WORTH)

↓
TWO NEEDS

#1 SECURITY

I need to know that I am...

ACCEPTED

LOVED

NEEDED

WANTED

UNDERSTOOD

CARED FOR

MISSED

APPRECIATED

TRUSTED

#2 SIGNIFICANCE

I need to know that...

my life has **MEANING**

my life has **PURPOSE**

my life **COUNTS**

I am **MAKING AN IMPACT**

what I am doing is **IMPORTANT**

what I am doing is **ADEQUATE**

I am getting **APPROVAL**

I am getting **RESPECT**

I have a **REASON FOR LIVING**

Important, special, and precious
to someone

WHO I AM

Important, special, and precious
to someone

WHAT I DO

REFLECT & PRAY



1. Pray for Trust in God's Provision:

"Lord, help us to trust in Your promise to meet all our needs according to Your riches in glory in Christ Jesus. Strengthen our faith to rely on You rather than seeking fulfillment through self-centered strategies or looking to others."

2. Pray for Contentment and Peace:

"Father, grant us contentment and peace, knowing You are our provider. Teach us to be satisfied with what You have given us and to find our ultimate fulfillment and meaning in abiding in Christ."

3. Pray for Discernment and Alignment with God's Will:

"Holy Spirit, give us discernment to recognize when we seek to meet our needs in ways that are not aligned with God's will. Guide us to align our desires and actions with Your purposes so we may experience a truly meaningful and abundant life in Christ."



1. Personal Inventory and Prayer:

Spend time this week in prayer and reflection, asking God to reveal any self-centered strategies you might be using to meet your needs. Write down these insights and pray specifically for God's help to trust His provision and align your desires with His will. Reflect on the significance of God meeting your ultimate needs (Psalms 23:1). You are complete in Christ (Colossians 2:10)

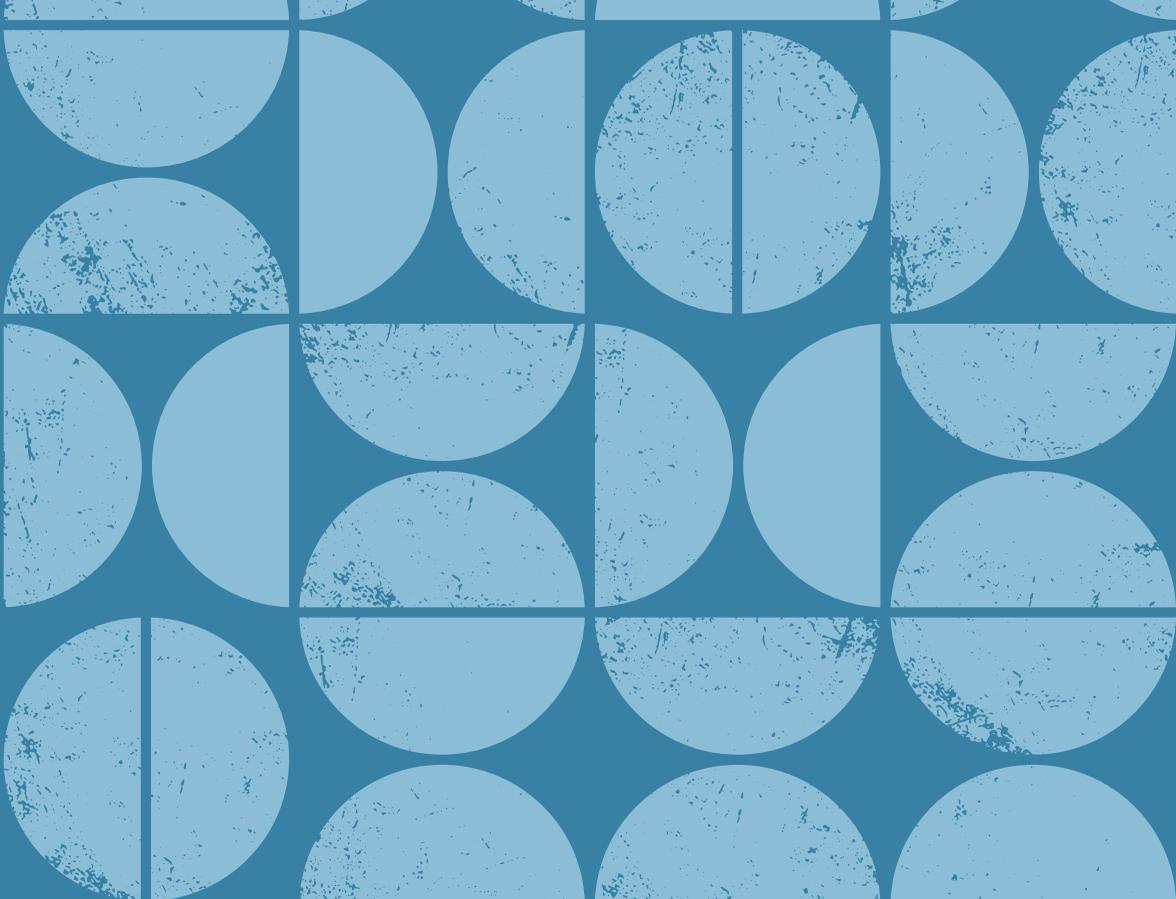
2. Service to Others:

Identify and engage in one act of service each week that helps meet the needs of others. This could be volunteering at a community organization, helping a neighbor, or supporting a church initiative. Serving others can shift your focus from self-centered strategies to Christ-centered living.

3. Scripture Memorization and Meditation:

Choose a key verse each week that reinforces God's provision and sufficiency, such as Philippians 4:19. Memorize and meditate on this verse daily, allowing its truth to transform your perspective and strengthen your reliance on God for all your needs.

WEEKLY ACTIVITY



SESSION 3

The Rejection Syndrome and Rebellion

*“To the praise of his glorious grace, with which he has
blessed us in the Beloved.”*

Ephesians 1:6

We are designed to experience meaningful love and acceptance. When we don't receive it, then we are rejected. The rejection syndrome is a major factor in mental, emotional, and relational problems. It usually results in the impaired ability to give and receive love from others and God. Much of the rejection we experience has not been intentional and obvious by those who have not communicated meaningful love. Dr. Solomon states, “A person who suffers from rejection will often reject himself in some facet of his personality...especially when he tries to compensate for the unhealthy emotions that plague him.” It is impossible to live in this world without some degree of rejection. However, the answer to rejection is acceptance in Christ.

REJECTION SYNDROME

Rejective attitudes / behaviors are caused by parents and/or peers.

Rejection is an **absence of meaningful love**.

TWO TYPES OF REJECTION

1. Overt...

obvious or known

- Rejection statements
- Abuse
- Performance based

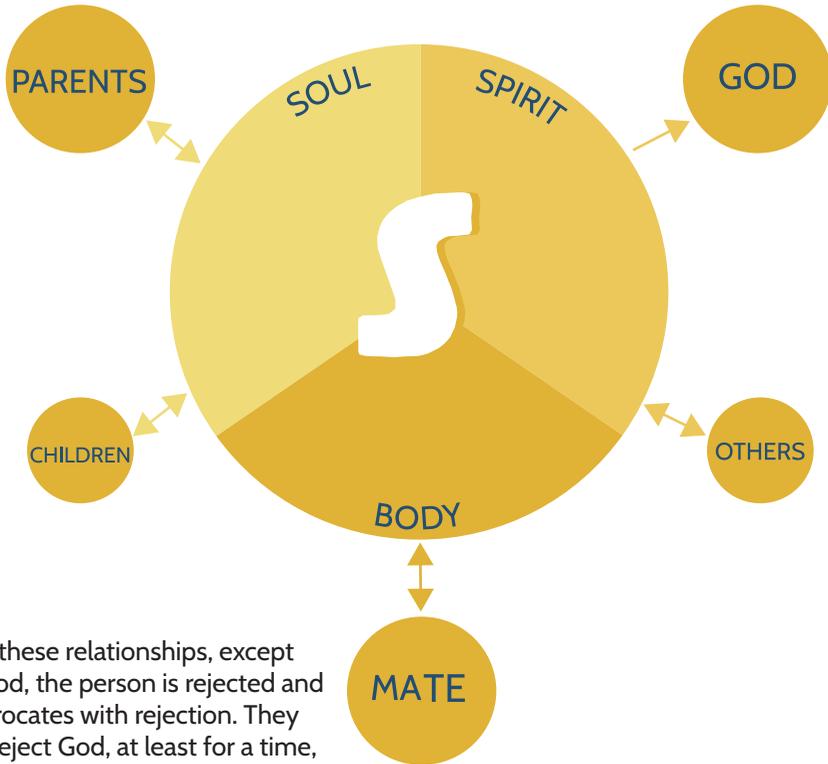
2. Covert...

subtle or unknown

- Death of Parent
- Favoritism
- Broken home

REJECTION AND REBELLION

This is the person who has been overtly or covertly rejected.



In all these relationships, except for God, the person is rejected and reciprocates with rejection. They also reject God, at least for a time, but never succeeds in getting God to reject them.

Rejection may be one of the leading causes of rebellion. In the individual that has suffered rejection, rebellion may become a fixed attitude. If the attitude of rebellion is allowed to continue, it will eventually dominate the life and will ultimately lead to rebellion against God. Many people do not come to Christ because they fear what God might do to them or require of them if they allow themselves to come under His authority.

Some unfortunate Christians live their lives in a kind of quiet rebellion against God, running their own lives and **MAKING ALL THEIR OWN DECISIONS** without seeking the divine direction of the One who created them. **THIS IS SELF-WILL AND LEADS TO SPIRITUAL POVERTY AND LACK OF PEACE.**

EMOTIONAL RESULTS

IN THE REJECTED PERSON

- Feelings of worthlessness
- Wishing they had not been born
- Feelings of inferiority
- Inability to express feelings
- Depression
- Emotional insulation
- Subjectivity
- Introspection
- Perfectionism
- Little self-discipline
- Irresponsibility
- Worries, doubts, fears
- Self-condemnation
- Self-hatred
- Guilt

SUMMARY: Self-Rejection

ATTITUDES & REACTIONS

TOWARD OTHERS (SPOUSE, CHILDREN, AND / OR PEERS)

- Inability to express love
- Toleration of their presence
- Punishment to vent hostility
- Little time spent with them
- Open statements of rejection
- Verbal acceptance along with emotional rejection
- Making all decisions for them
- Too little guidance
- Physical abuse
- Refusal to communicate
- Other things or people more important
- Denial of child's right to be a person
- More intensive rejection of those he identifies with rejecting parent(s)

ATTITUDES & REACTIONS

TOWARD GOD

- Refusal to come under God's authority
- Rebellion against God
- Inability to trust
- Viewing God as a tyrant
- Condemnation rather than acceptance or love
- Pinning father's behavior on God and rejecting God for it
- Little real fellowship or communion

The way out of rejection is acceptance. Paul reminds us that in Christ we are both accepted and made acceptable.

"To the praise of the glory of His grace, by which He made us accepted in the Beloved." Ephesians 1:6 (NKJV)

REFLECT & PRAY



1. Pray for Healing from Past Rejections:

“Lord, we bring before You the wounds of past rejections. Heal our hearts from the pain and help us to release any bitterness or hurt. Fill us with Your love and acceptance, reminding us that we are chosen and beloved in Christ.”

2. Pray for the Ability to Give and Receive Love:

“Father, restore our ability to give and receive love freely. Remove any barriers caused by rejection that hinder our relationships with others and with You. Teach us to love ourselves as You love us and to extend that same love to those around us.”

3. Pray for a Deep Understanding of Our Acceptance in Christ:

“Holy Spirit, deepen our understanding of our acceptance in Christ. Help us internalize that we are fully accepted, redeemed, and loved by God. Let this truth transform our lives and give us the confidence to face any rejection we encounter in this world.”



1. Personal Reflection and Journaling:

Dedicate time each week to reflect on instances of rejection you have experienced and how they have impacted you. Write these reflections in a journal, and then write affirmations based on Ephesians 1:6, reminding yourself of your acceptance in Christ. Use this time to pray for healing and strength.

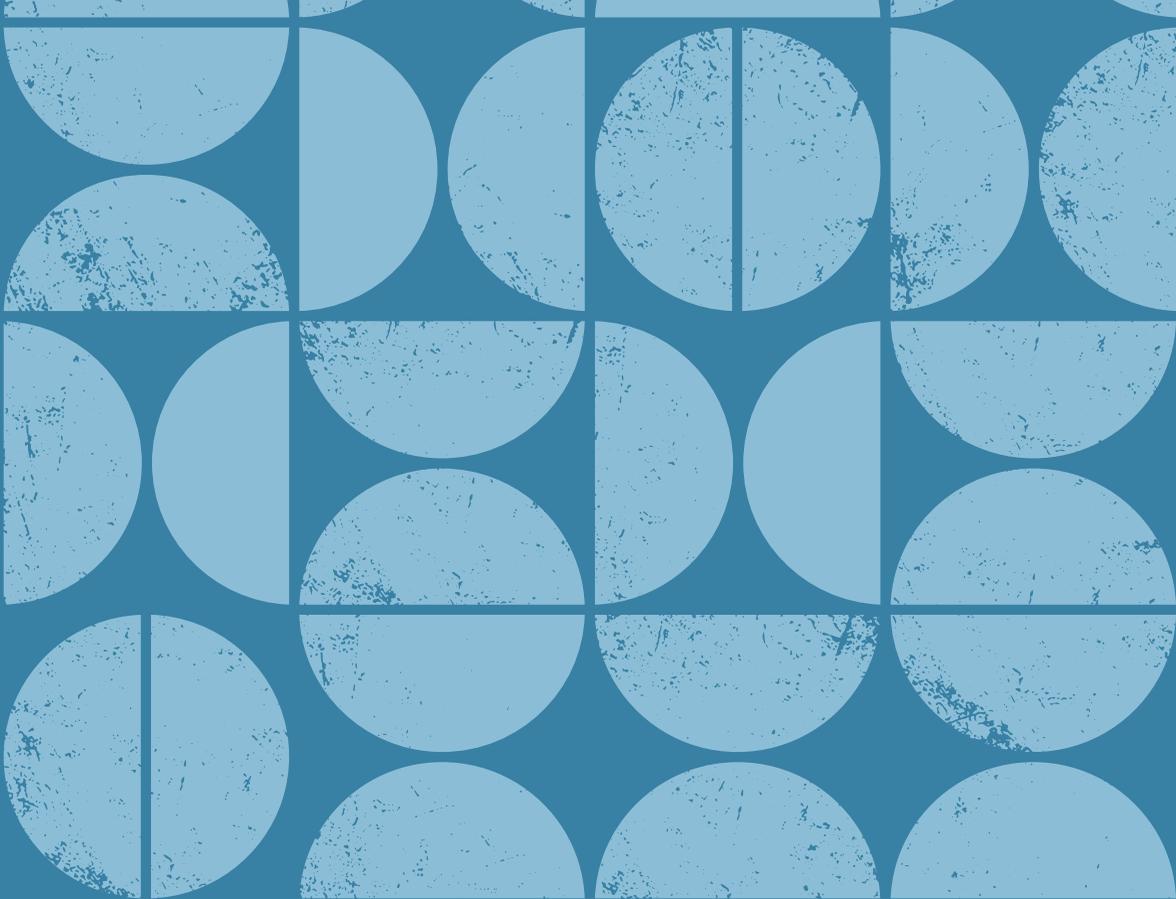
2. Acts of Kindness and Affirmation:

Each week, intentionally reach out to at least one person who may be experiencing rejection or feeling unloved. Offer them words of encouragement, affirmation, and kindness. This practice helps you to give love and acceptance to others, reinforcing your understanding of God's love for you.

3. Engagement in Community and Support Groups:

Participate in a church small group, support group, or community gathering where you can build meaningful connections and experience acceptance. Share your journey and listen to others, fostering an environment of mutual support and love. This helps counteract feelings of rejection by creating a network of acceptance and belonging.

WEEKLY ACTIVITY



SESSION 4

The Flesh

“It is the Spirit who gives life; the flesh is no help at all. The words that I have spoken to you are spirit and life.”
John 6:63

The flesh, like a computer’s hard drive, is programmed by the soul’s selfish and distorted perceptions, values, identity messages, and coping mechanisms that have been learned independently of God. When we function according to the flesh we are in a “carnal” condition (1 Corinthians 3:1-4). This “self-life” occurs when the personality is yielded, knowingly or unknowingly, to the control of indwelling sin which results in living out of human resources. It is doing what you want, when you want, and how you want. The “flesh,” therefore, is a very serious problem for the Christian – as serious as idolatry. For when we replace the centrality of Christ with anything, even ourselves, whatever we install on the throne of our lives becomes an idol. God must deal firmly with the flesh, and He does, usually by revealing the self-centered life’s inability to cope until the believer, finding his situation unbearable, gives up on himself and becomes interested in exchanging the self-life for the Christ-life.

MANIFESTATIONS OF THE FLESH

Below is a list of words and phrases which may describe your self-life (flesh). Identify the conditions that seem to portray you much of the time.

-
- Angry
 - Anxious (lack of peace)
 - Argumentative
 - Arrogant (cocky)
 - Avoid others (loner)
 - Bigoted
 - Bitter
 - Blame others
 - Boastful (brag)
 - Bossy
 - Can't make decisions
 - Can't receive love
 - Carousing
 - Cause dissension (strife)
 - Compulsive (addictive)
 - Conceited (vanity)
 - Controlled by doubts
 - Controlled by emotions
 - Controlled by others
 - Covetous
 - Create factions
 - Critical (negative)
 - Deceitful (mislead, lie)
 - Defensive
 - Deny reality
 - Depressed (pessimistic)
 - Despair (give up)
 - Dominant (dictatorial)
 - Egocentric (pompous)
 - Envy
 - Exaggerate (overstate)
 - Falsely humble
 - Falsely modest
 - Falsely spiritual
 - Fearful (apprehensive)
 - Feel sorry for self (self-pity)
 - Gluttonous (piggish)
 - Gossip (busybody)
 - Greedy
 - Guilt ridden
 - Gushy (too emotional)
 - Harsh (brutal)
 - Hassle (bother, challenge, and irritate others)
 - Hate myself
 - Hateful (malicious)
 - Hold grudges (vengeful)
 - Hostile (quick temper)
 - Hypersensitive
 - Idolatrous
 - Immoral (sensual)
 - Impure in thought
 - Impatient
 - Impulsive (hasty)
 - Inadequate
 - Indifferent (unconcerned)
 - Inferior
 - Inflexible (stubborn)
 - Inhibited (repressed)
 - Insecure
 - Insensitive
 - Intolerant
 - Introspective
 - Jealous
 - Judgmental
 - Lack compassion
 - Lack kindness
 - Lack love
 - Lack moderation
 - Lack self-control
 - Lack trust (suspicious)
 - Lazy (apathetic)
 - Lethargic (inactive)
 - Lust for pleasure
 - Lust for power
 - Lust for sex
 - Manipulative
 - Materialistic
 - Must please others
 - Nervous (tense)
 - Opinionated
 - Overbearing (controlling)
 - Passive (lack initiative)
 - Perfectionistic
 - Plastic (superficial)
 - Pretentious (phony, unreal)
 - Play games
 - Play God
 - Poor listener
 - Possessive (selfish)
 - Preachy (know it all)
 - Prejudiced (one-sided, narrow minded)
 - Proud (haughty)
 - Profane (swear)
 - Rationalize (make excuses)
 - Rebel at authority
 - Refuse to communicate
 - Resentful
 - Restless (high strung)
 - Rude
 - Sarcastic
 - Self-absorbed
 - Self-centered
 - Self-condemning
 - Self-confident
 - Self-deprecating
 - Self-motivated
 - Self-indulgent
 - Self-justifying
 - Self-reliant
 - Self-righteous
 - Self-sufficient
 - Selfishly ambitious
 - Show off (perform to get attention)
 - Slanderous
 - Slow to forgive
 - Too quick to speak
 - Too sensitive to criticism
 - Too strict
 - Too subjective
 - Too submissive
 - Touchy (irritable)
 - Uncooperative
 - Undisciplined
 - Unemotional (unfeeling)
 - Unreasonable
 - Unreliable
 - Unsympathetic
 - Unteachable
 - Unyielding
 - Vacillate (too changeable)
 - Withdraw (run and hide)
 - Workaholic

'BAD' FLESH

Galatians 5:19-21

- Worthless
- Unwanted
- Inferior
- Blocked Emotions
- Depression
- Isolation
- Subjective
- Introspection
- Performance Based
- Undisciplined
- Worries, Doubts, Fears
- Self-Condemed
- Guilt—Self-Rejection

'GOOD' FLESH

Philippians 3:3-7

- Superiority
- Popularity
- Controlling
- Addicted to Success
- Rationalization
- Comparisons
- Blame Others
- Disciplined
- Resourceful
- Self-Love
- License to Sin
- Religious

SPIRITUAL TRUTH

- Precious
- Chosen
- Designed for Glory
- Free to Feel
- Overflowing with Joy
- Involved
- Objective
- Looking to Jesus
- Accepted in the Beloved
- Self-Control
- Trusting
- Christ-Esteem
- Totally Forgiven

SPIRITUAL TRUTH

- Humility
- Esteem Others as Self
- Accepting
- Addiction to Christ
- Integrity
- Encouraging Others
- Accountability
- Responsible
- Resting
- Christ-Esteem
- Loving Righteousness
- Spiritual

NOTES

REFLECT & PRAY

1. Pray for Awareness and Repentance of Being Self-Centered:

“Lord, reveal to us any areas of our lives where we have been living according to the flesh and placing ourselves on the throne instead of You. Grant us the humility to repent of being self-centered and to seek Your will above our own.”

2. Pray for Transformation and Renewal:

“Father, transform our hearts and minds by the power of Your Holy Spirit. Renew our perceptions, values, and identity to align with Your truth. Help us to let go of our ways and fully embrace the Christ-life, relying on Your resources rather than our own.”

3. Pray for Strength to Yield to God’s Control:

“Holy Spirit, give us the strength and willingness to yield every part of our lives to Your control. Teach us to live out of Your divine power and not our human resources. Lead us to experience the freedom and fullness of exchanging our self-life for the Christ-life.”



1. Self-Examination and Confession:

Set aside time each week for self-examination and confession. Reflect on areas where you have been living according to the flesh and relying on your resources. Write down these areas and confess them to God, asking for His forgiveness and strength to change.

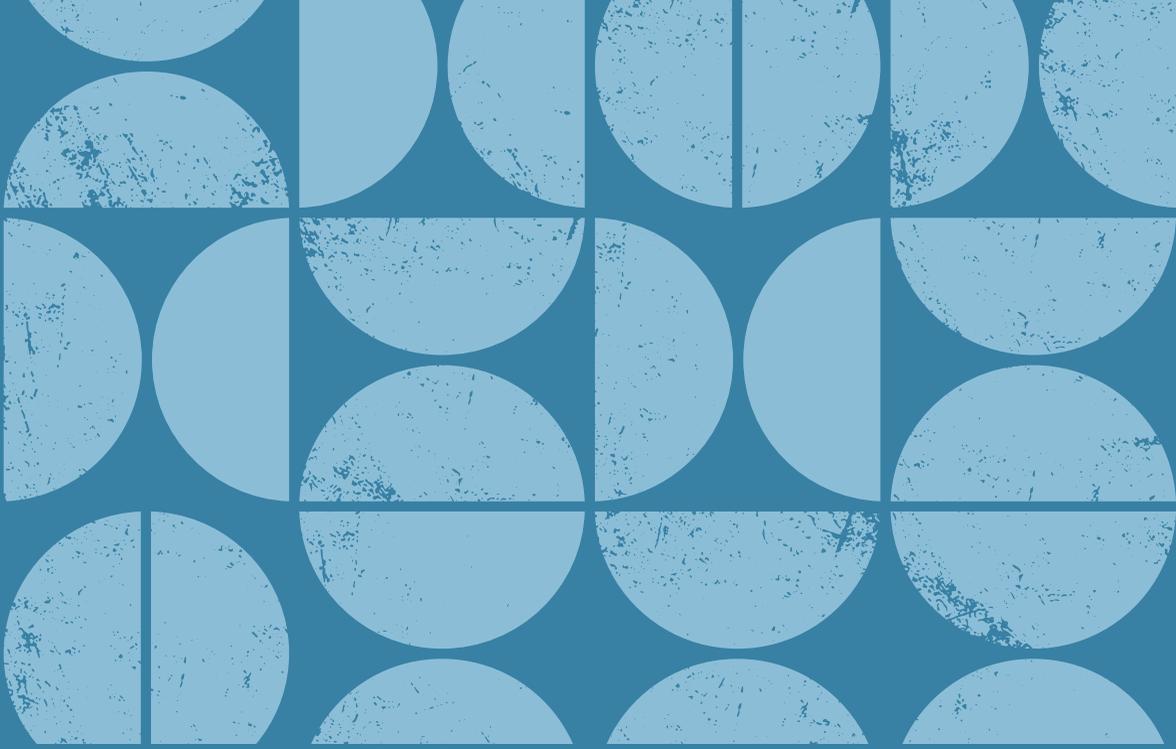
2. Scripture Meditation and Memorization:

Choose a passage of Scripture each week that speaks to living by the Spirit and not the flesh, such as Romans 8:5-6 or Galatians 5:16-17. Meditate on and memorize these verses, allowing God's Word to transform your mind and guide your actions throughout the week.

3. Intentional Acts of Surrender:

Identify one specific area of your life each week where you can intentionally practice surrendering to God's control. This could involve seeking His guidance in decision-making, practicing humility in relationships, or dedicating a particular habit or activity to His lordship. Document your experiences and reflect on how surrendering to Christ brings about transformation.

WEEKLY ACTIVITY



SESSION 5

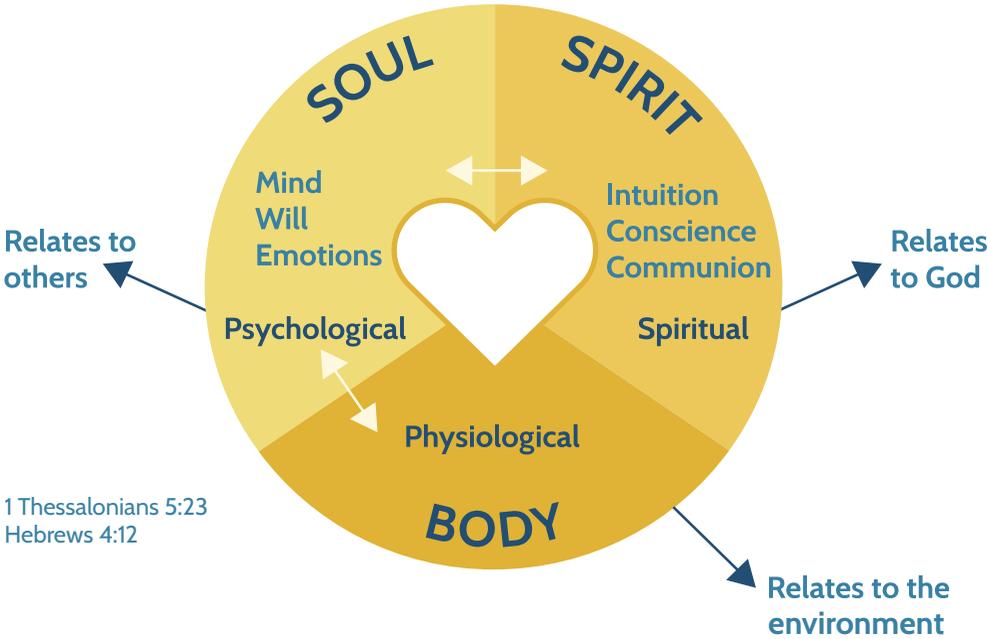
Exchanged Life

“Now may the God of peace himself sanctify you completely, and may your whole spirit and soul and body be kept blameless at the coming of our Lord Jesus Christ.”

1 Thessalonians 5:23

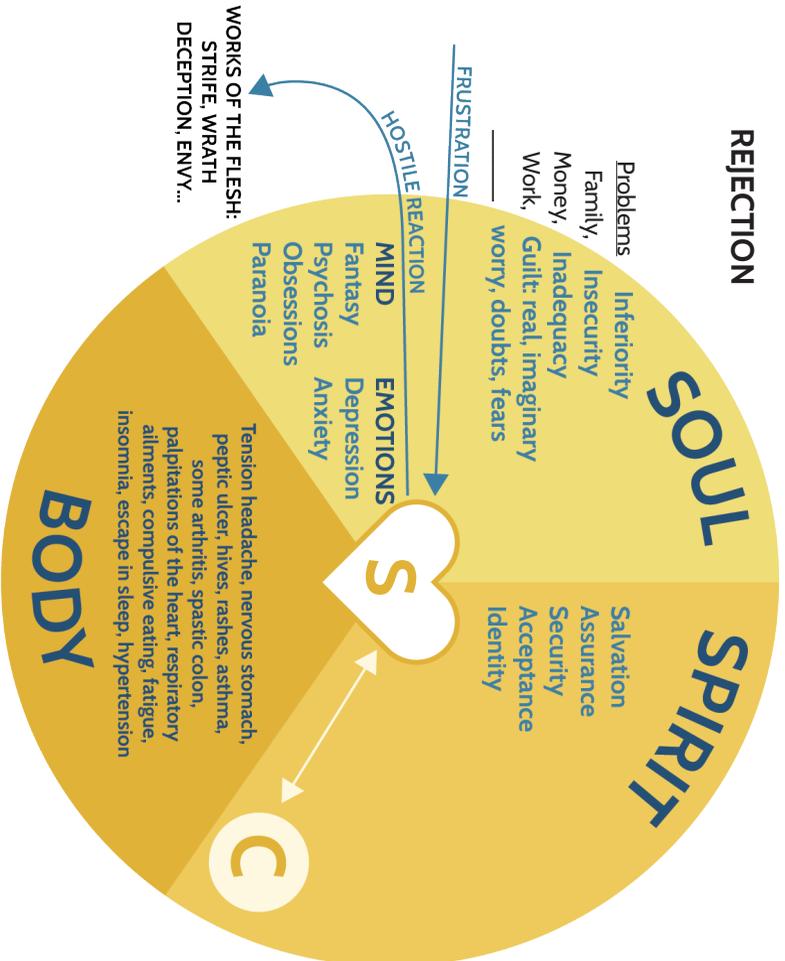
The Wheel Diagram depicts man as a three-part being consisting of spirit, soul, and body. With the body, through the senses, we relate to our surroundings. The soul, which is the seat of our personality, consists of the faculties of the mind, will, and emotions. The soul enables us to relate to one another. The human spirit is a higher form of life than that of plants or animals, for we have been created in the image of God (Genesis 1:26,27; John 4:24). Through our spirit we can relate to God, who is Spirit (John 4:24). Our spirit enables us to transcend our abilities, limitations, and circumstances as we are regenerated and indwelt by the Holy Spirit (Romans 8:16). Many Christians live with “self” in the center of their life, which results in a tornado of emotions, relational conflicts and stress-related health problems. However, when Christ is in the center of my life, I can face all things with His mind, His peace, His strength, and with His resources. This is not learning merely to cope but living in victory as an overcomer!

THE MODEL OF MAN



Man: A Tri-Unity

CARNAL CHRISTIAN CONDITION

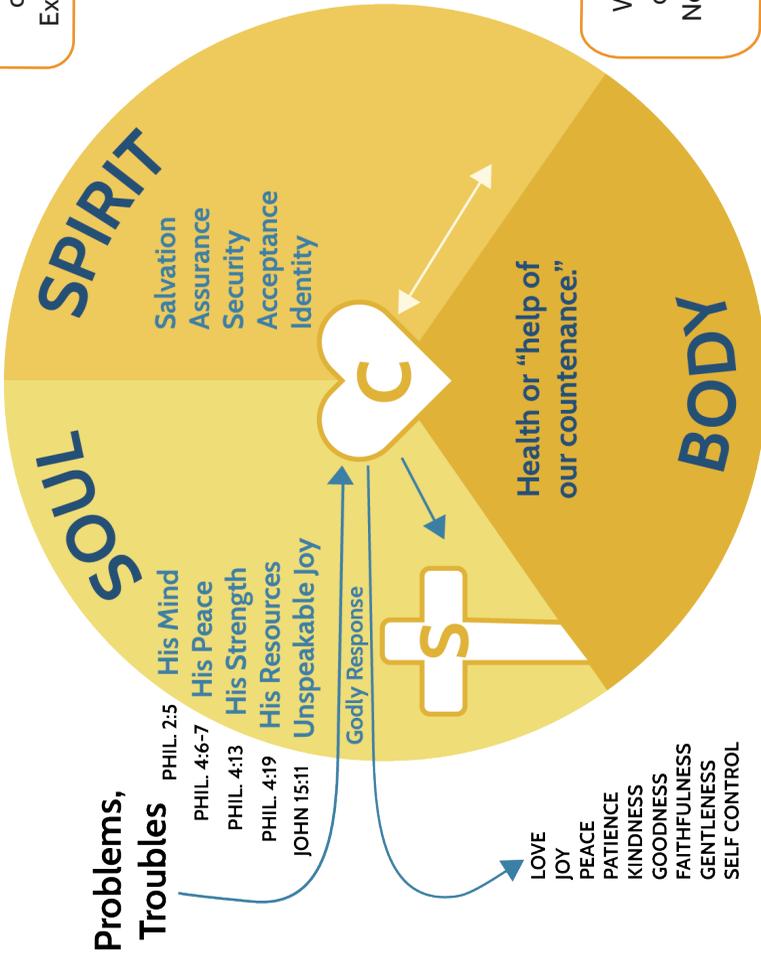


**“DOING IN ORDER TO BE”
LIVING UNDER THE LAW**

THE CHRIST CENTERED LIFE

Hudson Taylor called it "the Exchanged Life"

Watchman Nee called it: "The Normal Christian Life"



"BEING IN ORDER TO DO"
GRACE LIVING

REFLECT & PRAY

1. Pray for Christ-Centered Living:

“Lord, help us to admit our inability to live the Christian life in our natural resources. Remove self-centered tendencies and fill us with the desire to live in victory as overcomers through the power of Your Holy Spirit.”

2. Pray for Holistic Well-Being:

“Father, we ask for Your guidance in nurturing our spirit, soul, and body. Help us to maintain a healthy balance in our physical, emotional, and spiritual lives so that we can effectively relate to You, ourselves, and others. Strengthen our relationships and improve our well-being as we draw closer to You.”

3. Pray for Transformation and Renewal:

“Holy Spirit, transform and renew our minds, wills, and emotions to align with Your truth. Enable us to transcend our limitations and circumstances by Your indwelling presence. Let Your regenerative work in our spirits empower us to face all things with confidence and hope in Christ.”



1. Spiritual Practice: Daily Prayer and Scripture Meditation

Dedicate time each day to pray and meditate on Scripture, focusing on passages that encourage spiritual growth and connection with God. This helps nourish your spirit and align it more closely with Christ's presence and will. Consider using a devotional or Bible reading plan that emphasizes the work of the Holy Spirit and our regeneration in Christ. Paraphrase and confess Galatians 2:20.

2. Emotional and Relational Health: Reflective Journaling and Relationship Building

Engage in reflective journaling once a week to assess and express your emotional state and relational dynamics. Write about any conflicts, stress, or emotional challenges and reflect on how these might be influenced by a self-centered versus Christ-centered approach to life. Additionally, make a conscious effort to build or strengthen relationships through acts of kindness, listening, and sharing, focusing on empathy and understanding.

3. Physical Wellness: Regular Exercise and Rest

Commit to regular physical activity that you enjoy, which can help reduce stress and improve your overall health. This could be anything from walking or cycling to more structured gym workouts. Also, prioritize getting adequate rest, as physical care is crucial in maintaining the balance necessary to support your spiritual and emotional well-being. By integrating these activities into your weekly routine, you can more effectively live a balanced Christian life that honors God with your spirit, soul, and body.

WEEKLY ACTIVITY



SESSION 6

Jesus is Savior, Lord, and Life

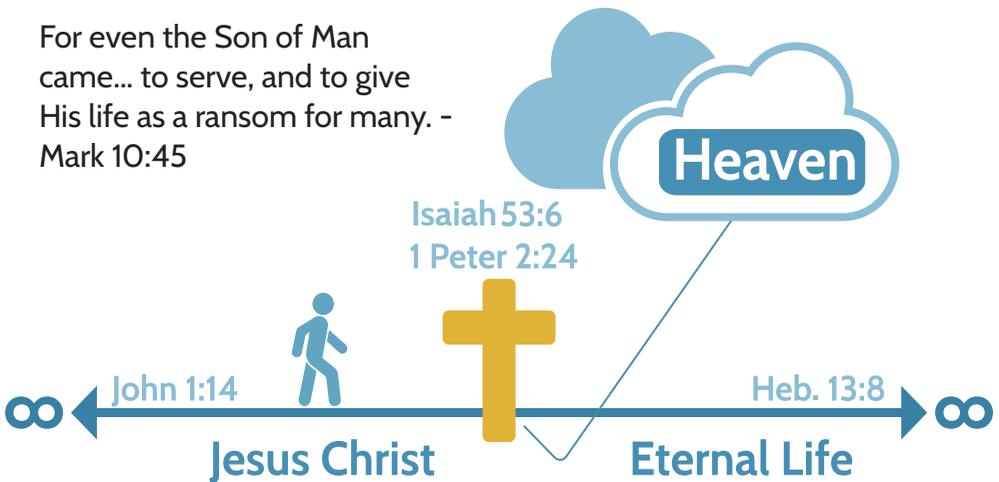
“For as by the one man’s disobedience the many were made sinners, so by the one man’s obedience the many will be made righteous.”

Romans 5:19

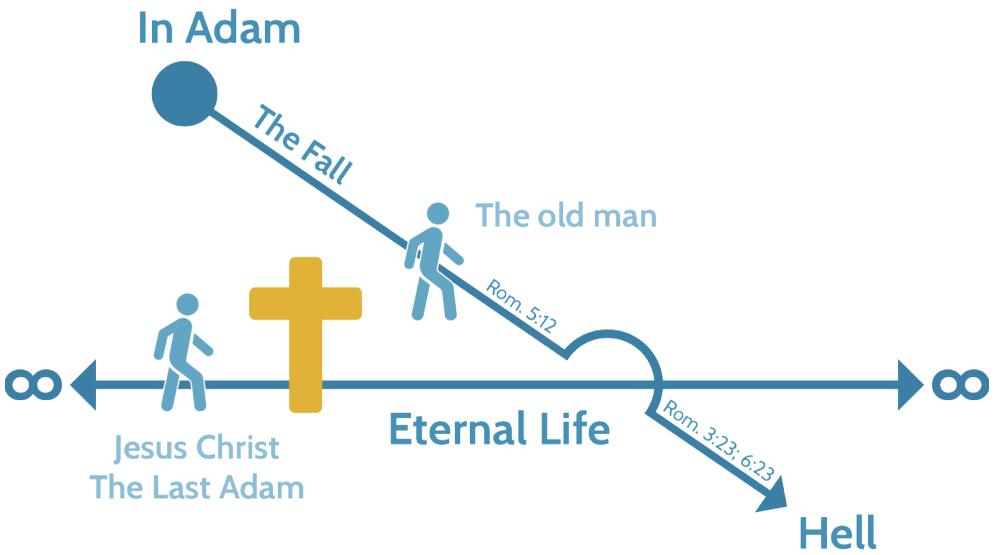
The line diagram shows us the doctrinal basis for the believer’s identification with Jesus Christ. Eternal life is actually God’s life, with no beginning or end. This truth is symbolized by the horizontal line and the stick figure represents Jesus Christ in His incarnation and ministry as Redeemer. However, we were born, into the lineage of Adam (see the stick figure on the diagonal line) which has brought us spiritual death and legal condemnation (See Romans 5:12-21). When we receive Christ as our personal Lord and Savior, God takes us out of Adam’s lineage and grafts us into Christ’s life (1 Corinthians 1:30). Believers are now in Christ. (2 Corinthians 5:17). When Christ died on the cross, our old man died with Him (Romans 6:6), and when Christ was raised, our new man was raised with Him. When Christ ascended, our new man ascended with Him (Ephesians 2:4-7), symbolized by the line rising to heaven. In Christ, we also get a new identity, a new destiny, and a new past.

THE MISSION OF JESUS CHRIST

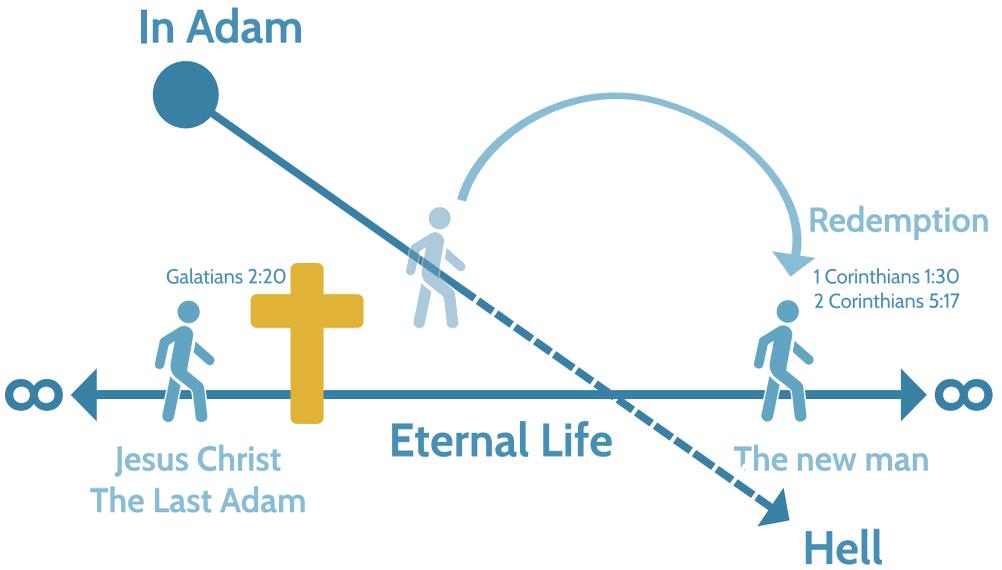
For even the Son of Man came... to serve, and to give His life as a ransom for many. - Mark 10:45



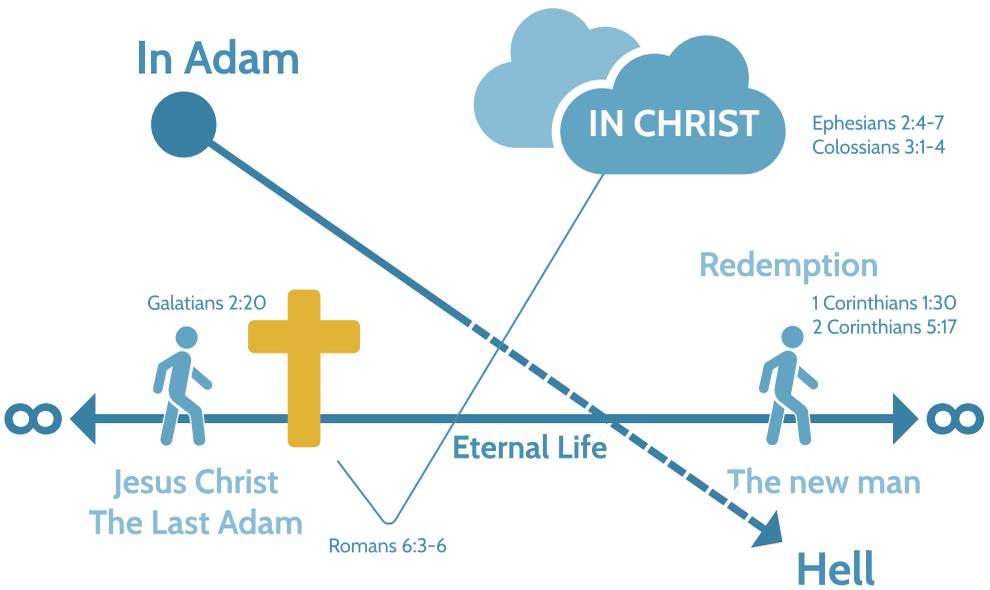
CONDEMNATION IN ADAM



IDENTIFIED WITH CHRIST



IDENTIFIED WITH CHRIST



NOTES

REFLECT & PRAY

1. Pray for a Deeper Understanding of Our Identity in Christ:

“Lord, we ask for a deeper revelation of what it means to be ‘in Christ.’ Help us to truly grasp that our old selves have died with Christ and that we are now new creations with a new identity, destiny, and past. Teach us to live out this truth in every aspect of our lives.” (Ephesians 1:17-20)

2. Pray for Freedom from Our Old Patterns:

“Father, thank You for freeing us from the lineage of Adam and the spiritual death it brought. Help us to daily put off the old patterns and habits, and strengthen us to live in the newness of life that we have through Christ’s resurrection.”

3. Pray for Living Out Our New Identity:

“Holy Spirit, empower us to live as citizens of heaven, reflecting our new identity in our thoughts, words, and actions. As we have been raised with Christ and now share in His life, let this reality transform how we interact with others and face the world’s challenges.”



1. Reflective Study and Personal Reflection:

Dedicate time this week to study and reflect on the Scriptures that outline our new identity in Christ, such as Romans 5:19, 1 Corinthians 1:30, 2 Corinthians 5:17, Romans 6:6, and Ephesians 2:4-7. Journal about how these truths affect your understanding of your identity, destiny, and past. Reflect on areas of your life that may still be influenced by the 'old man' and seek God's guidance in fully embracing your new identity.

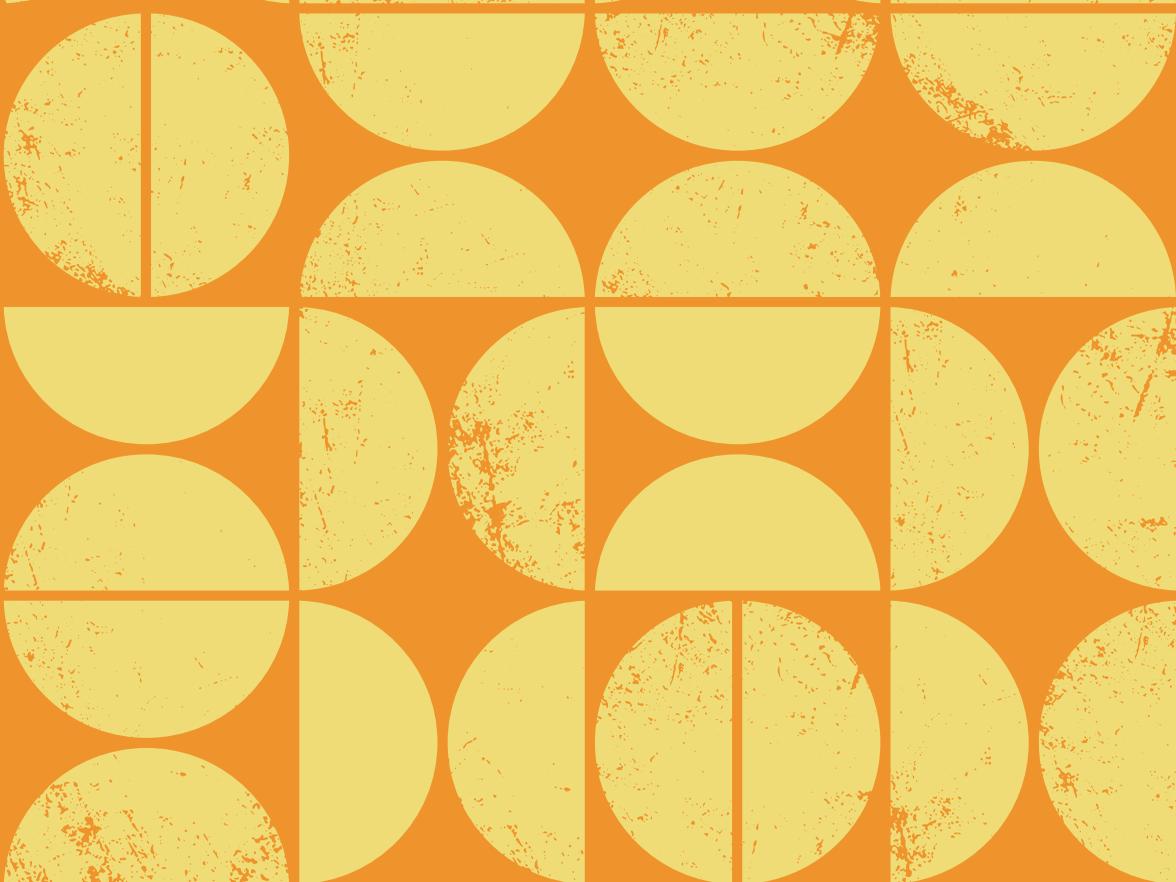
2. Practical Application in Daily Life:

Actively seek to live out your new identity in Christ in your everyday interactions and decisions. For example, when faced with decisions or when reacting to life's challenges, ask yourself how someone with a new identity, destiny, and past in Christ should respond. This can help transform your approach to relationships, work, and personal challenges.

3. Community Engagement and Testimony:

Share the concept of being 'in Christ' with others in your community, whether through formal teaching sessions, small group discussions, or personal conversations. Use your own experiences and the changes in your life as testimonies to illustrate the real impact of this transformation. Encourage others to explore what it means to live as new creations in Christ and how this new identity can change their lives.

WEEKLY ACTIVITY



SESSION 7

Appropriating Christ as Life

“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.”

Matthew 11:28-29

Jesus Christ came, not only to give us life, but life more abundantly (John 10:10). The carnal, self-oriented life cannot experience this. That’s why God calls believers to be filled with the Holy Spirit (Ephesians 5:18). Since the Spirit of God magnifies Christ, the Spirit-filled life is also the Christ-centered life. As we “exchange” our fleshly source of life with Christ as our Life, positive changes can be expected mentally, emotionally, volitionally, relationally, and physically. This is living under grace by faith. Jesus’ life is eternal, victorious, and abundant, and —since you have been united with Him—then you are more than a conqueror through the One who loves you and gave Himself for you!

APPROPRIATING CHRIST AS YOUR LIFE

I have been crucified with Christ.
It is no longer I who live...

Revelation 2:5
Romans 12:1,2
Romans 6:6
Romans 6:11
Matthew 11:28-30



Love
Joy
Peace
Patience
Kindness
Goodness
Faithfulness
Gentleness
Self Control

Galatians 5:22-23

...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

“BEING IN ORDER TO DO” GRACE LIVING

TOTAL COMMITMENT

ROMANS 12:1, 2

<input type="checkbox"/> My mind, will, and emotions	<input type="checkbox"/> My right to possessions
<input type="checkbox"/> My body	<input type="checkbox"/> My right to a good reputation
<input type="checkbox"/> My future plans, hopes, and dreams	<input type="checkbox"/> My right to have acceptance
<input type="checkbox"/> My home	<input type="checkbox"/> My right to be successful
<input type="checkbox"/> My marriage	<input type="checkbox"/> My right to have pleasant circumstances
<input type="checkbox"/> My mate	<input type="checkbox"/> My right to presume on the will of God
<input type="checkbox"/> My children	<input type="checkbox"/> My right to life itself
<input type="checkbox"/> My geographical location	<input type="checkbox"/> My right to beauty or strength
<input type="checkbox"/> My recreation and entertainment	<input type="checkbox"/> My right to have friendships
<input type="checkbox"/> My career	<input type="checkbox"/> My right to be heard
<input type="checkbox"/> My past success and failures	<input type="checkbox"/> My right to take up offenses
<input type="checkbox"/> My habits	<input type="checkbox"/> My right to avoid reaping what I sow
<input type="checkbox"/> My finances	<input type="checkbox"/> My right to be right
<input type="checkbox"/> My problems	<input type="checkbox"/> My right to see results
<input type="checkbox"/> My time	<input type="checkbox"/> My right to a pity party
<input type="checkbox"/> My integrity and character	<input type="checkbox"/> My right to _____
<input type="checkbox"/> My attitudes	<input type="checkbox"/> My right to _____
<input type="checkbox"/> My business conduct and relationships	<input type="checkbox"/> My right to _____
<input type="checkbox"/> My Christian walk	<input type="checkbox"/> My right to _____
<input type="checkbox"/> My response to authority	<input type="checkbox"/> My right to _____



MY TOTAL COMMITMENT

Dear Lord,

My signature says that I give You permission to do anything You wish to me, with me, in me, or through me. I claimed the above items once as mine. Now they all belong to You and are under Your control. You can do with them anything You please. I willingly make this commitment in the Name and authority of the Lord Jesus Christ. I thank you for Your ownership of my life. Amen.

Signed: _____

Date: _____

REFLECT & PRAY

1. Pray for a Deeper Filling of the Holy Spirit:

“Lord, we ask You to fill us anew with Your Holy Spirit. Help us to surrender every area of our lives to Your Spirit’s guidance so that we may truly live a Christ-centered life. Empower us to step away from the carnal, self-oriented life and embrace the fullness of life You offer.”

2. Pray for Transformation Across All Aspects of Life:

“Father, as we live by the Spirit, let us see positive changes in our mental, emotional, volitional, relational, and physical aspects of life. Help us to exchange our fleshly sources of life for Christ as our life, and teach us to rely on Your grace and the victory we have in Jesus.”

3. Pray for the Experience of Abundant Life in Christ:

“Jesus, You promised life and life more abundantly. We pray that we may experience this abundance in a real and tangible way. May we live as more than conquerors through You, who loves us and gave Yourself for us. Strengthen our faith and let Your victorious life manifest in every part of our existence.”



1. Daily Surrender and Devotion:

Start each day with a moment of surrender, dedicating your actions, thoughts, and emotions to God. Use a daily devotional focusing on the themes of the Spirit-filled life and abundant living in Christ. Reflect on Scriptures such as Ephesians 5:18 and John 10:10, and pray for the Holy Spirit to fill you afresh each morning.

2. Spiritual Health Check-up:

Schedule a weekly “spiritual health check-up” where you evaluate areas of your life such as your mental state, emotions, will, relationships, and physical health. Ask yourself how aligned these areas are with the characteristics of a Christ-centered life. Journal your findings and set specific, actionable goals for areas that need more alignment with Christ’s way of living.

3. Community Engagement and Service:

Engage actively in your community or church by participating in or organizing service projects that demonstrate the love and generosity of Christ. This could be anything from volunteering at a local shelter, organizing a community cleanup, or leading a support group. Serving others not only manifests the abundant life Christ intends but also strengthens your own spiritual walk and relational connections.

WEEKLY ACTIVITY



SESSION 8

The Romans 6 Road

“So you also must consider yourselves dead to sin and alive to God in Christ Jesus.”
Romans 6:11

If Romans chapters 1-5 is the gospel of salvation, then Romans 6:1-23 is the gospel of identification. In session 6 we studied the biblical teaching that God has taken us out of Adam and placed us into Christ (1 Cor. 1:30). We have a new identity and freedom from sin's authority. But how do we transition from the usual self-centered condition to the Christ-centered life? This passage gives us a series of vital steps for appropriating Christ as Life. There are spiritual psychological, physical, and practical aspects of having a Galatians 2:20 testimony. As we will see in session 11, this show us how to “cross the Jordan River” into the Promised Land of victorious living.

SUMMARY STEPS IN SANCTIFICATION

Romans 6:1-14

1. K_____ the Truth (line diagrams)

Knowing this, that our old man was crucified with Him, that the body of sin might be done away with, that we should no longer be slaves of sin (Romans 6:6).

For you died, and your life is hidden with Christ in God (Colossians 3:3).

Do not lie to one another, since you have put off the old man with his deeds... (Colossians 3:9).

2. R_____ on the Truth (wheel diagrams)

[“Reckon” is more than a guess; it is an accounting term that means to count it as true personally.]

For the death that He died, He died to sin once for all; but the life that He lives, He lives to God. Likewise you also, reckon yourselves to be dead indeed to sin, but alive to God in Christ Jesus our Lord (Romans 6:10, 11 NKJV).

I have been crucified with Christ; it is no longer I who live, but Christ lives in me; and the life which 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).

3. Yielding to the Truth (Total Commitment / Selfer's Prayer)

Therefore do not let sin reign in your mortal body, that you should obey it in its lusts. And do not present your members as instruments of unrighteousness to sin, but present yourselves to God as being alive from the dead, and your members as instruments of righteousness to God (Romans 6:12, 13).

I beseech you therefore, brethren, by the mercies of God, that you present your bodies a living sacrifice, holy, acceptable to God, which is your reasonable service (Romans 12:1).

4. Walking in the Truth

Therefore we were buried with Him through baptism into death, that just as Christ was raised from the dead by the glory of the Father, even so we also should walk in newness of life (Romans 6:4).

A. The Focus of Your Walk: The Truth

For sin shall not have dominion over you, for you are not under law but under grace (Romans 6:14).

For those who live according to the flesh set their minds on the things of the flesh, but those who live according to the Spirit, [set their minds on] the things of the Spirit. For to be carnally [fleshly] minded is death, but to be spiritually minded is life and peace (Romans 8:5,6; see Philippians 4:8)

1. Focus on the person of _____.

Hebrews 12:2
Colossians 1:27

2. Focus on your freedom from _____.

Romans 6:22, 23

3. Focus on your freedom from the _____

Romans 8:1
Galatians 5:5, 6

4. Focus on your stewardship under _____.

Titus 2:11-13
Philippians 2:13
1 Corinthians 15:10

5. Focus on your _____.

Ephesians 2:10
1 Peter 2:9

6. Focus on your _____.

1 Peter 4:12, 13
Romans 8:28, 29

B. The Fellowship of Your Walk: The Holy Spirit

I say then: Walk in the Spirit, and you shall not fulfill the lust of the flesh (Galatians 5:16; see Romans 8:3,4).

In other words, "the Abiding Life is not only a truth to experience; it is a relationship to cultivate."



SELFER'S PRAYER

Dear Father,

I recognize that I cannot live the Christian life in my own strength or out of my own resources, that I have been a Selfer and a total failure in and of myself.

Because of my inability to live the Christian life, I now give up on my self-sufficiency and do hereby commit my life unconditionally into Your hands and I choose to allow Christ to live His life through me. I give up all my rights and expectations, and give You permission to make me into the kind of person You want me to be as I make an absolute surrender to You.

I believe Your Word that I (my old man) have been crucified with Christ. I believe I was buried with Christ and have been raised with Him to newness of life and am now seated in the heavenly places at the right hand of the Father in Christ Jesus. Father, I choose as an act of my will to claim Christ as my life, my power, my identity.

I thank You that my identification with Christ makes me totally acceptable and that my need is met by Christ Jesus. I yield myself totally to the indwelling Christ as an act of obedience. Do with me whatever You choose. I am asking You to make Your truth a reality in my experience. Glorify and manifest Your Son in my life. I am trusting in You to do what I can't do, quit what I can't quit, and, most of all, to be what I can't be. I thank You for renewing my mind and healing damaged emotions as You transform my life and live Your life through me. I thank You for saving me from sin and from my wicked self and for the victory which is now mine through Him. In Jesus' Name. Amen.

Signed

Date

NOTES

REFLECT & PRAY

1. Pray to Recognize and Embrace of Our New Identity in Christ:

“Heavenly Father, we thank You for our new identity in Christ. Help us to truly recognize and embrace that we have been taken out of Adam and placed into Christ, free from sin’s authority. Teach us daily to live out this truth in every aspect of our lives.”

2. Pray for the Ability to Apply Biblical Steps for Living Christ-Centered Lives:

“Lord, guide us in understanding and applying the vital steps in Romans 6 for appropriating Christ as our Life. Grant us the wisdom and strength to integrate these spiritual, psychological, physical, and practical aspects into our daily routines, helping us to live as testimonies of Galatians 2:20.”

3. Pray for Victory and Transformation Across All Aspects of Life:

“God, as we seek to ‘cross the Jordan River’ into the Promised Land of victorious living, empower us to overcome the self-centered condition. Transform us by Your Spirit, and let our lives reflect Your power, making us effective witnesses of Your grace and truth in every environment we enter.”



1. Daily Act of Surrender and Trust:

Begin each day with a deliberate act of surrender to Christ. This can be a simple prayer of commitment where you acknowledge Christ as the center of your life and ask for His guidance in all your actions and decisions. This daily commitment helps reinforce your new identity in Christ and your freedom from sin's authority. Depend on the indwelling Christ to live His life and through you.

2. Scripture Memorization and Reflection:

Commit to memorizing key verses that emphasize your new identity in Christ, such as Romans 6:11, Galatians 2:20, and 1 Corinthians 1:30. Reflect on these scriptures daily, considering how they apply to your thoughts, decisions, and interactions with others. This practice can help embed these truths in your heart and mind, aiding in the transition to living out these truths.

3. Weekly Accountability Meetings:

Engage in weekly accountability meetings with a trusted friend, mentor, or small group where you discuss your progress and challenges in living a Christ-centered life. Use these sessions to share insights, pray for one another, and encourage each other in applying the principles found in Romans 6. These meetings can provide the support and encouragement needed to continue the journey toward victorious living in Christ.

WEEKLY ACTIVITY



SESSION 9

Patterns - Your Three Cross Testimony

“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

Just as there were three crosses on Calvary, this lesson considers three aspects of the cross of Christ. The first and most foundational meaning is Christ's substitutionary death for us (1 Peter 3:18). But there are also aspects of the cross that relate to Christian living. Consecration is when we surrender to God's will wholeheartedly. This could be a crisis or a process (see pages 46-47; Romans 12:1,2). However, the cross of identification is often overlooked (and therefore highlighted in this workbook). Notice that there are a variety of patterns whereby the believer experiences these three aspects of the cross. Although the first aspect (redemption) is always first, the other two may occur at different intervals. Which pattern describes your spiritual journey?

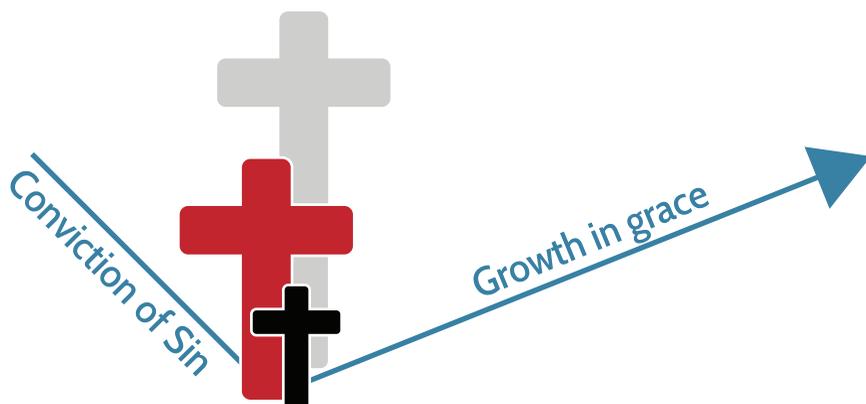
GOD'S IDEAL FOR MAN

Cross Symbols:

Red.....Redemption (Isaiah 53:6; 1 Peter 2:24; 3:18)

Black.....Consecration (Romans 12:1-2; 1 Peter 3:15)

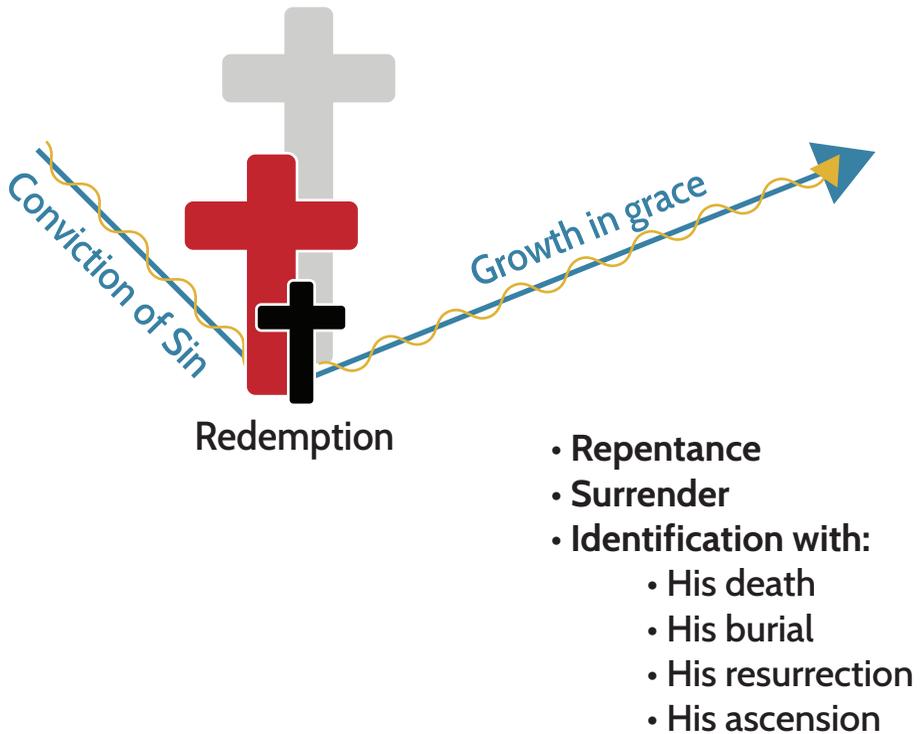
GrayIdentification (Romans 6:3-11; Galatians 2:20)



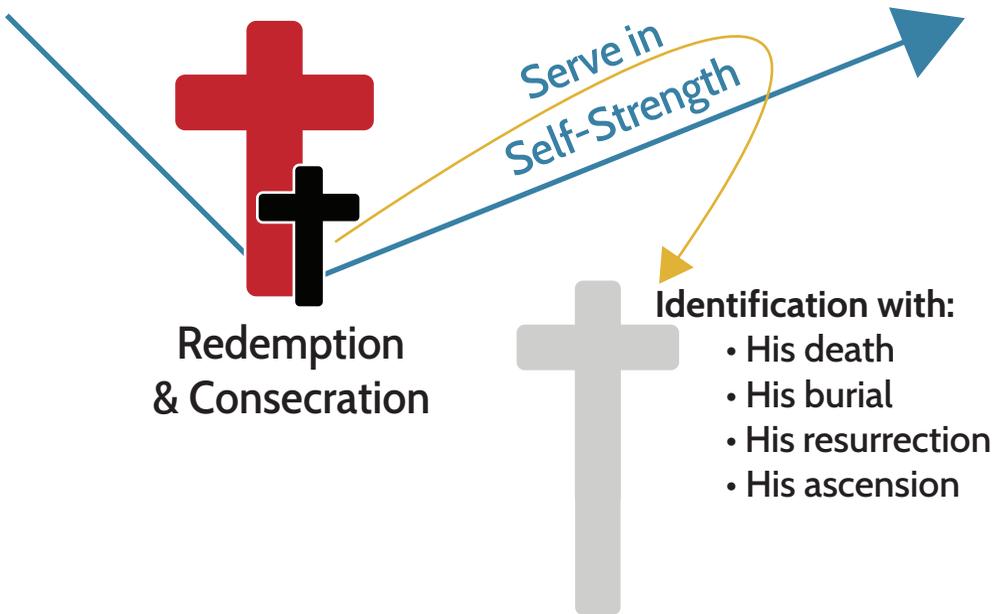
- Repentance
- Consecration
- Identification with:
 - His death
 - His burial
 - His resurrection
 - His ascension

HOW JUST A FEW LIVE BY FAITH

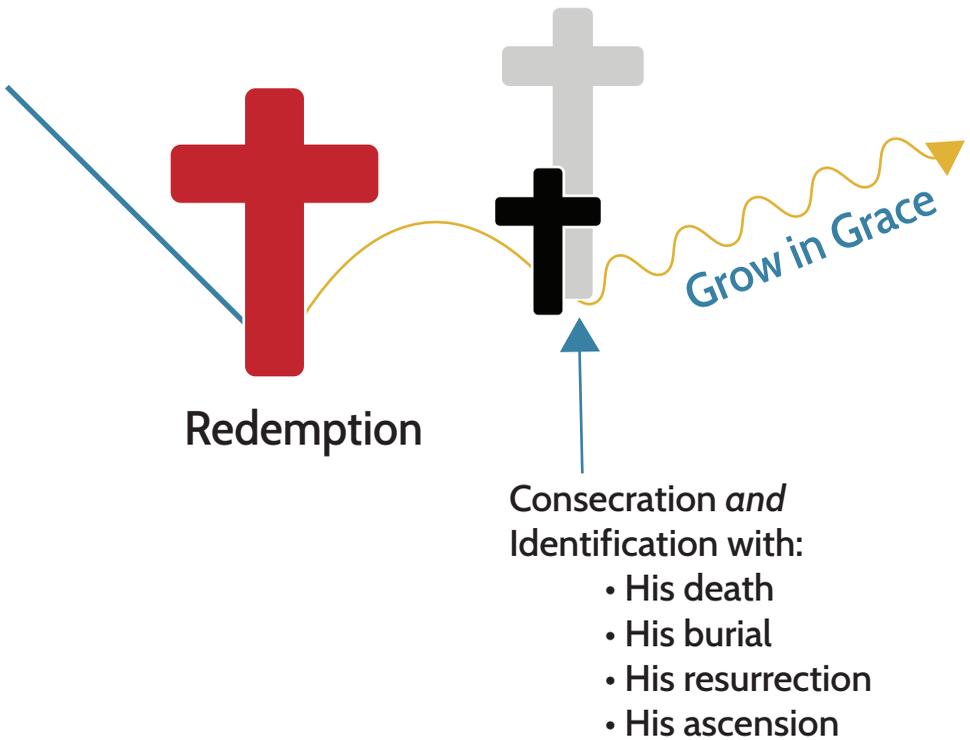
The yellow line represents struggles



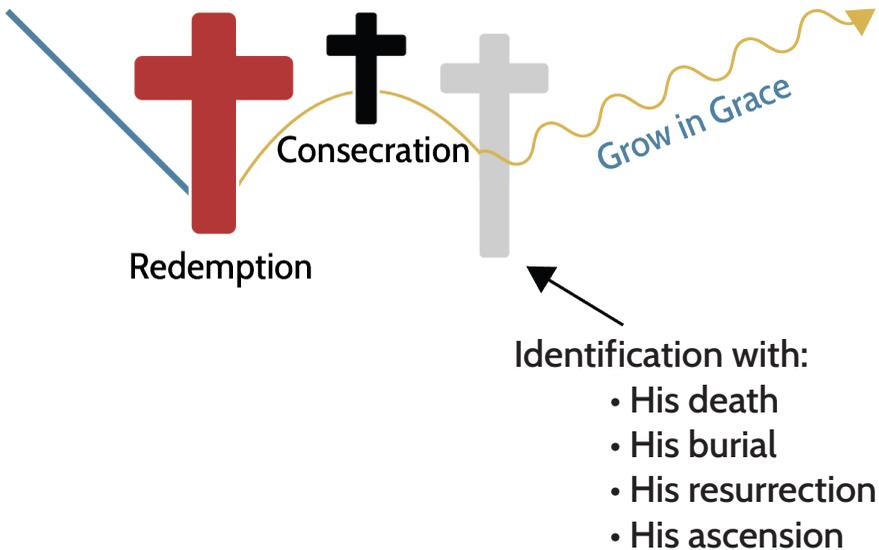
THE SUBSTITUTE OF SERVICE



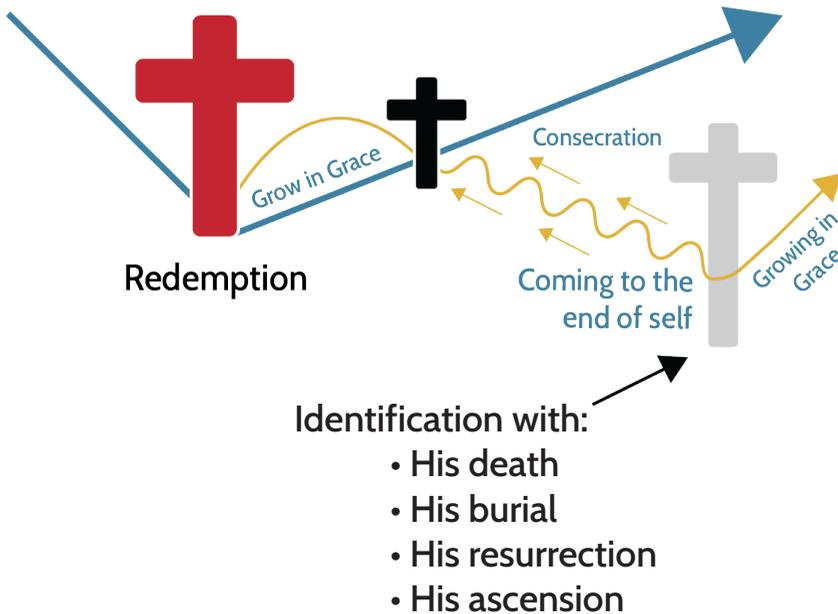
CONSECRATION WITH IDENTIFICATION



CONSECRATION AND IDENTIFICATION LATER



REDEMPTION, CONSECRATION, & SUFFERING



NOTES

REFLECT & PRAY



1. Pray for a Deeper Appreciation of Christ's Substitutionary Sacrifice:

"Heavenly Father, we thank You profoundly for the gift of Your Son, who died in our place. Help us to never take for granted the enormity of His sacrifice. Deepen our understanding and appreciation of this act of love, and let it continually remind us of the great cost at which our redemption was purchased."

2. Pray for True Consecration in Our Lives:

"Lord, guide us in truly surrendering to Your will, whether this consecration comes as a crisis or a gradual process. Help us to present our bodies as living sacrifices, holy and pleasing to You, not conforming to the pattern of this world but being transformed by the renewing of our minds (Romans 12:1-2)."

3. Pray for Insights into Our Identification with Christ's Cross:

"God, illuminate our understanding of what it means to be identified with Christ's cross. Please help us experience and embrace this aspect of the cross daily, recognizing how it impacts our attitudes, decisions, and relationships. Show us how to live out this identification in practical ways that reflect our unity with Christ in His death and resurrection."



1. Reflective Journaling on Each Aspect of the Cross:

Set aside time this week to journal about each of the three aspects of the cross: Christ's substitutionary death, consecration, and identification with Christ's cross. Reflect on how each aspect currently influences your life and spiritual journey. For instance, consider recent instances where you have experienced or struggled with surrendering to God's will or identifying with Christ's sufferings. Balance this cross emphasis with gratitude for your co-resurrection and co-ascension. Use these reflections to set personal spiritual goals for further growth.

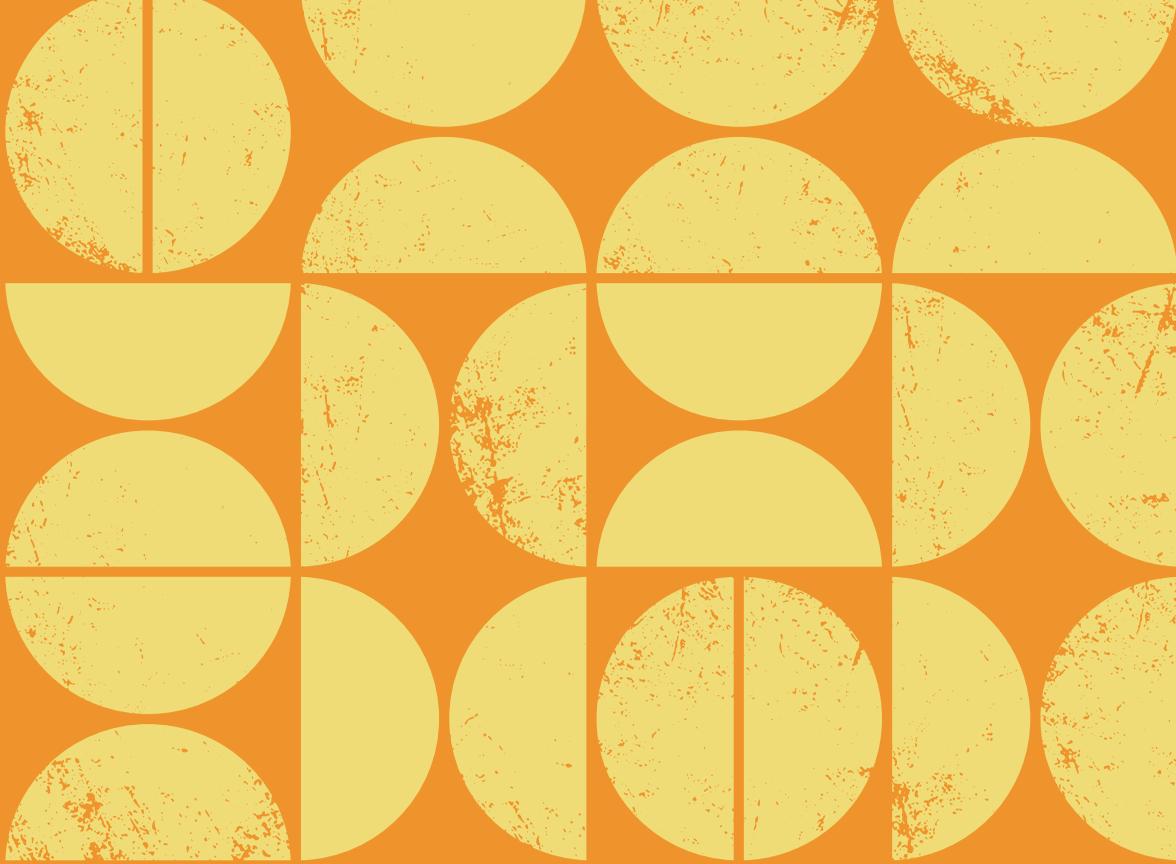
2. Develop a Personal Consecration Reminder:

Create a specific reminder of consecration based on Romans 12:1-2. This might include daily prayer specifically focused on yielding areas of your life where you feel resistance or control. Include practices such as fasting, extended prayer times, or retreats designed to focus on surrendering to God's will. This plan can help you move from understanding consecration as a concept to experiencing it as a transformative reality. (Psalms 19:14; 139:23-24)

3. Group Study or Workshop on the Cross of Identification:

Organize or participate in a small group study or workshop focusing on the often-overlooked aspect of identification with Christ's cross. Explore what it means to share in Christ's sufferings and how this identification affects your personal life, ministry, and relationships. Use scriptural examples and teachings to facilitate discussion and encourage participants to share personal experiences and insights related to this theme.

WEEKLY ACTIVITY



SESSION 10

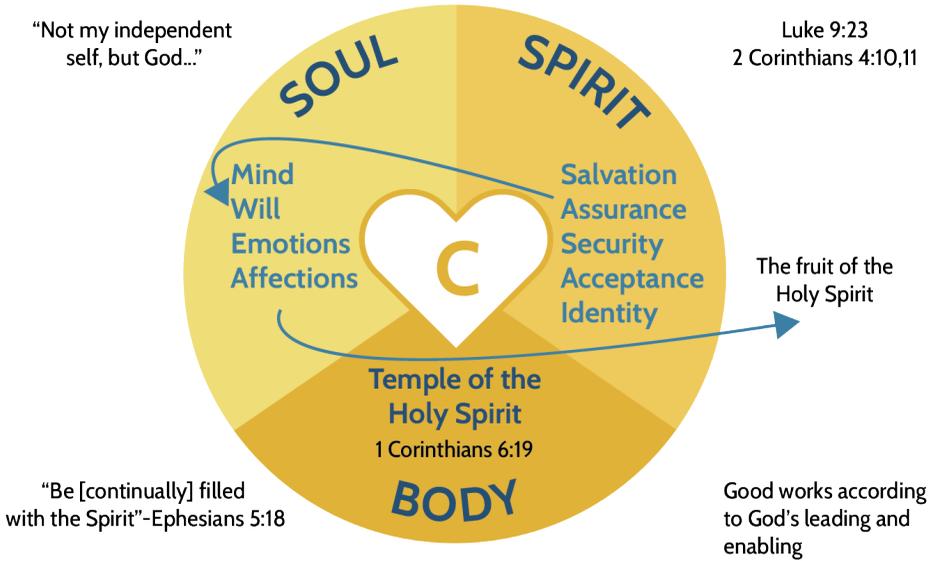
Our Daily Cross

*“And he said to all, “If anyone would come after me, let him deny himself
and take up his cross daily and follow me.”*

Luke 9:23

On the path to personal victory, a vital checkpoint is “Total Surrender.” At GFI, we use the Total Commitment page that lists relationships and rights that need to be relinquished to God (page 46). Of course, this commitment is not made in an attempt to be saved, because Jesus’ work on the Cross is finished and the believer is saved by grace through faith apart from works (Ephesians. 2:8,9). Nor is this commitment required to maintain our salvation. Rather surrender is our reasonable response to “the mercies of God.” The biblical text we use on the Total Commitment page is Romans 12:1-2. The aorist tense and imperative mood in Greek means that we are exhorted to make a wholehearted presentation of ourselves to our Redeemer. There is also a need for continual surrender as well (Luke 9:23), but intentional daily cooperation should flow from one’s grace-based salvation, identification, and consecration experiences.

THE DAILY CROSS



YOUR DAILY CROSS

APPROPRIATING THE FULLNESS OF CHRIST'S REDEMPTIVE WORK FOR ABUNDANT LIFE TODAY

Since the believer's spirit is already saved (Ephesians 2:8-9), and his body will be saved (redeemed) at the resurrection (Romans 8:22-24), the major focus for applying the Cross for victorious living is the SOUL. Wherefore lay apart all filthiness and superfluity of naughtiness, and receive with meekness the engrafted word, which is able to save your souls (James 1:21 NKJV).

The essence of THE CROSS—"Not me, but GOD...in spite of the cost."

And he said to them all, If any man will come after me, let him deny himself, and take up his cross daily, and follow me (Luke 9:23).

Consider how the Cross relates to the faculties of the believer's soul—mind, will, emotions, and affections:

YOUR MIND — "Not my _____, but God's _____ will determine my thoughts":

I have been united with Christ in my spirit.

1 Corinthians 6:17; John 14:20

I have been united with Christ in His death.

Galatians 2:20

I have been united with Christ in His burial.

Romans 6:6

I have been united with Christ in His resurrection.

Romans 5:10; Romans 8:11

I have been united with Christ in His ascension.

Colossians 3:1-3

Christ is the true Vine; I am a branch.

John 15:1-5

Christ in me is the hope of glory!

Colossians 1:27

God completely accepts me in Christ!

Ephesians 1:6

I have a new identity in Christ!

2 Corinthians 5:17

God's Word is far above my natural thoughts.

Isaiah 55:8-11

Will you surrender your flesh-based perspectives and embrace God's truth by faith?

YOUR WILL — “Not my _____, but God's _____
be done.”—Matthew 26:39

I surrender all my rights to God, my Vindicator.

Romans 12:1, 2

I give up independent control of my life.

Matthew 11:29

I yield to God's good, acceptable, and perfect will.

Romans 12:2 ; Psalm 40:8

I will no longer live for myself, but for the One who died for me and rose again.

2 Corinthians 5:14, 15

Will you surrender your will to God in every area of your life?

YOUR EMOTIONS — “Not my _____, but God’s _____ will be my source of living.”

I rely on Christ in me.

John 15:1-5

God will meet all my ultimate needs.

Philippians 4:19

My adequacy comes from Him.

2 Corinthians 3:5

I will not rely on my coping mechanisms.

Jeremiah 2:13

His love will compensate me for human rejection.

Psalms 73:25

I will wait upon the Lord.

Isaiah 40:31

Will you fully depend upon the resources of the indwelling Christ for daily living?

YOUR AFFECTIONS — “Not my _____, but God’s _____ will be my motivation.”

I respond to God’s love by loving Him with all my heart, and my neighbor as myself.

Matthew 22:37-39

Losing my “life” for Christ’s sake, I will find it.

Matthew 16:25

I look to eternal things for lasting significance.

2 Corinthians 4:17, 18

I set my affection on things above, where my Savior is seated.

Colossians 3:1-3

I will lay up treasures in heaven, where my “heart” is focused.

Matthew 6:19-21

My ultimate aim is to be conformed to the image of Christ.

Romans 8:29

To live is Christ; to die is gain.

Philippians 1:21

The purpose of my life is to bring glory to God.

Ephesians 1:6, 12

Will you delight yourself in God and His ultimate plan for you?

This deeper application of the Cross is a daily choice.

Always bearing about in the body the dying of the Lord Jesus, that the life also of Jesus might be made manifest in our body. For we which live are always delivered unto death for Jesus' sake, that the life also of Jesus might be made manifest in our mortal flesh. (2 Corinthians 4:10, 11).



REFLECT & PRAY

1. Pray for a Heart of Willing Surrender:

“Lord, cultivate in us a heart that willingly surrenders to Your will. Help us recognize the areas in our lives where we need to relinquish control—be it relationships, rights, or personal plans. Teach us to respond wholeheartedly to Your mercies, knowing that our surrender is a reasonable and joyful response to the grace You have freely given us.”

2. Pray for Daily Renewal and Commitment:

“Father, as we face the challenges and decisions of each day, remind us of the importance of continual surrender. Grant us the strength and determination to make a daily commitment to You, not as a burden but as a natural expression of our love and gratitude for Your salvation and lordship in our lives.”

3. Pray for Clarity in Understanding God’s Will:

“Holy Spirit, guide us in understanding God’s will more clearly each day. As we aim to live out our total commitment to God, provide us with wisdom, discernment, and a deep sense of peace that comes from living in alignment with Your divine purposes. Help us to embrace and execute Your will in all aspects of our lives, from the smallest decisions to the most significant actions.”



1. Create a Total Commitment List:

Use the four part outline of this lesson for review and application. Take one aspect of soul response (mind, will, emotions, and affections) per day for meditation and prayer.

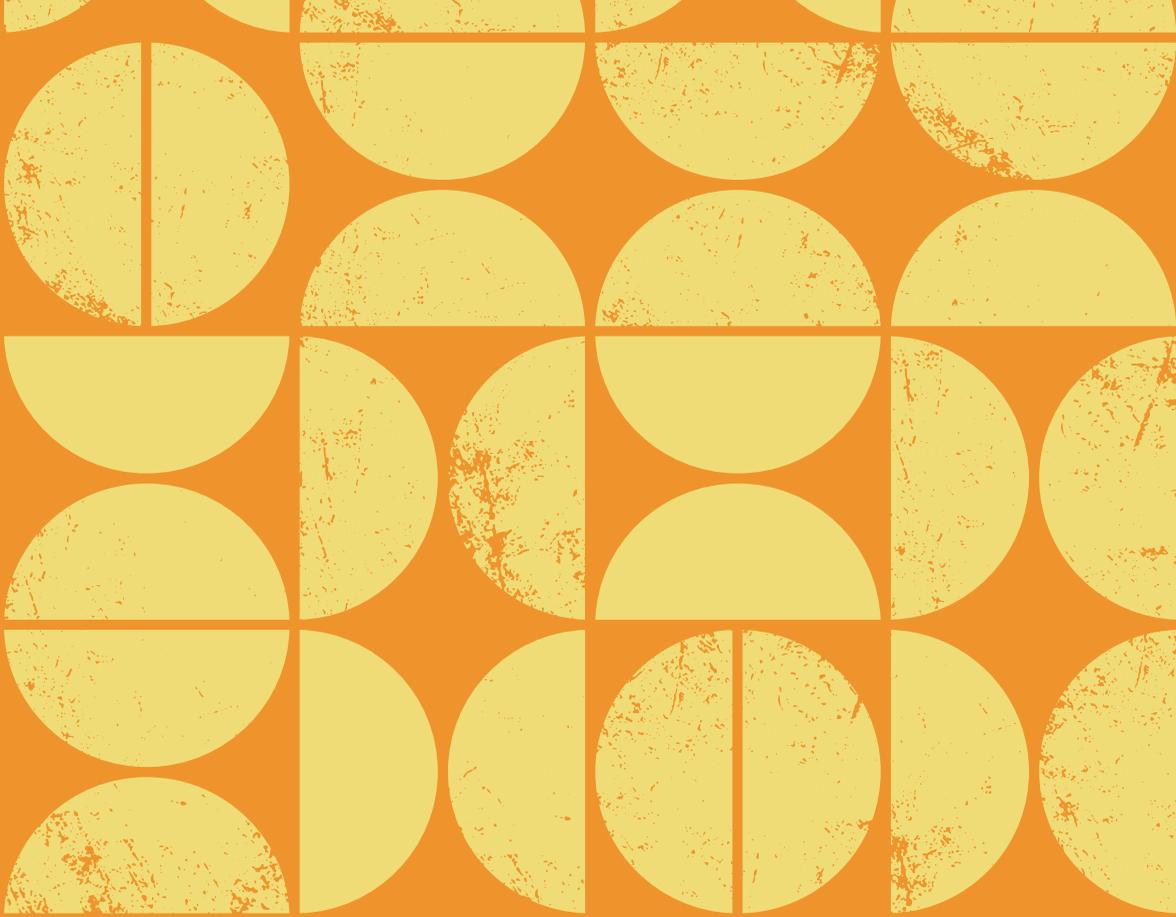
2. Engage in Intentional Cooperation with God:

Memorize the four prayer statements; “not my...”. Be sensitive as you go through your day and week for triggers and challenges that prompt you to ongoing surrender and trust.

3. Participate in a Small Group Accountability Session:

Engage with a small group or a spiritual accountability partner to discuss your journey daily abiding in Christ. Share your struggles and victories, and listen to others as they share theirs. Use this group as a support system to encourage continual growth in surrendering to God’s will. This community aspect can provide encouragement and practical advice on living out Romans 12:1-2 daily.

WEEKLY ACTIVITY



SESSION 11

Egypt, Wilderness, and Canaan

“The thief comes only to steal and kill and destroy. I came that they may have life and have it abundantly.”
John 10:10

Although Israel's redemption from Egypt, wilderness wanderings, and entrance into Canaan are literal history, the Bible also uses these events as types and symbols of realities fulfilled in the New Testament. “Now all these things happened to them as examples, and they were written for our admonition, upon whom the ends of the ages have come (1 Corinthians 10:11). Consider how our salvation is foreshadowed in the Exodus, through Christ, our Passover Lamb (1 Corinthians 5:7). As the nation of Israel tragically wandered in the wilderness for forty years due to rebellion and unbelief, so many believers wander in their self-life condition. Joshua chapters 1-4 prefigure the believer's identification with the ultimate “Joshua” — Jesus!

EGYPT (The World)

1. Self in Egypt
2. Bondage to Satan
3. Sin
4. Conviction of the Holy Spirit
5. Christ as Judge
6. Control By Satan

Physical Birth

Grace
Through
Faith



Ephesians.
2:8,9

**OBJECTIVE
WORK**

RED SEA

S a l v a t i o n

His Death
for us as our
Substitute

WILDERNESS (Wandering)

1. Egypt in Self
2. Bondage to Self
3. Carnality, Immaturity, Unbelief
4. Discipline of Holy Spirit
5. Christ as Savior and Lord
6. Co-Existence with Satan

That I may
know Him

Philippians 3:10

Philippians
1:29-30

and the
fellowship of His
sufferings

Grace
Through
Faith



**OBJECTIVE
WORK**

JORDAN RIVER

I d e n t i f i c a t i o n

Our Death
(crucifixion)
in Him as our
Representative

Galatians. 3:3

**SUBJECTIVE
WORK**

CANAAN (The Land)

1. Self Dispossessed
2. Bondage to Christ
3. Adulthood
4. Control by Holy Spirit
5. Christ as life
6. Overt Assault by Satan

and the power of
His resurrection

being made
comfortable to
His death

Physical Death

PHASES OF COUNSELING/ DISCIPLESHIP

PHASE	ONE	TWO	THREE	FOUR
Discipling Goal	Redemption	Identification	Liberation	Dedication
Christ's Role	Lamb	Life	Liberator	Leader
Christ's Lordship	Confessed Personally	Embraced Wholeheartedly	Applied for Victory	Honored Daily
Focus	Conversion to Christ	Union with Christ	Freedom in Christ	Dominion through Christ
Obstacles	Spiritual Deadness	Self-Life	Strongholds	Worldliness
Delivered from	Sin's Penalty	Sin's Power	Sin's Perceptions	Sin's Pattern
Romans Outline	Chapters 1-5	Chapters 6-8	Chapters 9-11	Chapters 12-16
Ephesians Outline	1:1-14	1:15-3:21	6:10-24	4:1-6:9
O.T. Imagery	Crossing the Red Sea	Crossing the Jordan	Conquering Walled Cities	Occupying the Land
Ministry Orientation	Franklin Graham Luis Palau	Charles Solomon Ian Thomas	Neil Anderson Mark Bubeck	June Hunt Wayne Mack
Scriptures	John 3:16-18	Galatians 2:20	2 Corinthians 10:3-5	1 Thessalonians 5:12-24

NOTES

REFLECT & PRAY

1. Pray for Understanding and Appreciation of Biblical Types:

“Heavenly Father, we thank You for the rich history and symbolism in Your Word that points to the greater truths of the New Testament. Help us to understand and appreciate how the Old Testament events, like the Exodus and the Passover, are types and shadows of the redemption we have in Christ, our Passover Lamb. Increase our wisdom and insight as we study these biblical types.”

2. Pray for Deliverance from Spiritual Wilderness:

“Lord Jesus, just as You led Israel out of Egypt, lead us out of any spiritual wilderness caused by rebellion and unbelief, help us to relinquish our self-life and fully embrace the life You offer. Guide us into a deeper relationship with You, our ultimate ‘Joshua,’ so that we may enter the ‘Promised Land’ of abundant life You promised in John 10:10.”

3. Pray for Courage to Embrace Our New Identity in Christ:

“Holy Spirit, empower us as Joshua encouraged Israel to be strong and courageous in our faith journey. Help us not to be hindered by fear or discouragement but to move forward in faith, fully identifying with Christ in all aspects of our lives. Remind us daily of our new identity in Him and help us to live in the victory that Christ has already won for us.”



1. Biblical Study Group on Types and Symbols:

Organize or join a study group focused on exploring biblical types and symbols, particularly those related to the Exodus, the Passover, and the journey into Canaan. Use resources and commentaries highlighting how these Old Testament events prefigure New Testament realities. Discuss how understanding these connections can enhance personal faith and understanding of salvation through Christ, our Passover Lamb.

2. Personal Reflection on Spiritual Wilderness:

Set aside time for personal reflection to consider areas in your own life where you might be experiencing a 'wilderness' due to rebellion or unbelief. Journal about these areas and what changes you might make to align more closely with God's will. Consider setting specific spiritual goals focusing on trust and obedience, similar to how Joshua led Israel with faith and courage. How does the imagery of the book of Joshua give you additional insights on your spiritual journey? (Hebrews 4:9-10)

3. Creative Expression Workshop:

Host or participate in a creative expression workshop where participants can depict their journey from spiritual wilderness to a promised land of faith and abundance. This could involve art, writing, music, or drama. Encourage participants to share their creations and the personal stories behind them, focusing on the transformation and renewal experienced through identification with Christ.

WEEKLY ACTIVITY



SESSION 12

Taking Back Our Ground

“For though we walk in the flesh, we are not waging war according to the flesh. For the weapons of our warfare are not of the flesh but have divine power to destroy strongholds. We destroy arguments and every lofty opinion raised against the knowledge of God, and take every thought captive to obey Christ,”
2 Corinthians 10:3-5

In the Promised Land there were strongholds to tear down and more land to possess. Similarly, believers are vulnerable to being deceived and stuck in sin patterns. But Christ came not only to give salvation and forgiveness; He also came to set captives free. Scripture warns us not to lapse into unbelief or rebellion. We are to consistently apply God's truth to our hearts since the Lord's truth sets us free (John 8:32,36). We need to take every thought captive to the obedience of Christ by the power of the Holy Spirit. Victory is always and only Christ's work in and through us.

1. FREEDOM FOUNDATIONS

- A. *Finally, my brethren, be strong in the Lord and in the power of His might. Put on the whole armor of God, that you may be able to stand against the wiles of the devil... Ephesians 6:10, 11*
- B. *For though we walk in the flesh, we do not war according to the flesh. For the weapons of our warfare are not carnal but mighty in God for pulling down strongholds, casting down arguments and every high thing that exalts itself against the knowledge of God, bringing every thought into captivity to the obedience of Christ. 2 Corinthians 10:3-5*
- C. *Be angry, and do not sin: do not let the sun go down on your wrath, nor give place to the devil. Ephesians 4:26, 27*
- D. *Then Jesus said to those Jews who believed Him, "If you abide in My word, you are My disciples indeed. And you shall know the truth, and the truth shall make you free. John 8:31-32*
- E. *But He gives more grace. Therefore He says: "God resists the proud, but gives grace to the humble." Therefore submit to God. Resist the devil and he will flee from you. James 4:6, 7*

2. "...NOR GIVE PLACE [GROUND] TO THE DEVIL" *Ephesians 4:27* What gives "ground" to the enemy? Any area in which you actively resist God's grace and truth.

A. Ground related to non-surrender:

- | | |
|-----------|---------------------------------------|
| 1. Anger | <i>Ephesians 4:26,27</i> |
| 2. R_____ | <i>1 Samuel 15:23</i> |
| 3. P_____ | <i>James 4:6</i> |
| 4. H_____ | <i>Proverbs 10:12; Galatians 5:20</i> |
| 5. U_____ | <i>Colossians 3:12-14</i> |

B. Ground related to unbelief:

- | | |
|--------------------|--|
| 1. Unbelief | <i>Romans 14:23; 1 John 5:4a</i> |
| 2. I _____ | <i>Colossians 3:5; 1 Corinthians 10:14</i> |
| 3. G _____ | <i>Revelation 12:10,11</i> |
| 4. S _____ P _____ | <i>Isaiah 49:14-16</i> |
| 5. F _____ | <i>Psalms 27; 2 Timothy 1:7</i> |
| 6. W _____ | <i>Philippians 4:6,7</i> |

3. FREEDOM ENCOUNTERS:

- A. The truth encounter (repentance and affirmation of truth).
John 8:31-36
- B. The _____ encounter (prayer and intercession for God's healing of hurts). *Luke 4:18*
- C. The _____ encounter (rebuking demonic interference).
Luke 10:17; Acts 16:18

4. THE STRATEGY FOR CONTINUED VICTORY

- A. Keep wearing "the full _____ of God."
Ephesians 6:10-18.
- B. Maintain a constant attitude of praise and thanksgiving.
2 Chronicles 20:20-23; Colossians 3:15-17.

NOTES

REFLECT & PRAY

1. Pray for Deliverance from Spiritual Strongholds:

“Heavenly Father, we pray for the power to tear down the strongholds in our lives that keep us bound in sin and deception. Help us recognize these strongholds and grant us the courage and strength to overcome them through the truth of Your Word and the guidance of the Holy Spirit.”

2. Pray for the Ability to Take Every Thought Captive:

“Lord Jesus, empower us to take every thought captive to Your obedience. Help us discern thoughts not in alignment with Your truth and replace them with thoughts that honor and glorify You. Strengthen our minds to be focused on what is true, noble, right, pure, lovely, and admirable.”

3. Pray for Consistent Application of God's Truth:

“Holy Spirit, guide us in consistently applying God's truth to our hearts. Remind us daily that the truth of the Lord sets us free. Prevent us from falling into unbelief or rebellion by keeping Your Word active and alive within us, leading us to ultimate victory in every aspect of our lives.”



1. Spiritual Audit and Confession:

Schedule a regular “spiritual audit” where you reflect on your current spiritual state, identifying any sin patterns or areas where you feel stuck or deceived. Pray: “Search me, Oh God, and know my heart! Try me and know my thoughts! And see if there be any grievous way in me, and lead me in the way everlasting!” (Psalms 139: 23-24) Review the potential areas of resistance related to non-surrender or unbelief. If you sense conviction in one or more areas, confess that to God; repent and ask God to take back the ground that has been forfeited. Use a journal to document these insights, trusting God for strength to overcome. Engage with a trusted spiritual mentor or counselor who can provide guidance and accountability.

2. Scripture Memorization Plan:

Develop a plan to memorize key Scriptures that empower you to take every thought captive and align your life more closely with God’s Word. Start with verses like 2 Corinthians 10:3-5 and John 8:32,36. Regularly review these Scriptures, perhaps setting daily reminders to meditate on and recite them, helping to reinforce God’s truth in your mind and heart.

3. Truth Application Workshop:

Participate in or organize a workshop that focuses on applying God’s truth in practical ways. This workshop could cover topics such as “Identifying and Overcoming Strongholds,” “Living in Spiritual Victory,” and “Taking Thoughts Captive.” Use interactive methods like role-playing, group discussions, and personal testimonies to explore these concepts deeply, allowing participants to learn from each other and grow together in their spiritual journeys.

WEEKLY ACTIVITY



DEFINITION OF TERMS

THESE TERMS ARE DEFINED AS GRACE FELLOWSHIP INTERNATIONAL UNDERSTANDS AND USES THEM.

THE OLD MAN (Old Nature, Adamic Life)

The unregenerate spirit or Adamic life prior to salvation
(*Romans 6:6; Colossians 3:9*).

THE NEW MAN

The regenerate spirit, or new nature, consisting of a new human spirit indwelt by the Holy Spirit (*Colossians 3:10; 2 Corinthians 5:17*).

FLESH (Self, Self-Life)

- The position of the non-Christian who is enslaved to the power of sin through the old man.
- The condition of the Christian where the personality is yielded, knowingly or unknowingly, to the control of indwelling sin which results in living out of human resources.

FLESH (Alternate Definition)

The soul's selfish and distorted perceptions, values, identity messages, and coping mechanisms that have been learned independently of God.

SIN

An unholy force or power which is in me but not me. Sometimes refers to individual acts of sin (*1 John 1:7,9; Romans 7:20*).

SINS

Falling short of the mark; violations of God's laws; acts of disobedience (*Romans 3:23; 1 John 3:4*).

POSITION AND CONDITION

- **POSITION:** My true standing. I have a position spiritually of being in Adam or in Christ (*Romans 5:1*).
- **CONDITION:** My condition or state. This condition may or may not reflect my position. Condition refers to feelings and experiences. It may or may not reflect the Truth (*Hebrews 5:12-14*).

IN THE FLESH

The position of the unregenerate man who is in Adam (*Romans 8:8*).

AFTER THE FLESH

A statement which may characterize the walk of a Christian. It is allowing sin to control or my living as though I am separated from Christ.

ETERNAL LIFE

Christ's Life. The life of God which is without beginning or end (*1 John 1:1,2; 1 John 5:12*).

EVERLASTING LIFE

Life that begins with Adam and will have no end (*John 6:47*).

IDENTIFICATION

The spiritual union of the redeemed one with the Lord Jesus, identifying him/her with Christ's death, burial, resurrection, and ascension. The Holy Spirit desires to illumine the believer to this reality so that identification can be practically appropriated by faith. Many Christians have never understood or personally reckoned as true their identification with Christ (*Romans 6:6-11; Ephesians 2:4-7; Colossians 3:1-4*).

TOTAL COMMITMENT (TOTAL SURRENDER, CONSECRATION)

A decision of the will, at a point in time, giving God permission to have complete control of one's life. "Reckless abandonment of oneself to God" (Hannah W. Smith). This is usually a crisis and a process (*Romans 12:1,2*).

ACCEPTANCE

The state of being received and totally loved, unconditionally, without personal merit, on the basis of the life of the Lord Jesus (*Ephesians 1:6*).

SECURITY

A sure persuasion that the born-again believer has an eternal, unbreakable spiritual relationship with God through the Lord Jesus Christ (*John 6:37,39*).

CARNAL (FLESHLY)

- The **position** of the non-Christian who is in Adam and a slave to sin through the old man.
- A **condition** of the Christian when he lives by his own resources has yielded his life, knowingly or unknowingly, to indwelling sin.

TRUTH

What God says...regardless of what one may...think, feel, or experience (*John 8:32*).

CROSS

- **In Redemption:** Christ's death for us. Christ's substitutionary sacrifice that purchased the pardon for man's sin (*1 Peter 2:24; Isaiah 53:6*).
- **In Consecration:** The believer's wholehearted surrender to God (*Romans 12:1, 2; 1 Peter 3:15*).
- **In Identification:** A. Knowing that, through our death with Christ, the "old man" was crucified. Now the believer's spirit is the "new man" in Christ (*Romans 6:6; Galatians 2:20*). We are raised and ascended with Him (*Ephesians 2:6*). B. Reckoning upon our union with Christ. This faith choice results in practical freedom from the authority of sin and empowerment by Christ's life (*Romans 6:11; Romans 5:10*).
- **In Liberation:** The believer's authority over the world system (*Galatians 6:14*), and demonic forces through Christ's victory at Calvary (*Colossians 2:13-15; James 4:7*).
- **In Dedication:** The believer's on-going denial of the flesh (self-life), choosing to cooperate with God daily (*Luke 9:23*).

BROKENNESS

The result of God's providential pressure that brings the believer to give up any attempt to live and cope apart from the indwelling Christ (*John 12:24, Matthew 5:3-5*).

WHO AM I?

1. GOD

His Creation—made in His Image (*Genesis 1:26,27*)
His Child. He's my loving Heavenly Father
(*1 John 3:1*).
An individual. A one-of-a-kind handmade original with a
God-given personality (*Ephesians 2:10*).
I'm me—I'm precious in His sight (*Psalms 116:15*).

2. JESUS CHRIST

I'm His, for He bought me with a price—His Life
(*1 Corinthians 6:18-20*).
I'm accepted in Him (*Ephesians 1:6*).
He loves me without reservation or qualification, with an
everlasting love (*John 3:16; 1 John 3:1; Psalm 52:8, Jeremiah 31:3*).

3. THE HOLY SPIRIT

I'm indwelt by Him (*John 14:17*).
Regenerated by Him (*Titus 3:5*).
Sealed by Him (*Ephesians 1:13,14*).
Made safe and secure under God's ownership (*John 10:27,28*).

4. MY FAMILY

I'm _____ (husband/wife/child)
responsible to respond and provide that which God's Word
commands me to do (in love).
I'm _____ (dad/mother/son/daughter) and
enjoying a godly relationship with them.

5. GOD'S FAMILY

A member of the Greatest Family in heaven and on earth!
Joined to every other member of the Body of Christ, locally
and worldwide. Enjoying the privilege of fellowship with
many of God's own.

6. OTHER PEOPLE AT WORK/PLAY

Relating to a great bunch of choice folks in a loving church
fellowship. Enjoying wonderful fellowship with fellow
workers (at church) and developing sharing relationships
with friends, relatives, and work associates (witnessing as a
goal).

7. IN TIME

I'm a person under construction—in process, not finished
product, but growing in the grace and knowledge of our
Lord and Savior Jesus Christ. Possessor of eternal, abundant
life in Christ. Joint heir with Christ of all that's His. Everything
that belongs to Jesus belongs to me for I am in Him and He
is in me.

8. IN ETERNITY

I'll receive the fullness of my inheritance: a resurrection
body, knowing as I am known, glorified, experiencing the
glorious liberty of the sons of God, conformed to the image
of God's Son.

COULD YOU USE A NEW PAST?

Living in a fallen world
Gives all a share of pain;
When children are abused,
There is more to explain.
Perfect parents do not exist
Until we are all above;
While living on planet Earth
There'll be a lack of love.

When lack of love is suffered
Children perceive rejection;
Though none may be intended,
The response may be dejection.
When anger is common fare
And is vented on a child,
The damage sustained within
May never be reconciled.

Though parents may be the source,
A child can accept the blame;
The adult life may be lived
Out of an attitude of shame.
When the cause of problems deep
Is buried and escapes detection,
Those in a world of hurt
See no avenue for correction.

The treatment of choice today
Involves emotions and the mind;
Behavior change is sought
While to the Spirit we're blind.
The body may be blamed—
A chemical imbalance in the brain;
The problem is seldom touched
Though there may be relief from
pain.

Many choose to try escapes
With symptoms being addressed;
Short-term relief and pleasure
Allow the problem to be repressed.

The longer the problem's avoided
The more the life is enslaved;
The power of sin is deceptive
Even though a person is saved.

When therapists are engaged
And attempt to untangle the mess,
The past with its myriad 'issues'
Is a treasure trove to address!
But therapists addressing the past,
Like meteorologists and the weather,
May discuss it 'til the cows come home
And still not know whither or whether!

When we're willing to own the problem
And give the Spirit full sway,
He knows all that's happened
And is capable of taking it away.
Salvation assures a new future
With a present unsurpassed;
To a glorious inheritance,
He graciously adds a new past!

While we were in Adam
His past and ours were merged;
(Romans 5:12)
Now that we are in Christ,
To claim our freedom we're urged.

(Romans 6:11,13)
Though the hurts and pain of yesteryear
Are facts with which we're dealing,
Losing our lives at the Cross *(Luke 9:24)*
Is the only complete way of healing.

Our new life in Christ is
Replete with blessing and healing;
Not only a new destination
But also the Spirit's sealing. *(Ephesians 1:13)*
Our redemption is complete;
The Lord Jesus said, "It is finished". Nor
the past beclouds the future, His power
is undiminished. *(Hebrews 13:8)*

A FUNDAMENTAL HUMAN NEED

Oh, to know acceptance
In a feeling sort of way,
To be known for who I am—
Not what I do or say.
It's nice to be loved and wanted
For the person I seem to be,
But my heart cries out to be loved
For the person who is really me!

To be able to drop all the fronts
And share with another my fears,
Would bring such relief to my soul,
Though accompanied by many tears.
When I find this can be done
Without the pain of rejection,
Then will my joy be complete
And feelings toward self know correction.

The path to feeling acceptance of God,
Is paved with acceptance on earth;
Being valued by others I love
Enhances my own feeling of worth.
Oh, the release and freedom He gives
As I behold His wonderful face—
As Jesus makes real my acceptance in Him,
And I learn the true meaning of grace.

A pity it is that so late we find
His love need not be earned;
As we yield to Him all manner of strife
A precious truth has been learned.
Then, as we share with others who search
For love, acceptance, and rest;
They'll find in us the Savior's love,
And experience the end of their quest.

IDENTITY*

Not what we do
But who we are;
What we have
Does not empower.

Not where we are
Or where we've been—
What's of self (Rom. 7:18)
Is surely sin.

Not what we gain
But what we lose— (Rom. 6:6)
'Twi'xt God and self
Is ours to choose. (Rom. 6:11)

To live is Christ; (Phil. 1:12)
Self is but loss.
Identity in Him— (Col. 3:4a)
Ours through the Cross.

Our life lost (Gal. 2:20a)
His life begun; (Gal. 2:20b)
As in Him
All is done. (John 19:30)

Ours to labor
To enter rest; (Heb. 4:11)
Found in Him, (Col. 2:9,10)
Lives truly blessed.

*Poems by Dr. Charles Solomon

ADDITIONAL RESOURCES

GraceFellowshipInternational.com

GFI app

Download from Apple or Google stores

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