

Who I am in Christ *(Taken from 'Living Free in Christ' by Neil Anderson)*

I am Accepted in Christ

<i>John 1:12</i>	I am God's child
<i>John 15:15</i>	I am Christ's friend
<i>Romans 5:1</i>	I have been justified
<i>1 Cor 6:17</i>	I am united with the Lord and one with Him in spirit
<i>1 Cor 6:20</i>	I have been bought with a price; I belong to God
<i>1 Cor 12:27</i>	I am a member of Christ's Body
<i>Ephesians 1:1</i>	I am a saint
<i>Ephesians 1:5</i>	I have been adopted as God's child
<i>Ephesians 2:18</i>	I have direct access to God through the Holy Spirit
<i>Colossians 1:14</i>	I have been redeemed and forgiven of all my sins
<i>Colossians 2:10</i>	I am complete in Christ

I am Secure in Christ

<i>Romans 8:1,2</i>	I am free forever from condemnation
<i>Romans 8:28</i>	I am assured that all things work together for good
<i>Romans 8:35</i>	I cannot be separated from the love of God
<i>2 Cor 1:21</i>	I have been established, anointed and sealed by God
<i>Colossians 3:3</i>	I am hidden with Christ in God
<i>Philippians 1:6</i>	I am confident that the good work God has begun in me will be perfected
<i>Philippians 3:20</i>	I am a citizen of heaven
<i>2 Timothy 1:7</i>	I haven't been given a spirit of fear, but of power, love and a sound mind
<i>Hebrews 4:16</i>	I can find grace and mercy in time of need
<i>1 John 5:18</i>	I am born of God and the evil one cannot touch me

I am Significant in Christ

<i>Matthew 5:13,14</i>	I am the salt and light of the earth
<i>John 15:1,5</i>	I am a branch of the true vine, a channel of His life
<i>John 15:16</i>	I have been chosen and appointed to bear fruit
<i>Acts 1:8</i>	I am a personal witness of Christ's
<i>2 Cor 5:17-20</i>	I am a minister of reconciliation
<i>2 Cor 6:1</i>	I am God's co-worker
<i>Ephesians 2:6</i>	I am seated with Christ in the heavenly realm
<i>Ephesians 3:12</i>	I may approach God with freedom and confidence
<i>Philippians 4:13</i>	I can do all things through Christ who strengthens me



Through Lent this year, we are spending some time looking at Paul's letter to the Ephesians to help us get spiritually fitter, inspired by Watchman Nee's book *'Sit, Walk, Stand'*. We will be focusing on three vital aspects of our life as Christians through Sunday preaching and providing resources for you to go on thinking and praying during the week:

- Sit:** *Knowing who we are in Jesus (Eph 1-3)* 5th March
Walk: *Living God's way in the world (Eph 4-6:9)* 19th March
Stand: *Being alert and prepared (Eph 6:10-24)* 2nd April



In this leaflet you will find suggestions to help you think some more about who you are in Jesus and what that means for your life.

'God raised us up with Christ and seated us with him in the heavenly realms in Christ Jesus'

Ephesians 2:6

The 'secret' of true Christian life and experience is that we begin by **sitting**. Knowing that we are **seated** in the heavenly realms in Christ Jesus because of what God has already done for us and resting in his amazing love and grace. Everything else flows from there. So we begin, this Lent by focusing on **sitting** and **settling** into who we are and whose we are.

Pray

Pray for God to help you understand more deeply who you are in Jesus and what that means for your life. You could use Paul's prayer from Ephesians 1:18-19:

'I pray that the eyes of my heart may be enlightened in order that I may know the hope to which you have called me, the riches of your glorious inheritance in your people, and your incomparably great power for us who believe.' Amen.

Listen again

You can listen again to the sermon from Sunday 5th March on our Church website www.allsaintsripley.org.uk

Read

Read Ephesians 1 to 3 as often as you can. Maybe read it aloud. Notice anything that particularly strikes you - a word or a phrase or an idea. Focus on that and talk to Jesus about it.

Think

- Have I responded to God's invitation to come and be seated by putting my faith in Jesus?
- What does it mean to me that I am seated in heavenly places in Christ?
- Do I know that I can rest in God? How do I do that day by day?
- Are there any ways that I act as though I need to earn God's love and acceptance?

Talk to Jesus about your thoughts.

Practise Rest

Intentionally setting aside times for resting in God can help us to live and work from a position of rest. These times draw on the practice of Sabbath rest in the Bible. They are an expression of **our identity** as beloved children of God, an expression of **our trust in God** that he will provide for us and care for us, and an expression of **our freedom** that we're no longer slaves to fear but are children of God.

Could you take some more 'Sabbath' time this Lent? You may not be able to make it a whole day, but maybe part of a day or even an hour or two. Treat it as 'pray and play' time with God, time that's about 'being' not 'doing'. Breathe deeply. Let go of the need to be productive and let God be God in your life.

Live Loved

God loves us all the time, but many of us struggle to live in the knowledge that we are loved all the time. Over the coming weeks you could commit to a simple process at the start and end of each day to help increase your awareness of being loved.

At the start of the day: Visualise yourself seated with Jesus. Become aware of his love for you or, if you struggle with that, ask him to help you believe that he loves you. Ask for the Holy Spirit to help you be aware of being loved through the day

At the end of the day: Visualise yourself seated with Jesus. Look back over the day. When were you most aware of God's love? When were you least aware of God's love? Talk to Jesus about it. Ask for the gift of sleep held secure in God's love.

Know who you are in Christ

On the back of this leaflet you will find a list of biblical truths about who you are in Jesus Christ. Read them slowly, asking God to root them in your heart. Is there one that God is particularly wanting you to know at his time?