



ENVISION

Identity

***“The issue of your value was settled at the cross.”
Dr. Rob Reimer***

When you believe lies about your identity it becomes a false foundation.

You are a spiritual being in a spiritual world, and you are always giving away access.

Romans 12

John 8:32 **“If** you hold to my teaching you are really my disciples, **then** you will know the truth and the truth will set you free.”

Sources of Lies:

- Wounding
- Events/ circumstances
- Experiences
- Pain
- Spoken words
- Culture
- Choices
- Sin

Identify the Lie

“Self-awareness is the gateway to transformation”

Types of Lies:

- Success/Achievement
- People- Pleasing
- Power

What are some of the fig leaves that I grab for?

What is underneath this?

Clue #1 - Where are you defensive?

Clue #2 - What are you petty about? What annoys you about other people?

Clue #3 - Compulsive behaviors

Work on the Journaling Exercise questions below.

Three Key Lies:

1. The issue of my value is determined by my **performance**.
2. The issue of my values is determined by whether or not certain **people love me**.
3. The issue of my value is determined by whether or not **I'm in control**.

How to identify you're standing on faulty foundation

1. Identify the Lie – identify the manifestations
 - a. When I'm standing on a faulty foundation, what do I think? Feel? How do I act?
2. Hold on the truth – renew your mind
3. Receive the revelation of the Holy Spirit
4. Act in Courage consistent with the truth
 - a. How would a deeply loved person act?

Complete the "Identify" Questions below.

Soul Awareness Exercise for Identity:**Journaling Exercise:**

1. What were the things that were said to you regularly?
2. What were family slogans that you can remember?
3. Where were there repeat experiences in your story?
4. Pay attention to your self-talk: What do you say to yourself about yourself? What do you say to other people?

Identify:

1. What are the major/dominate lie in my life?
2. What are the manifestations of this lie, what do I think? Feel? How do I act?
3. Where did that come from? How did that lie form? What is underneath that?