



RE▶

DOING LIFE TOGETHER
WELLNESS EDITION '22

Let God RE-Store your health and RE-Plenish your spiritual well-being!

|
PART 3

RE▶ Establish

Identity is integral to wellness – we cannot live authentic, deeply connected and abundant lives, unless we know who we are and who God is.

RE▶ Establish

with

Lucinda SMITH

John 8:36
(ESV)

So if the Son sets you free, you will be free indeed.

We need to recognise that lasting WELLNESS, in its fullest sense, cannot truly be found apart from a deeply connected and intimate relationship with God. To this end, we will be exploring the subject of **IDENTITY**.

1. Who is God?

Many of us never pause to consider whether the picture of God that we carry around with us in our heads, is in fact, the correct, Biblical one as revealed by God Himself.

It is possible that God is not who you think He is! If this is so, then trusting Him with your dreams and joys, with your pain and brokenness, will be very difficult, and the promise of an intimate and authentic relationship with Him will elude you.

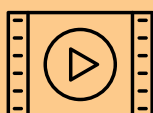
In this session, we will think about what we think about God – this is the most important thing about us. It determines how we show up at work, in college, and in our families, and it is revealed in how we process the unexpected!

2. Who am I?

Do you understand, from a Biblical perspective, WHO YOU ARE, how God desires that we define ourselves and the implications of these truths on our actions and reactions?

We struggle with anxieties and insecurities because we often allow culture and cultural voices to inform our identities, rather than God's words.

So, let us look at the source of this dilemma and unpack some practical help to enable us to walk in the freedom we all long for.



Watch '**Part 3: RE-Establish Introduction**' with Lucinda Smith
<https://youtu.be/CQfBUIEEVBI>

1. Are you struggling with anxiety, insecurities, depression or any other strong feeling or emotion? Have you considered why that is?

2. Think of 3 words that you would use to describe who God is for you.

3. When you pray, which member of the Trinity do you address? Father, Jesus or Holy Spirit?

4. If someone asked, 'who are you?', what would you say?

5. Does who you think you are matter? Why or why not?

6. To what degree are you aware that you have a spiritual enemy?

WEEK OF REFLECTION

Read and study the verses below.

DAY 1

For freedom Christ has set us free; stand firm therefore, and do not submit again to a yoke of slavery.

Galatians 5:1 (ESV)

Think about what a yoke of slavery could look like for you in your life at the moment. It could be a habit you want to break, or a belief about yourself or God that you know probably isn't true, or a strong feeling you can't shake off.

DAY 2

For God alone, O my soul, wait in silence, for my hope is from Him. He only is my rock and my salvation, my fortress; I shall not be shaken.

Psalms 62:5-6 (ESV)

The dictionary definition of hope is, 'a feeling of expectation and desire for a particular thing to happen'. Worldly hope and Biblical hope are different. As the psalmist says, 'my hope comes from Him'.

DAY 3

He is the image of the invisible God, the firstborn of all creation.

Colossians 1:15 (ESV)

This is an extraordinary statement. An image is a visual representation of something. Here Paul is saying that Jesus, as we encounter Him in the gospels, is the EXACT image of God. Think about that and the implications of that truth for you in your daily life.

DAY 4

But to all who did receive Him, who believed in His name, He gave the right to become children of God.

John 1:12 (ESV)

This verse implies that when you received Jesus as your Saviour and your friend, you were adopted and accepted as God's beloved daughter or son. It seems then, that there was once a time when you were not part of His worldwide family. Think about who you were before you became a child of God.

DAY 5

The thief comes only to steal and kill and destroy. I came that they may have life and have it abundantly.

John 10:10 (ESV)

Jesus promises us life in abundance, and yet many of us would not describe our lives as being full of the goodness of God – full, with peace and joy and love, and more! But remember, the thief is there, too, taking from us these very things that constitute abundance. How would you describe your life filled with God's goodness?

JOURNALING EXPERIENCE

LIES

Ask the Holy Spirit whether you believe any lies about God or about yourself. Journal what you feel He may be saying. You may be quite surprised at what you discover, so humbly accept it and reflect on the significance of the revelation. When you feel ready to renounce and reject the lie, use the prayer printed below.

I repent of believing the lie that _____ (e.g. God is too busy / I am worthless).

Please forgive me, Lord. I choose to forgive those that have contributed to me believing this lie. Today, I choose to forgive _____ (let the Holy Spirit bring to mind those that you need to forgive).

I now choose to renounce and break my agreement with this lie, and I break all agreements that I have made with the kingdom of darkness because of this lie.

Now, Father God, what is the truth? _____ (listen quietly).

I choose to accept, receive and believe the truth that _____ .

Don't attempt to deal with more than one lie at a time! Every day for a month, renounce the lie, and announce the truth, aloud, if possible. This is part of the process of taking thoughts captive and will contribute to the renewal of your mind, as encouraged by Paul in *2 Corinthians 10:5*.

FORGIVENESS

Keeping short accounts of our thoughts is critical to maintaining a close and intimate relationship with God, as well as preventing the enemy gaining a foothold of any kind. Find a quiet place and ask God who you need to forgive. Write a list in your journal as names come to mind. Using the prayer below, forgive each person one by one. Take your time over this and try and give voice to the consequences of the hurt done to you. This may be painful but don't give up as the freedom that comes as a result of forgiveness is WELL WORTH IT!

*God, today I choose to forgive _____
for _____ which made me feel _____
_____ (be honest).*

Forgive me for holding _____ in judgement.

I choose to bless him / her and now release _____ to You.

Thank You for Your freedom!

POST-SESSION PRACTICAL APPLICATION

1. Make a habit of asking the Holy Spirit to show you lies you may believe and then renounce and reject them using the prayer above.
2. Be quick to jump on negative statements that you so readily speak over yourself. Instead, bless yourself with God's truth and with words that He says about you.
3. Build a list of Biblical truths about who you are and who God is ACCORDING TO HIS WORD, and declare them aloud frequently and regularly (*medicine for your soul!*)
4. Process your thoughts as you write them down. Seek and write God's Word in response to your answers.

ADDITIONAL RESOURCES

Additional resources to help you reflect on your wellness:

Books

THE RED THREAD by Lucinda Smith — <https://www.livefromrest.com/theredthread>

VICTORY OVER THE DARKNESS by Dr. Neil T. Anderson — <https://www.bookdepository.com/Victory-Over-Darkness-Neil-T-Anderson/9780764235993>

GRACE AND FORGIVENESS by John Arnott — <http://www.johnandcarol.org/store/grace-and-forgiveness>

Courses

Freedom in Christ Ministries – <https://www.ficm.org.uk>

LORD, TODAY WE PRAY...

LORD, today we pray that You would help us to really know You as our Father – to live day by day in the secure knowledge that You will provide, protect and keep us all the days of our lives.

We ask You that we would be brave and admit to the lies we believe, and that You would help us dismantle them one by one.

We ask that, as we wrestle with our true, Biblical identity as Your beloved children, You Holy Spirit, would lead us into the truth.

We thank You Abba Father, that You are our greatest encourager and that through the longing of Your heart, we are free to be all You created us to be. Free from self-condemnation, free from fear and anxieties, free from false guilt.

We declare in Your presence that it is for freedom that You, Jesus, have set us free, and to this end, we pray.

We pray in the name of our Liberator, our Creator, our Resurrection and Life.

Amen.



Lucinda SMITH

Public Speaker and Author

Lucinda is married to Steve, a medical doctor and they live in Preston in the north of England. She has four children, eight grandchildren and a lovely chocolate Labrador! The subject she is most passionate about is IDENTITY. She speaks at women's breakfasts and small conferences. Lucinda has recently published her first book, 'The Red Thread', based around adopting their fourth child from China. Previously a missionary in Pakistan, Lucinda now loves mentoring women on their journeys with Jesus and praying with people seek as they seek healing from deeper issues. She also loves walking, books, good films and cream teas.

CONTACT LUCINDA:

Email: lucinda@livefromrest.com

Website: www.lucindasmith.online

