



## Choose to Believe

### Embrace the Truth and Dispel the Lies

Before the Fall, identity, security, significance, spiritual maturity and sense of worth were normal human attributes; but sin's effect was dramatic, immediate and far-reaching, infecting us all. Adam and Eve's relationship with God was severed. In their new, unregenerate state, they knew something about God, but they no longer knew God. Those once normal glowing attributes before the Fall became glaring needs afterwards. Acceptance was replaced by rejection, so we feel the need to belong. Innocence was replaced by guilt and shame, so we need our legitimate sense of worth restored. Dominion was replaced by weakness and helplessness, so we strive for strength and self-control. Falling short in these areas then causes us to become fearful, anxious, depressed, and angry. Now as a result of Adam and Eve's bad choice to listen to Satan and sin against God, we have a myriad of good and bad choices to face every day as part of the curse placed upon humankind.

This entrance of sin into the world, through Satan, was no surprise to God; and, of course, He had a plan to restore that broken relationship with His people before the Fall even occurred. The agent of that plan is named Jesus Christ, God incarnate. Through Him, you are able to know God personally, as Adam and Eve did. The moment that you put your faith in Christ, at salvation, you have received the mind of Christ in your inner self (1 Corinthians 2:16), you enter God's kingdom (see Colossians 1:13), your old self has passed away (Romans 6:6), you are a new creation (2 Corinthians 5:17)...forever.

Christians have been called "Believers" for millennia. We believe in Christ and we believe that He died on the cross, but we don't necessarily know, believe or fully comprehend what that sacrifice did for us. Hosea 4:6 says, "My people perish for lack of knowledge." Carnality, the lack of repentance and faith in God, and the deception by the father of lies (see John 8:44) also affect our beliefs. Consequently, we are ending up with forgiven sinners instead of redeemed saints. Placing our faith in Christ cured the disease of sin, right then, not when you die. Because we have already been restored through the blood of Jesus Christ, we have a new life, a new identity and a new way of living. The Holy Spirit, who lives in you, gives you the power to turn from sin, its grip is broken (see Romans 8:9); therefore, we are no longer sinners, we are saints who choose to sin. Satan works to deceive you into believing otherwise because he knows he can do nothing to damage your position and identity in Christ.

As a believer, your true identity is not based on what you do or what you possess but on Who You Are IN Christ. Christ Jesus won back for you the identity that was lost when man was expelled from the garden. Too many Christians identify with the first Adam--with the Adam who sinned and was exiled from the presence of God. In reality, however, Christians are identified with Jesus Christ, the last Adam. Both Jesus and Adam were born spiritually alive. Adam died spiritually when he sinned. But Jesus, unlike Adam, stayed spiritually alive, without sin. Even in His deity, however, He was still completely dependent on God the Father (John 5:19). Our behavior, because we are in Christ, should mimic that of Christ, with the same kind of dependence.

Believers struggle with the behavior aspect of their growth because they are still struggling with the belief aspect of who they are in Christ. One way to perceive yourself as God does is to reaffirm who He says you are continually and repeatedly. Searching for "Who Am I in Christ" on your web browser should produce an exhaustive list of Scripture to study and take to heart. Simply choosing to believe what God has to say about you will make your life more meaningful and productive. You can choose to live life feeling inferiority, guilt, inadequacy, insecurity, doubt and worry...OR...you can choose to believe that you are a child of God who has the power within you through Christ to live without condemnation. Romans 14:23 reminds us, "Whatever is not from faith is sin". Turn the page to see the promises that God has for you to combat those negative feelings.

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## The Believe Bracelet Study Guide

As Christians we are already alive in Christ. We have already begun our eternal life. It is not a future event. Our identity was established at Creation, it was altered at the Fall, and restored at the Cross. You are a child of God, made in His image. Consider how you are feeling about yourself and about life (inferior, insecure, inadequate, guilty, worried or doubtful to some degree). When we think about the negatives we must banish them from our minds, holding every thought captive to the obedience of Christ (2 Corinthians 10:5) because they are lies. They do not align with who God says we are.

This study guide and accompanying bracelet were designed as a tool to help you to embrace your value to God and to silence the lies you have allowed yourself to believe. Each colored band on the bracelet associates with a truth that overrules the lie. Look up each set of verses, study and memorize them, choose to believe them, repeat them often...and then the behavior you desire to live by will follow your beliefs. Then you will know the Truth and the Truth shall set you free (John 8:32). If you submit to God and resist the devil, he will flee from you (James 4:7); do not give him a foothold (Ephesians 4:27). Choose not to be destroyed for lack of knowledge (Hosea 4:6). Wear the bracelet, use it as a bookmark, hang it from your rear view mirror...keep it in sight to help you to remember the verses. Then review them often to internalize WHO YOU ARE IN CHRIST! Choose to Believe God!

Satan's Lie	God's Truth	Verse(s)	Summary
You are Inferior.	You are seated in Heaven.	Ephesians 2:4-6	You are saved, raised up, seated with Christ in Heaven.
You are Inadequate.	You have Power.	Philippians 4:13	You can do all things through Christ's strength.
You have no Security.	You are Content.	Hebrews 13:5,6	God says He will never leave you nor forsake you.
You should be Doubtful.	You have Wisdom.	James 1:5-8	You need only ask God to grow in wisdom.
You should Worry.	You have received Peace.	Philippians 4:6,7	Pray about everything, His peace will guard your heart.

Are you struggling with feelings of inferiority? To whom or to what are you inferior? Study and *choose to believe* Ephesians 2:4-6.

**Gold** represents replacing feelings of inferiority with a reminder that you are currently seated with Christ in Heaven.

Ephesians 2:4-6 <sup>4</sup> But God, being rich in mercy, because of His great love with which He loved us, <sup>5</sup> even when we were dead in our transgressions, made us alive together with Christ (by grace you have been saved), <sup>6</sup> and raised us up with Him, and seated us with Him in the heavenly places, in Christ Jesus.

Are you struggling with guilt? Study and *choose to believe* Romans 8:1-8.

**Black with white X's** represents guilt (sin, death=black) being crossed out (XXX's) or removed by Christ, so you are not condemned.

Romans 8:1-8 <sup>1</sup> There is therefore no condemnation for those who are in Christ Jesus. <sup>2</sup> For the law of the Spirit of life in Christ Jesus has set you free from the law of sin and death. <sup>3</sup> For what the Law could not do, weak as it was, through the flesh, God did; sending His own Son in the likeness of sinful flesh, and as an offering for sin, He condemned sin in the flesh, <sup>4</sup> in order that the requirement of the Law might be fulfilled in us, who do not walk according to the flesh, but according to the Spirit. <sup>5</sup> For those who are according to the flesh set their minds on the things of the flesh, but those who are according to the Spirit, the things of the Spirit. <sup>6</sup> For the mind set on the flesh is death, but the mind set on the Spirit is life and peace, <sup>7</sup> because the mind set on the flesh is hostile toward God; for it does not subject itself to the law of God, for it is not even able to do so; <sup>8</sup> and those who are in the flesh cannot please God.

Are you struggling with feelings of inadequacy? Study and *choose to believe* Philippians 4:13.

**Red** represents replacing inadequacy with a reminder that through Christ you have the power to do all things which are in God's will for you to do. God would never call on you to accomplish some task without giving you the necessary grace, whether you are called to accomplish some great feat, or endure hunger and suffering.

Philippians 4:13 I can do all things through Christ who strengthens me.

Are you struggling with insecurity? Study and *choose to believe* Hebrews 13:5, 6.

**White** represents replacing insecurity with a reminder that you are to be content because God will never leave you or forsake you.

Hebrews 13:5,6 <sup>5</sup>a) Let your conduct be free from covetousness, b) being content with what you have; for He Himself has said, c) "I WILL NEVER DESERT YOU, NOR WILL I EVER FORSAKE YOU", <sup>6</sup> so that we confidently say, "THE LORD IS MY HELPER, I WILL NOT BE AFRAID. WHAT SHALL MAN DO TO ME?"

Are you struggling with doubt? Study and *choose to believe* James 1:5-8.

**Green** represents replacing doubt with a reminder that if we need to grow in wisdom we only need ask of God.

James 1:5-8 <sup>5</sup> But if any of you lacks wisdom, let him ask of God, who gives to all men generously and without reproach, and it will be given to him. <sup>6</sup> But let him ask in faith without doubting, for the one who doubts is like the surf of the sea, driven and tossed by the wind <sup>7</sup> for let not that man expect that he will receive anything from the Lord, <sup>8</sup> being a double-minded man, unstable in all ways.

Are you struggling with worry? Study and *choose to believe* Philippians 4:6,7.

**Blue** represents replacing worry with peace.

Philippians 4:6,7 <sup>6</sup> Be anxious for nothing, but in everything in prayer and supplication with thanksgiving let your requests be made known to God. <sup>7</sup> And the peace of God, which surpasses all comprehension, shall guard your hearts and your minds in Christ Jesus.