

# Discover Your True Self

Ephesians 1-3

DISCOVER  
YOUR  
*True*  
SELF

*How to Silence the Lies of  
Your Past and Actually Experience*

WHO GOD SAYS YOU ARE

CHIPINGRAM

# Warped Mirrors



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# Warped Mirrors

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- Feeling of insecurity and inferiority.
- Performance orientation: value in what I can do.
- Withdrawal: avoiding risk to avoid rejection.
- Denial: refusing to look honestly at yourself.
- Compensation: overachieving to prove people wrong.
- Addictive behavior: medicating the pain.

DISCOVER  
YOUR  
*True*  
SELF

*How to Silence the Lies of  
Your Past and Actually Experience  
WHO GOD SAYS YOU ARE*

CHIPINGRAM

- The Lie of Rejection
- The Lie of Insignificance
- The Lie of Fear
- The Lie of Shame
- The Lie of Guilt
- The Lie of Angst

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# Last Sunday

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1. The Lie of Rejection

2. You Are Wanted (Ephesians 1:1-6)

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# Misbelief

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I need other people's approval to be happy.



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# Truth

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I want people's approval, but I don't need it. With God's approval, I am no longer compelled to earn love and acceptance. I am free to be me.

*“But by the grace of God, I am what I am, and His grace toward me did not prove vain, but I labored even more than all of them, yet not I, but the grace of God with me.”*

*1 Corinthians 15:10*

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# Last Sunday

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1. The Lie of Rejection

2. You Are Wanted (Ephesians 1:1-6)

3. The Lie of Insignificance

4. You Are Valuable (Ephesians 1:7-10)

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# Misbeliefs

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I must avoid failure at all costs. If I work harder and longer, then I will be a success.

I must avoid failure at all costs. It's better not to try than to fail.



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# Truth

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I am now a righteous person in God's sight since I have trusted Christ's redemptive sacrifice for me. I am covered by the robe of His purity and goodness. Also, since I have a new nature, I am a good person in my general practice of life as I continue to grow in Christ.

*"Therefore, if anyone is in Christ, the new creation has come. The old has gone, the new is here."*

*2 Corinthians 5:17*

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# Last Sunday

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1. The Lie of Rejection

2. You Are Wanted (Ephesians 1:1-6)

3. The Lie of Insignificance

4. You Are Valuable (Ephesians 1:7-10)

5. The Lie of Fear

6. You Are Secure (Ephesians 1:11-14)

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# Misbeliefs

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Those who fail are unworthy of love and deserve to be punished.

Doubt or guilt over past mistakes are evidence that I am a bad person and unworthy of God's love.



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# Truth

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I am secure in my relationship with Christ, in my daily safety and well-being, and in my future outlook, whether on earth or in heaven, because I have been sealed by the Holy Spirit.

*“Surely goodness and lovingkindness will follow me all the days of my life, and I will dwell in the house of the lord forever.”*

*Psalm 23:6*

# Part 4 - Competent

1. The Lie of Shame
2. You Are Competent (Ephesians 1:5-23)

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# Shame

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- Chip's wife (Theresa) lived with tremendous shame.
- She didn't feel shame in church but at the seminary.
- She gave her testimony at Santa Cruz Bible Church and more than 50 women stood waiting to talk to her.
- Shame disguises itself as your true self, but it isn't.
- Sometimes shame comes from what you did, but also from what someone else did to you.

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# Shame

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- You can often tell how strong your sense of shame is by how zealously you hide your past from others.
- What is shame?
  - Guilt says, “I did something bad.”
  - Shame says, “*I am* bad.”
- Truths coming in from the outside hardly penetrate deeply felt shame.

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# Shame

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- Shame produces feelings of inferiority that undermines our confidence.
- Fears and feelings of inferiority attached to shame can also prompt self-destructive behaviors.
- Shame can also result in self-pity or despair.
- Shame can also drive us in the other direction: compulsiveness, drivenness, and overcompensation.

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# Competent

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- Shame is powerful and debilitating, but not as powerful as grace.
- In the opening verses of Ephesians, Paul reminds us that we are loved, chosen, wanted, adopted, redeemed, valuable, secure, and sealed.
- He then itemized a series of request (Ephesians 1:17-23) that can be life-changing for all who pray them.

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# Competent

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- He first prays wisdom and revelation for them, and then outlines three things he wants them to know.
- The hope to which he has called you - a sure hope
- The riches of his glorious inheritance - we are heir of all things (Colossians 1:16) and we are coheirs with Jesus (Romans 8:17).
- His incomparable great power - same power that raised Jesus from the dead.

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# Competent

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- True shame versus false shame - true shame comes from falling short of God's standards.
- Receive Christ, ask the Father, and believe three historical facts.
  - Your past no longer defines you.
  - Your future happiness is guaranteed.
  - You have power to meet challenges.

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# Misbelief

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I am what I am. I cannot change.

I can't help myself, this is the way I've always been and always will be.



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# Truth

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I am a competent person, equipped by the Holy Spirit to carry out God's will in my daily life in a way that pleases Him. My real importance in life is connected to the way I am touching other people's lives with the love of God and the message of Christ.

*"I can do all things through Him who strengthens me."*

*Philippians 4:13*

# Part 5 - Beautiful

1. The Lie of Guilt
2. You Are Beautiful (Ephesians 2:1-10)

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# Guilt

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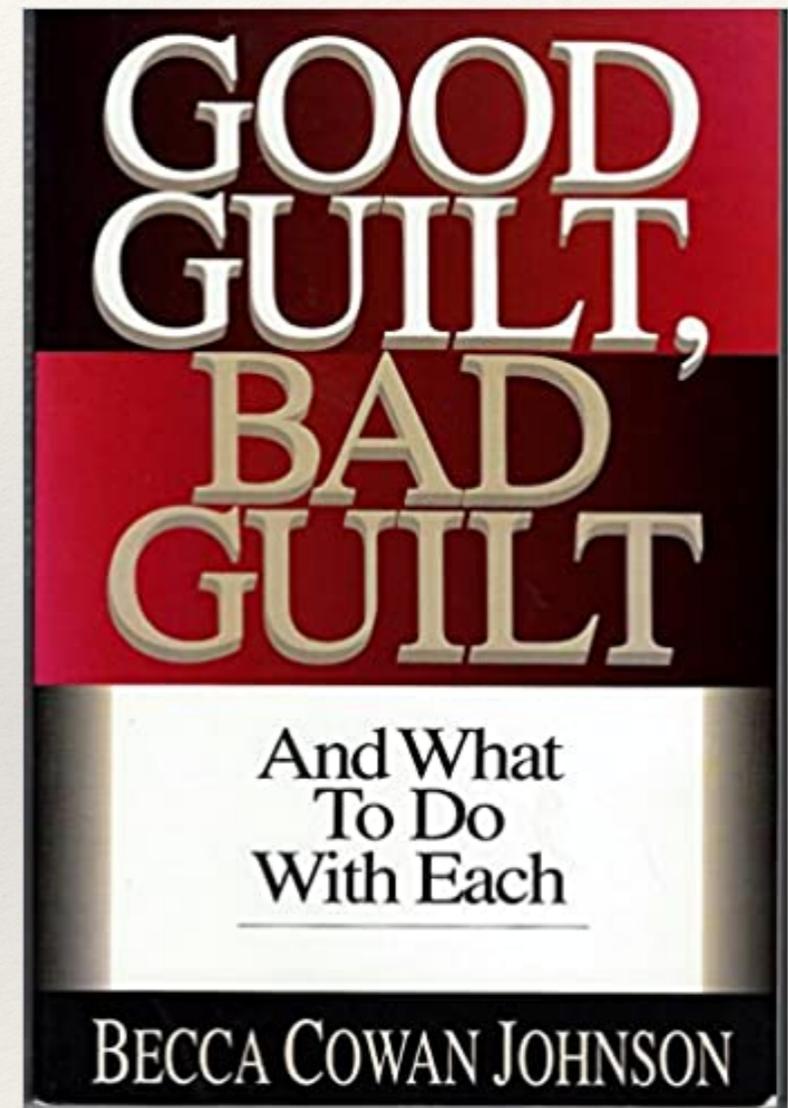
- Paul addresses the issue of guilt (Ephesians 2:1-3) for both Jew and Gentile (as for you).
- We were dead in our transgressions and sins.
  - G.K. Chesterton - “What is wrong with the world?”
  - His answer: “I am.”
- Guilt is tricky. It doesn't manifest as guilt but as other relationship issues and struggles.

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# Guilt

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- Things we feel guilty *about*.
  - Overeating, losing weight, relaxing, procrastinating.
- Things we feel guilty *because of*.
  - Sexual sins, pornography, stealing from work, lying.



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# Beautiful

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- God doesn't want us to live with guilt.
- He wants to remove it all—legally, authentically, permanently (Ephesians 2:4-7).
- Paul teaches that we are “in Christ” and “with Christ.”
- “God raised us up with Christ and seated us with him in the heavenly realm” (Ephesians 2:6).
- We have also been “made alive” - means to “quicken.”

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# Beautiful

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Former Condition	New Reality
Dead	Alive
Captive to the ruler of this world	Seated above in heavenly places
Objects of wrath	Objects of mercy
Following the world's way	Living by faith
Gratifying sinful desires	Doing good works

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# Beautiful

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- God's provision - we have been saved through faith and not by works (Ephesians 2:8-9).
- The punishments you deserved were placed on Jesus.
- Our restoration can only begin when we recognize the full extent of our need.
- The source: 100% grace.
- The reception: through faith.

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# Beautiful

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- The result: no condemnation (Romans 8:1).
- The beauty of God's re-creation (Ephesians 2:10).
- "We are God's handiwork, created in Christ Jesus to do good works."
- Some translations actually say "workmanship" or "masterpiece."
- We are beautiful in His eyes.

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# Misbeliefs

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I am a bad person. My past mistakes and guilty feelings confirm I am dirty, ugly, and unlovable.



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# Truth

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My soul (my true self), my physical appearance, my natural talents, and my personality (in their unchanging aspects) are beautiful in God's sight. He is my Designer and Maker.

*"You created my inmost being, you knit me together in my mother's womb."*

*Psalm 139*

# Part 6 - Called

1. The Lie of Angst
2. You Are Called (Ephesians 2:11-3:21)

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# Angst

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- Two lies from the enemy:
  - Misbelief #1 - you are not wanted or needed by anyone.
  - Misbelief #2 - you can only be happy when your life (career, relationships) reflect your accomplishments.
- Dangerous emotions: angst, hopelessness, anxiety.
- Another emotional cousin: purposelessness.

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# Angst

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- How do you deal with dangerous emotions?
  - Do you try to cover it by working more, eating more, shopping more, medicating yourself?
  - Do you withdraw, numb your feelings, deny your desires, lose your energy?
- One of the greatest problems with hopelessness and depression is the sense that nothing will help.

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# Called

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- Reflect on the magnitude of your calling.
  - God calls us into a new relationship (Ephesians 1:3-4).
  - God calls us to a new purpose (Ephesians 2:10).
  - God calls us to a new family (Ephesians 2:11-22).
  - God calls us to fulfill His plan (Ephesians 3:1-13).
  - God calls us to make our hearts Christ's home (Ephesians 3:14-21).

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# Misbeliefs

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I am not wanted or needed by anyone, my life has no purpose or meaning. I am victim of an unfair, uncaring world that only brings me pain.



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# Truth

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My life has an eternal purpose to fulfill. I have been created, equipped, and called by God in this moment of history to fulfill a unique role in His body that will demonstrate His mercy, love, diversity and unity to the world.

*“For we are His workmanship, created in Christ Jesus for good works, which God prepared beforehand so that we would walk in them.”*

*Ephesians 2:10*

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