

# 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

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# The Power of Mirrors

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- Story: Mary the cheerleader with a 3.7 grade average.
- The mirror of catching your parent's disapproval.
- The mirror of going to middle school and seeing that some of your fellow students are laughing at you.
- The mirror of a boss that says, "You don't measure up."
- The mirror of the media that says you have to have a perfect body to be acceptable.

# 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.

# Part 1 - Wanted

1. The Lie of Rejection
2. You Are Wanted (Ephesians 1:1-6)

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# Lie of Rejection

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- Story: Billy, orphanage, slept on floor, food in closet.
- What is your image of God?
- If we have a clear picture of who God is, we have an accurate picture of who we are.
- Romans 12:3 - “Do not think of yourself more highly than you ought, but rather think of yourself with sober judgment, in accordance with the faith God has distributed to each of you.”

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# Lie of Rejection

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- What does it mean to be “in Christ?”
- If we are “in Christ,” we have a real relationship with Him, not based on church membership or some moral behavior, but on genuine faith in Him.
- When we are “in Him,” and He is “in us,” then God sees us as He sees Jesus.
- Sadly many of us focus on what we have been saved *from* rather than what we are saved *for*.

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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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# You Are Wanted

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- One of the best pictures of our identity is found in Paul's letter to the Ephesians.
- The first half deals with what we have received, and the second half addresses the implications.
- We are chosen by God - you were handpicked by God for a relationship with Him.
- Chosen-ness is not based on our merit.

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# You Are Wanted

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- We no longer have to fill our lives with *ifs*.
- How do we break free from the disease of high-maintenance self-image?
- We have been adopted - God not only picked us out, but He has adopted us (rights and privileges of His family).
- In Rome, a wealthy citizen might adopt someone with a lot of potential. But here we read that the God of the universe would adopt ordinary people

## Part 2 - Valuable

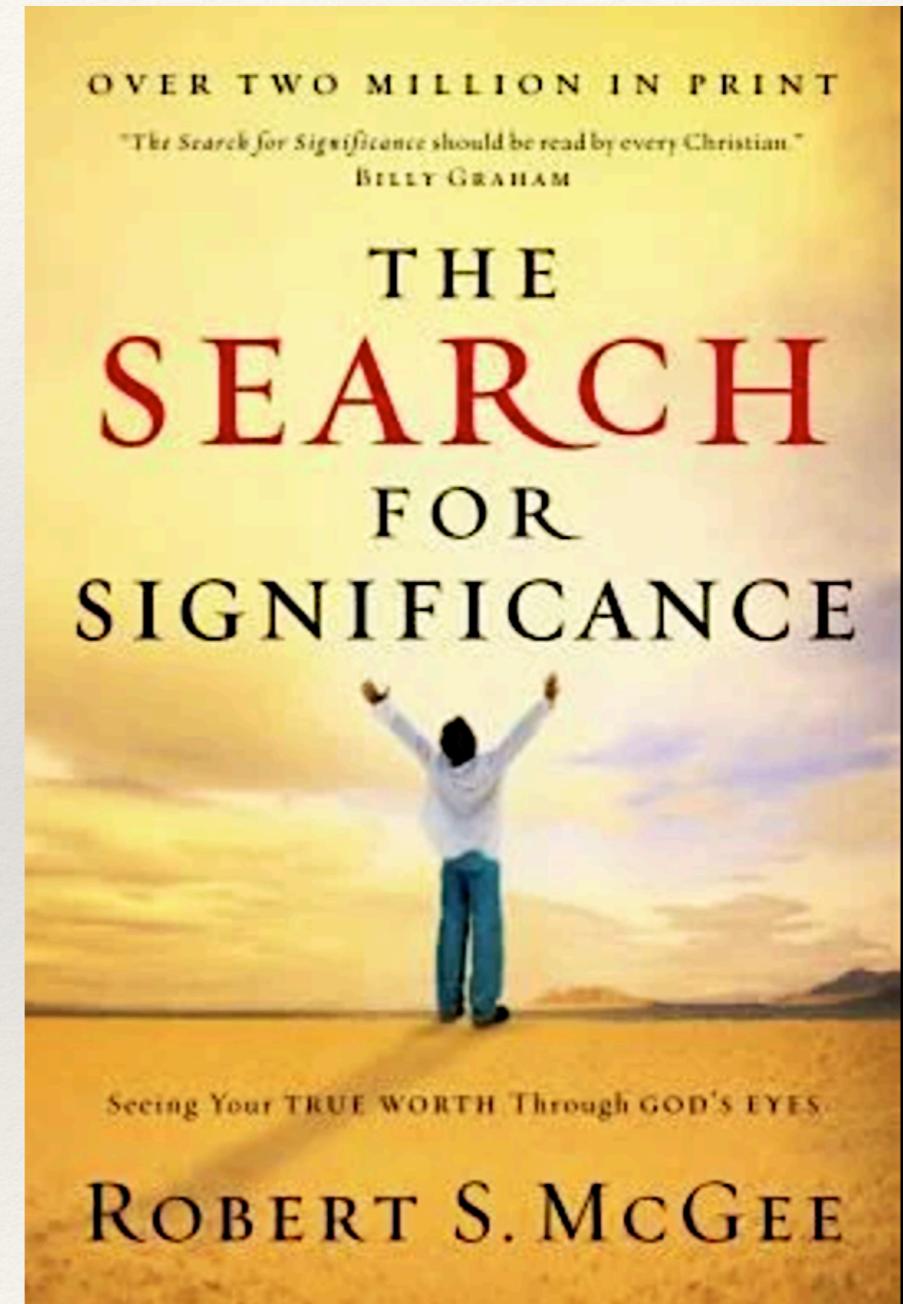
1. The Lie of Insignificance
2. You Are Valuable (Ephesians 1:7-10)

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# Lie of Insignificance

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- “From life’s onset, we find ourselves searching to satisfy some inner unexplained yearning.”
- “Our desire for acceptance pressures us to perform for the praise of others.”



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# Lie of Insignificance

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- Since our separation from God, we have failed to turn to Him to find out the truth about ourselves.
- People with a distorted message about self-worth spend a lifetime trying to find themselves or prove their worth.
- **Self-worth = performance + others' opinions**
- This formula is deeply ingrained in us so that we are powerfully drawn to addictions and habits we learned early in life.

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# Lie of Insignificance

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- Where do you seek identify apart from Christ?
  - Success - careers, achievement, awards, promotions
  - Education - letters after your name, skills acquired
  - Money - security in your bank account
  - Reputation - being great dad, mom, partner
  - Popularity - being recognized, social media

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# Lie of Insignificance

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- Needs for success and approval fall into two categories.
  - Compulsion - tend to be perfectionistic, driven to succeed, prone to workaholism, worry about what other people think about you
  - Withdrawal - avoid failure, avoid risk, gravitate to others who are comforting and kind.
- God has created billions of people with unique DNA and unique traits and abilities. He loves each of us.

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# You Are Valuable

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- 1 Corinthians 6:20 - “For you have been bought with a price: therefore honor God in your body.”
- Two boxes - difference between \$1,000 and \$1,000,000
- We are worth so much to God, because we cost Him the precious blood of His Son.
- We have infinite value in His eyes.
- We are not just chosen and adopted: we are *redeemed*.

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# You Are Valuable

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- What does it mean to be redeemed?
- In Ephesus, they would have in the agora, a platform for slaves being sold.
- Paul uses that image to portray our redemption as a purchase—the price God has paid to redeem us from our enslavement to sin and death and to set us free.
- Galatians 5:1 - “It is for freedom that Christ has set us free.”

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# You Are Valuable

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- As you start believing that you are chosen, adopted, and redeemed, you will progressively take on a new identity.
- Radical transformation takes time and require an intentional, systematic process.
- Mental assent is just the beginning; we change when the truth affects us emotionally and works its way out in our words and actions.

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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*

## Part 3 - Secure

1. The Lie of Fear
2. You Are Secure (Ephesians 1:11-14)

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# The Lie of Fear

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- Story: Chip and his mother (Psalm 46), new ministry.
  - Fear of physical harm or death
  - Fear of rejection or being alone
  - Fear of punishment or judgment
  - Anxiety, guilt, doubts, and condemnation
- The Bible says “fear not” or “do not be afraid” well over one hundred times.

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# The Lie of Fear

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- Where have you placed your hopes for security?
  - Is it in your brains? Confident you can figure it out.
  - Is it in your money? Enough in the bank.
  - Is it in your family? Marriage, children, parents.
  - It is in your work? Right career, right company, etc.

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# You Are Secure

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- You are wanted, valuable, chosen, adopted, redeemed, and significant.

“For I am convinced that neither death, nor life, nor angels, nor principalities, nor things present, nor things to come, nor powers, nor height, nor depth, nor any other created thing, will be able to separate us from the love of God, which is in Christ Jesus our Lord.”

Romans 8:38-39

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# You Are Secure

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- Sadly we may not see God as a friend but instead as an unrelenting evaluator who is down on us and never pleased with us.
- Believing that God is your friend helps transform your relationship with Him.
- God's wrath was poured out on Christ for our sins. That means that God will not punish those in Christ.
- That would be redundant. We are secure in Christ.

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# You Are Secure

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- Transformation is a process.
  - Your relationship with God is determined by your relationship with His Word.
  - Your relationship with God is also determined by your relationship with the rest of His body.
- We are secure in Christ because “we were included in Christ” (Ephesians 1:13).

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# You Are Secure

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- The process of change begins with replacing lies with truth.
- One of the fundamental lies that undermines our security is the belief that we are unworthy of love and deserve to be punished.
- Either we try to prove our worth and try to earn love or we withdraw in order to avoid failure.
- Neither response allows us to receive God's love.

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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*

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- 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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