

# BECOME WHO YOU REALLY ARE

— *Alan Platt* —

## STUDY GUIDE

### SESSION 1:

### *Died with Christ*

#### *SESSION BIG IDEA*

The Bible speaks of the fact that as a Christian you have died and have been buried with Christ. This might be the most important concept to understand as you start out on your Christian walk.

#### *WATCH*

Session 1: Died with Christ (14 min)

#### *THINGS TO LOOK FOR IN THE VIDEO:*

When Paul explains this concept in Romans Chapter 6, he 3 times uses the word KNOW! Discover what it is he desires for us to KNOW.

In essence, when Jesus Christ died on the cross, He did not die alone. Redemption requires that you see yourself included in that moment when Christ died.

The Christian walk starts with our recognition of our own death and burial. YOU DIED WITH HIM – you have to see your own grave – you have buried your old life and identity in Adam.

#### *Notes*

## *PERSONAL REFLECTION*

Do you see yourself being identified with Christ when He died on the cross?

What do you understand in knowing you are included in that moment when Christ died?

Reflect on your own baptism as the tangible reference to being buried with Christ.

How does the Christian walk start with our recognition of our own death and burial?

## *APPLY WHAT YOU'VE LEARNED*

YOU DIED WITH HIM – you have to see your own grave – you have buried your old life and identity in Adam. List the deficiencies of your life that were crucified with Christ. Accept that they no longer define your identity.

How do you intend on growing into the different levels of knowing more deeply about your association with Christ in his death and burial?

## SESSION 2:

### *Died with Christ*

### *SESSION BIG IDEA*

2000 years ago, Jesus Christ died – He was crucified on the cross, and in dying, He became the eternal sacrifice for our sins. He was the sacrificial lamb; the Lamb of God taking away the sin (its power and effect) of the world.

### *WATCH*

Session 2: Died with Christ (18.5 min)

### *THINGS TO LOOK FOR IN THE VIDEO:*

When a new vehicle is created, it is not released until it is compared – in every respect – to all of the specifications of the original prototype. This is exactly what God as the creator of our lives had in mind for us. God had a blueprint – a prototype – and his name was Jesus Christ.

There are some primary things that we have been set free from, of which the first is sin, and we have this incredible knowledge that we have been set **free from the power of sin**.

You are also set **free from the effects of sin**, which are Guilt, Shame and Pain.

### *Notes*

## *PERSONAL REFLECTION*

The apostle Paul would say: "I was crucified with Christ, and I no longer live but Christ lives his life through me." That becomes the personal proclamation of each one of us – "I died with Christ!" A divine transfer has taken place. The old Sin Nature has been removed now that you are in Christ – you have become a partaker of the divine nature.

You are set free from Guilt and Shame.

- Guilt – is the result of having done something wrong
- Shame – is a sense of wrongness - of being bad or of being a sinner.

A life controlled by guilt and shame causes us to contribute to the pain, brokenness, and damage we see in our world today.

## *APPLY WHAT YOU'VE LEARNED*

Declare yourself as righteous in Christ. See yourself no longer as a sinner because that is what we were in Adam. We became righteous because we are in Christ.

Make a decision about seeing your true identity in Christ. Knowing that the way you see yourself is the way you will live. It is the way you will engage with others and with life.

## SESSION 3:

### *Raised with Christ*

#### *SESSION BIG IDEA*

God as the creator of our lives had a destiny in mind for us. God had a blueprint of this destiny – a Prototype – and his name was Jesus Christ.

We need to become aware of the truth about our identity, the truth about our design, the truth about our likeness, the truth about the new creation. This is the good news of the gospel.

#### *WATCH*

Session 3: Raised with Christ (17 min)

#### *THINGS TO LOOK FOR IN THE VIDEO:*

Every human being is either “**in Adam**” or “**in Christ**”. There is no middle ground or gray area in this matter. In Adam we died – in Christ we were made alive.

Our foundation is the revelation of the finished work of Christ. It's the belief that when He said on the cross, **it is finished**, He had us in mind – proclaiming the transition for us, from the inferior life in Adam to sharing in His triumph and His victory.

#### *Notes*

## *PERSONAL REFLECTION*

Do you see yourself in Christ? That positions you to represent His very life here on earth.

Are you aware that He predestined you to be conformed to the image of His Son? Where are your roots? Reflect on what it means to have your roots in Christ.

We do not have to work for the recognition and acceptance of the Father, we need to receive the love and the affirmation of the Father. We do not function for acceptance; we function **from** acceptance.

## *APPLY WHAT YOU'VE LEARNED*

Proclaim over yourself your new identity in Christ as the only true reference of who you now are. Say it out loud.

Recognize this new life, and do not try to orient yourself using an inferior religious framework of do's and don'ts.

Knowing that you are now IN CHRIST, and were Raised in Christ in newness of life, you are a brand-new creation reflecting the design of Jesus Christ. List what this practically means in the areas of your life that you previously struggled to have victory over.

## SESSION 4:

### *Raised with Christ*

### *SESSION BIG IDEA*

Jesus was raised from the dead – we need to see ourselves in that resurrection moment. When He was raised, we were raised into newness of life.

The resurrection reveals to us what it means to live in this new life in Christ. We were associated in Adam, therefore we died, but now we are associated in Christ. Therefore, we live a new resurrected life.

### *WATCH*

Session 4: Raised with Christ (21 min)

### *THINGS TO LOOK FOR IN THE VIDEO:*

The reference to **NEWNESS OF LIFE**... This is the discovery of your new life in Christ, now being dead to the old you and alive to the real you, having been **co-crucified, now co-raised and co-alive!**

Our conduct – the way we live life – is in essence the result of a revelation of our new position, of who we are in Christ. In essence our conduct is the result of the appreciation that we hold concerning our identity. **Our behavior is a clear reflection of what we believe to be true about ourselves.**

### *Notes*

## *PERSONAL REFLECTION*

Consider the concepts below from Romans 6 to be true of yourself:

For if we have been joined together in the likeness of His death, **we shall also be ...as** Christ was raised... **even so** we also should walk in newness of life.

Consider what the implications of this resurrected life would be for different areas of your life which you might be struggling to have victory in.

Give thought to the fact that you have become a glorious union with Christ! You were in Him in his death; now discover that He infused in you a new identity!

## *APPLY WHAT YOU'VE LEARNED*

Your complete existence is defined by Him, now choose to let the detail of your day-to-day life flow from this new consciousness of your true identity and worth.

Consider, what needs to change in your conduct? The way you choose to live must now be aligned to the revelation of who you are in Christ Jesus.

Confess over your life the following: I am no longer a sinner – **I am the righteousness of God.** I no longer have a sin nature – **I am a partaker of the divine nature.** I no longer live – **Christ Jesus lives His life in me.**



## SESSION 5:

### *Seated with Christ*

#### *SESSION BIG IDEA*

You are complete in Christ. This is a Key statement you are to hear and understand in your journey as a Christ follower. It starts with our understanding of our inclusion in His death, where we died to our old inferior life in Adam that was dominated by sin and darkness. And then we have been raised as a new creation into newness of life. Then we are invited to SHARE IN HIS TRIUMPH AND VICTORY associated with Him in his ASCENSION to be SEATED WITH CHRIST in heavenly places

#### *WATCH*

Session 5: Seated with Christ (19 min)

#### *THINGS TO LOOK FOR IN THE VIDEO:*

The reference to **being seated in heavenly places** is positioning us to discover that we are called to now represent the Christ life; His **presence** and His **mission** here on earth.

We are not arrogantly engaging the world with the attitude that we are now in charge, taking over the world, but rather, we come to serve and to fill the world with **light, love and life**.

#### *Notes*

## PERSONAL REFLECTION

Consider that our revealing His triumph is found in the spreading of His glorious fragrance and aroma in the world.

Jesus sent his disciples out as Lambs amongst Wolves. Give thought to the fact that He was sending them in the power of the opposite spirit, and what that means in your own life.

Consider what it would mean in practical terms for you to live as a fully devoted follower of Christ who will affect the community around you in establishing His Kingdom.

## APPLY WHAT YOU'VE LEARNED

The opposite spirit represents the kingdom way of life.

Rate yourself on a scale of 1 to 5:

- |  |   |   |   |   |   |
|--|---|---|---|---|---|
|  | 1 | 2 | 3 | 4 | 5 |
| • Where there is hatred, you bring love. ....                    |   |   |   |   |   |
| • Where there is greed, you show generosity. ....                | 1 | 2 | 3 | 4 | 5 |
| • Where there is pride, you show humility. ....                  | 1 | 2 | 3 | 4 | 5 |
| • Where there is self-centeredness, you lay your life down. .... | 1 | 2 | 3 | 4 | 5 |

Choose to move away from performance and receive by grace the acceptance of the Father over your life. Proclaim out loud that IN Jesus you are **accepted, significant** and **secure**.

Acknowledge God is present, and there will always be more than enough.

## SESSION 6:

### *Seated with Christ*

#### *SESSION BIG IDEA*

Paul challenges us to make the throne room our place of abode and the point of reference for everything we do in our lives. Becoming affectionately acquainted with Throne Room thoughts will keep you from being distracted again by the earthly soul-ruled realm.

#### *WATCH*

Session 6: Seated with Christ (21min)

#### *THINGS TO LOOK FOR IN THE VIDEO:*

The reference that we have come to such a place of persuasion in the achievement of Christ – into such a place of recognition of His triumph; knowing Him as the champion of the universe and at the same time viewing Him as the very reflection of our own identity!

The discovery of being seated with Christ as my new position in life will affect my conduct in life. But we literally have to 'sit well' before we can 'walk well'.

You have become a union with God and now have access to the new Testament inheritance.

#### *Notes*

## *PERSONAL REFLECTION*

What you behold, you become. What does it mean for you to pursue with diligence the understanding of the consequences of your co-inclusion in Christ?

Realise that the impact of his accomplished work is found in your transformed life. Not just blessed, or encouraged, but transformed!

Consider that heavenly places is no longer a destination, but rather it is the point of departure for a life reflecting His Kingdom influence now on earth.

## *APPLY WHAT YOU'VE LEARNED*

Decide to relocate yourself mentally! The discovery of being seated with Christ as your new position in life will affect your conduct in life.

Recognising that we have to sit well before we walk well, choose to embark on a rhythm of life that constantly will align you to the understanding of His opinion over your life.

Acknowledge that you have become unified with God, and that you have an inheritance of all that belongs to God.

Choose to reposition your life with authority and start to live out your purpose, your calling and your alignment to His mission.