

## 1 **Codependence Workshop**

Module 10: Embracing Authentic Identity

## 2 **Embracing Authentic Identity**

- Closing the doors of the past – we can enter into the new as we properly address the old
- Understand the systemic changes in our life are necessary. We cannot merely focus on “adding some good” into areas of our life that are broken
- When we look at identity, we need may need to see ourselves through an entirely new filter

## 3 **Growth**

- Wherever we stopped growing in a healthy way and had to turn to coping and survival mechanisms, is where we need to start growing once again
- If we never went through a healthy stage of finding our abilities, seeing who we are, and finding a sense of purpose, we may be beginning a journey for the first time ever.
- Embrace this – don’t run from it. When God restores us – He gives us back something even better (Adam and Eve versus Jesus).
- We die to “self” – “self effort”, “self defense”, “self protection”, “self surviving”, so that we can live and become aligned with God’s purpose for us.

## 4 **Embracing Authentic Identity**

Identity Theft

- Family roles
- Relationships
- Appearance/Sexuality
- Material possession
- Reputation
- Work

## 5 **Embracing Authentic Identity**

Understanding true identity:

- Identity is a core issue. It is the very “essence” of our being - the intricate and detailed things that make us who we are.
- The only potential we have to truly capture our identity is to ask our maker and manufacturer.

## 6 **Embracing Authentic Identity**

- We find identity at a spiritual level with God, as his spiritual child
- We find identity at a personal level through our own skills, talents, life calling, etc.
- We find identity that we bring into our relationships
- We find identity that enables us to carry our unique calling out to serve others

## 7 **Embracing Authentic Identity**

- Who God Says We Are
- Claiming God’s promises (Who we are in Christ)
  - We must first have faith in order for the seed of that promise to have the “soil” where it can be planted into our hearts. (Hebrews 11:1)
  - We must speak that truth into our personal situation, even if we “feel” differently.
  - We must hang on to that promise and claim it, even when things don’t “appear” externally to align with God says. (This allows the promise to take root)
  - We must wait and see the faithfulness of God translate this promise into a reality. This produces the actual fruit of that promise. (Gal 6:9)

8  **Embracing Authentic Identity**

Seeking Identity:

- Spiritual Gifts
- Life Gifts
- Personality

9  **Embracing Authentic Identity**

Seeking Vision:

- A vision from God is always planted in the truth of God's word. Therefore, if our "vision" has anything in opposition to God's Word, we know it's not from Him.
- A vision from God will provide generalities, not necessarily details. We need to wait and let God provide each detail as we need it.
- A vision may be for the future, not right now. In others words, God may place a calling or fulfill a desire that will take time to complete. This will test our faith, just as Abraham and Sarah were tested.
- God can't deny His own vision and plan for our life, therefore, we never have to fear that it won't be fulfilled.