

# **10 Days to Living a Transformed Life**

Discover God's Blueprint  
For Your Life

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# Forward

Have you had a hard time changing things in your character or life? Have you ever tried to move forward only to find yourself stuck by your past or present situation? Do you have desires you never pursued because you felt restrained?

Have you ever made a decision to move forward in your life but after seeing some success you were not able to sustain that success?

This course is phase one of several which will assist you in discovering God's plan for living a life that you were born to live. Most people have never understood God's desire for them and think of Him as an angry old man trying to escape connection. Nothing could be future from the truth as you discover a loving creator who has an amazing plan for your life.

In this introductory 10-day transformation course, you will discover a life that rises above any outside influence or obstacle you have ever faced or will face. You will discover how partner with the God of the universe to achieve your purpose.

*“We have become inseparably linked to you. Our constant desire for you is that you might be overwhelmed with the knowledge of God's dream for your lives. We pray that the pattern of his wisdom and thoughts will fall into place for you in all spiritual understanding”*

Colossians 1:9-10 (Mirror)

The purpose of this course is to take you on a journey that will be transformational. Not only will it give you a new view on life but it will free you to live a more productive, purposeful life.

Every person born into this world was born with an amazing potential to make a difference in this world with his or her life. We each dream to live a more fulfilled, completed life but all too often get stuck. Somehow we have come to believe that we are helpless to move forward in our dream, primarily because of the world we grew up in. We look at our present circumstances and see no way out.

The Gospel represents a new dynamic, a new way of life that had been hidden for thousands of years. It represents the power and life of God Himself showing up on the scenes of humanity and demonstrating His love for His children.

In it, we see an almost too-good-to-be-true demonstration of love, forgiveness, and transformation for our lives. This leads us to a life that is productive and fruitful.

God's plan for you started in the beginning of time, God imagined you. He desired someone in whom he could place His image and likeness and have a relationship with.

We know that Mankind forgot their creator, resulting in a lost identity. This was the reason that Jesus came to earth. He demonstrated and revealed to us that there was no place God would rather be than to have a broken relationship restored.

## 10 Days To Living a Transformed Life

The Bible tells us that we were not the invention of our parents. Quite possibly your arrival might have been a surprise to your parents. But it was not to God, He knew you before you were ever formed in your mother's womb. Jer. 1:5

This course will take you by the hand and show you God's blueprint for your life. It will allow you to experience God up close and personal. The result will change your life forever.

Simply read one lesson and then answer the questions in the worksheet. If you have questions, ask your transformation coach and they will be there to help you.

### **Join Our Community**

Join our Facebook group. This is a great way to connect with others who are discovering these same truths. Ask questions, get idea's on growing your own group and more!

**[www.facebook.com/groups/GraceNation/](http://www.facebook.com/groups/GraceNation/)**


This book is being printed with a variety of covers in different countries. To learn more about how you can get involved visit the above link or go to our page at: [www.GraceEmpoweredLiving.com](http://www.GraceEmpoweredLiving.com)

**Be Purposful In Everything  
You Do. Rise To The Fullness  
of Your Identity!**

**NOW IS THE TIME!**

# DAY ONE

## I BELIEVE AND AFFIRM



**I am more than what I am  
currently experiencing in my life!**

*Although the current circumstances and  
problems in my life look impossible, I affirm  
that "I am more than a conqueror"*

Clearly, life will do it's best to define who you are. Life is funny like that. We each look for identity and definition as we grow throughout our life. We look for affirmation and love, acceptance and truth from our world around us. The earth from which our bodies were made tries to define who we are.

In the end, people define themselves by what they are experiencing. We identify our own worth by what is going on around us, our successes and yes, even problems and issues we may be facing. This is a trap that will lead into an emotional roller coaster of being up one day and down the next. Why? Because what we experience from day to day is subject to change.

## God Never Changes

It was never meant to be like that. Your definitions in life should come only from your origin, God Himself. God is perfect and He establishes that perfection in you through His love gift, Jesus Christ. You now have been given authority and dominion on earth. You are His proxy, which means that He wants you to act on the behalf of God. You are in partnership with Him, representing his kingdom.

You must believe that you came from God's best in spite of everything you may be experiencing right now.

*“In this, love is completed and perfected with us, so that we may have confidence in the day of judgment; because as **He is, so are we in this world.**”* I John 4:17

If you have received Jesus Christ as your savior then you are a part of His family. In the same way, you have an identity that came from your parents, family, and experiences. God your heavenly Father wants to reveal to you an identify that comes from Him.

You now are born from above and because of that you have a new identity as his son or daughter.



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Your definition comes from God! Ask yourself the question, “Is God whole or broken, rich or poor, healed or sick?” How does God deal with obstacles and trouble? Does He have confidence that comes from knowing that He is greater than any difficulty?

**“As He is, so are you in the world!”**

God does not see you as weak, poor or valueless. When He looks at you, He sees you as His own child. When He sees you he sees Jesus. I know that may be hard to grasp, especially when you may see yourself as not perfect or not deserving of God’s love. But Jesus came because of God’s love for you.

He overcame every obstacle and problem you and I face on your behalf. He took your place on the cross so that you could experience peace.

*These things I have spoken to you, that in Me you may have peace. In the world you will have tribulation; but be of good cheer, I have overcome the world.”*

John 16:33

If Jesus said that He has overcome then it means you have overcome! Establish this truth in your heart. Declare it and choose to define yourself by this message.

Read each of these passages from the Bible and know that they represent how God sees you.

The One who is in me is greater than he that is in the world. (1 John 4:4)

I have been made in the very image and likeness of God Himself. This is my heritage. (Genesis 1:27)

I have the mind of Christ; therefore I act in a way that is consistent with His actions. (1 Corinthians 2:16)

I am known, chosen, redeemed, forgiven, fearfully and wonderfully made, adopted into the family of God.

I am confident in how I walk, talk and act because I know that I came from God who loves me unconditionally.

My identity is based on the unchanging solid rock. I am safe, I am secure and I am loved!

God wants to reveal to you that He is a good God and only good. It's hard to trust in someone you don't know anything about. This is why God came to earth and revealed God as a father to us.

Jesus is what the Bible is all about, and you are what Jesus is all about!

## Day One Self-Study

Genesis 2:7 tells us that God formed man *of* the dust of the ground, and breathed into his nostrils the breath of life; and man became a living being.

Which of the two parts should we be more identified with, the dust and dirt or the breath of God's life and DNA?

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*Then God said, "Let Us make man in Our image, according to Our likeness; let them have **dominion** over the fish of the sea, over the birds of the air, and over the cattle, over all the earth and over every creeping thing that creep on earth"*

(Genesis 1:26)

In the above scripture, what is God's motivation, purpose, and mandate behind mankind's creation?

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What does it mean to rule by proxy?

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A FAMOUS THEOLOGIAN ONCE SAID, “WITHOUT GOD MAN CANNOT but WITHOUT MAN GOD will not” -JOHN WESLEY

According to this statement, it seems that on earth man cannot do anything without God. But what does this say about God when He wants to do something on earth?

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It seems that there needs to be a partnership between God and man for things to happen on \_\_\_\_\_

You have an identity that came from your parents, family, and experiences. God your heavenly Father wants to introduce you to a new identity as His \_\_\_\_\_ and \_\_\_\_\_.

The Bible says you are adopted.

1 John 3:2

My loved ones, *we have been adopted into God’s family; and* we are officially His children now. The full picture of our destiny is not yet clear, but we know this much: when Jesus appears, we will be like Him because we will see Him just as He is.

What makes you part of God’s family?

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## 10 Days To Living a Transformed Life

1 John 3:8b

The reason the Son of God was made manifest (visible) was to undo (destroy, loosen, and dissolve) the works the devil.

Why did the Jesus come into the world?

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## DAY TWO

### I BELIEVE AND AFFIRM

**The conclusions about who I am and what I am capable of do not come from my past or present definitions and experiences!**

*I reject the old mindsets of the past and I embrace the new! I trust in the greater one inside of me. His conclusions about my life are based upon a greater truth.*

We grow up in a world that predisposes us to a life of limitation. Therefore it is important that we establish our hearts in the truth of who God says we are and not our past or present experiences.

You may have grown up in a world that convinced you that were not enough, that somehow you were lacking. You might have been told that you had no worth or were stupid. Whatever beliefs you may have, you need to know that if they contradict how God sees you, then they are a lie.

These are false beliefs that will hold you back and imprison you in a life of limitation. You won't be able live and act out of a place of confidence. You won't be able to experience love as completely as you should.

Your past and present experiences may have been negative or on the other hand, may, in fact, have been positive.

The bottom line is that the strength of personality that you need will never come from such places. Your true strength can only come from an unshakable foundation of knowing that God is a good God and only a good God.

Why do bad things happen? Bad things happen in our world because we live in a world that has been built on a wrong foundation. The core belief of our world is that somehow our definitions come from the world outside of ourselves. If things are good, we feel good, if things are going bad, we feel bad.

It's no wonder people are depressed. A CNN website article reported that antidepressant use has skyrocketed nearly 400% in the United States since the late 1980s.

As a result, we do not approach life from a position or posture of strength. This low place is where the majority of people function.



## 10 Days To Living a Transformed Life

Our world makes those things outside of ourselves the priorities on which we are to build our lives. From what we eat, drink, wear, housing, protection, security and even where we gain our significance from.

Why do we react negatively to circumstances?

We react because we do not have an innate awareness that we are larger than what we are experiencing or what we have built our lives upon. We act or react out of a heart belief that is based out on survival, fear, and lack.

*Jesus said, “do not worry about your life, what you will eat or what you will drink; nor about your body, what you will put on. Is not life more than food and the body more than clothing?”*

Notice what He says here, “Is not life more...” God is telling you that your value and worth rises above all else that would try to define you.

*Look at the birds of the air, for they neither sow nor reap nor gather into barns; yet your heavenly Father feeds them. Are you not of more value than they? Which of you by worrying can add one cubit to his stature?*

You have to answer the questions and make the choice; “Will my definitions about my life come from my past and present conditions?” “Am I more than what I am experiencing?”

When our focus is right our priorities will be in sync and harmony with the Kingdom of God. When our focus is wrong, we end up building our lives on foundations that won't last.

What is the kingdom?

It means God's government, God's rulership, God's dominion over the earth. The Kingdom of God means God's will executed, God's jurisdiction, Heavens influence, God's impact and influence.

The Bible has a lot to say about this. You are not what you have experienced; you are not what you are currently experiencing!

God defines you as His child of His Kingdom.

Religion postpones the Kingdom to a future experience. God's desire for you is that you enter the Kingdom life now and experience, explore, apply, practice, and enjoy living with the benefits, promises, and privileges of Heaven on earth.

**Scriptures to Help You Set The Sail of Your Life.**

I am God's child.

*Galatians 3:26*

I am a whole new person with a whole new life.

*2 Corinthians 5:17*

I am totally and completely forgiven.

*1 John 1:9*

I am created In God's likeness.

*Ephesians 4:24*

The One who is in me is greater than he that is in the world. (1 John 4:4)

I have been made in the very image and likeness of God Himself. This is my heritage. (Genesis 1:27)

I have the mind of Christ; therefore I act in a way that is consistent with His actions. (1 Corinthians 2:16)

I am known, chosen, redeemed, forgiven, fearfully and wonderfully made, adopted into the family of God.

I am confident in how I walk, talk and act because I know that I came from God who loves me unconditionally.

My identity is based on the unchanging solid rock. I am safe, I am secure and I am loved!



## Day Two Self-Study

The core belief of our world is that somehow the definitions of ourselves come from the world outside of ourselves. List out some things that we typically make our priority.

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*Therefore I tell you, do not worry about your life, what you will eat or drink; or about your body, what you will wear. Is no life more important than food, and the body more important than clothes? (Matthew 6:25)*

When our priorities are focused on the kingdom of God our life is more than what? \_\_\_\_\_

The word worry means to be consumed in thought, mental preoccupation, fretting, fear of the unknown.

Should these worries be the primary motivator for human action? \_\_\_\_\_

Do you think this kind of thinking is habit forming?

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What should my focus be on? \_\_\_\_\_

*Look at the birds of the air; they do not sow or reap or store away in barns, and yet your heavenly father feeds them. Are you not much more valuable than they? Who of you by worrying can add a single hour to his life?  
(Matthew 6:26-27)*

*But seek first His kingdom and His righteousness, and all these things will be given to you as well (Matthew 6:33)*

In the above verse what does Jesus tell should be our priority and primary preoccupation in life?

\_\_\_\_\_

If the word Kingdom of God means rulership, dominion and influence, who was put in charge in the Garden of Eden to administer this authority? \_\_\_\_\_

What God has given us is right now! Religion however \_\_\_\_\_ the Kingdom to a future experience.

## DAY THREE

### I BELIEVE AND AFFIRM



**I am created to supersede and rise above the dictates of my environment; not to be controlled by it!**

*My life is not the end result of what may be happening around me. God promised that everything works out for my good therefore I expect good things to happen for me.*

*“So we are convinced that every detail of our lives is continually woven together to fit into God’s perfect plan of bringing good into our lives, for we are his lovers who have been called to fulfill his designed purpose.”*

Rom. 8:27 (Passion)

In life we make wrong and good choices. God promises that as we rely and trust in Him, he will direct our paths.

A good example would be the Guidance Positioning System (GPS) system in an automobile or on our smart phones. Even though we might make a wrong turn, the GPS recalibrates to get us back on track.

God's Positioning System works the same way. We know that God is always at work taking us into the direction of His will for our lives. He has a way of turning negative and bad experiences that we have gone through and bringing good things out of them.

I am God's design and as such I have a purpose. My purpose is bigger than the dictates of what goes on around me. The winds and currents of life may be blowing in the direction of my life or they may be in opposition.

It is not the wind or current that determines my destination. The destination of my purpose is determined by the setting of my sail.

Motivational speaker Jim Rohn uses the example of a person being in a sailboat being driven by the winds of life. The same wind blows on us all; the winds of disaster, opportunity and change.

Each and every one of us feel and sense the effects of this wind upon our lives. We can either be an accommodator to the circumstances of life, the people and the conditions in our life, allowing them to dictate to us, or we can create our own destination by the setting of our sail.



## 10 Days To Living a Transformed Life

What does the setting of your sail mean to you? It is the establishment in your life of the truth that you are more than some feather caught by the winds of life. You have a God-given purpose and it is this purpose that establishes you.

***I am called to fulfill His designed purpose and blueprint for my life!***

You are not a wannabe trying to find your identity in a world that only promises to fall apart in your hands.

Your life is more!

You were made in the image and likeness of God Himself. You were created to be a superior being that supersedes the dictates and influences of this life.

*“What is man that you are mindful of him, And the son of man that You visit him?”*

*For you have made him a little lower than the angels, And You have crowned him with glory and honor.*

*You have made him to have dominion over the works of your hands; You have put all things under his feet,”*

Ps. 8:4-6

It may be hard to imagine this when you are surrounded by difficulties and opposition. The biggest battle you will ever face is the battle that is in the mind. Realizing that God has a greater plan for you in the midst of current situations that speak otherwise is the fight each of us must face.

Negative emotions will try to overpower you but you must set the direction of your life by the sails of new beliefs that speak the opposite.

Persuade your heart where it concerns God's intention for your life, no matter what may be happening around you.

Yes, your mind will fight you every step of the way to keep the old mindsets. But God has a plan and a purpose for you. Establish your heart in truth, choose to see yourself as He sees you and your life will change direction.

Declare with me the words:

This is not who I am, this does not represent God's will for my life. This is unacceptable on every level. *"Greater is He that is in me, than he that is in the world."* (I John 1:4)

*"For I know the plans I have for you," declares the LORD, "plans to prosper you and not to harm you, plans to give you hope and a future. Jer.29:11 (NIV)*

## Day Three Self-Study

*“So we are convinced that every detail of our lives is continually woven together to fit into God’s perfect plan of bringing good into our lives, for we are his lovers who have been called to fulfill his designed purpose.”*

Rom. 8:27 (Passion)

According to the above scripture, God is involved in our lives even when we don’t realize it. Write down one example where you have seen this in your own life.

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It’s easy to blame God for bad things that have taken place in our lives. Have you ever wondered why God would allow something bad or negative to happen?

YES      NO

If God has chosen to work through humanity to bring about His Kingdom on the Earth then whose fault is it when bad things happen in the world?

GOD or MANKIND?

The Bible tells us, For all have sinned and FALL SHORT OF THE GLORY of God. Romans 3:23

The word glory here could be replaced with the word, “blueprint”.

Is the problem with humanity, his behavior or a lost blueprint?

Mankind has lost God's blueprint / Identity and purpose.

The result is \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Realizing this brings us to understand what we have accepted as normal may not be normal at all.

What are some ways we can persuade our hearts about God's blueprint and identity for your lives?

## DAY FOUR

### I BELIEVE AND AFFIRM

**I am complete and the moment  
I come into that awareness is the  
moment I truly start experiencing it!**



*I am in Christ! My completeness flows from  
the consciousness of my true identity and worth  
as defined in Him. He sets me free to live my design.*

A man or woman who sees themselves as incomplete is like someone who is a slave to their environment. They are chained to the fact that they are like an empty glass that now must be filled.

A man was seen wandering in the desert. He had already been without water for 3 days. He had become delirious and was now seeing things that were not there. He had only one thing in mind, water!

Suddenly in the distance, he could see a vehicle coming his way. He thought at first it was just another mirage but then it became obvious. He was going to be rescued!

The vehicle pulled up and two men jumped out to help him. What do you need sir, they asked. He could hardly get the words out, Water, Water.

They explained to him that they had just finished their container of water and were returning to town. Again, the words were heard, Water, I need water.

They reached into the back of their vehicle and pulled out a bucket with about a quart of dirty black water at the bottom. They explained that this was all they had. The man's thirst was unbearable and at this moment he thought that anything would help to quench the thirst, so he drank what he would never have believed he would.

Thirst is a funny thing, it will drive a person to do things they thought they would never do. It will cause us to go places we never intended. The sad thing is that this eventually becomes our new normal.

Because we are born into this world incomplete, we search our entire lifetime to quench the thirst to satisfy our inner needs. These needs drive us toward finding completion and lead us to believe that we can only be satisfied through those things that are outside of ourselves.

## 10 Days To Living a Transformed Life

The Bible promises an answer to the thirst of man and that answer is Jesus Christ Himself. He satisfies every yearning that we have. He is love and it is that love that provides us the significance and relevance we seek.

*For in Him dwells all the fullness of the Godhead bodily; and you are complete in Him, who is the head of all principality and power.*

Col. 2:10

Prior to salvation, we are incomplete and there is a constant striving in each of us to satisfy this inner thirst. Through the new birth, we are complete in Christ and our hunger now should only be for more revelation of what we already have in Christ.

In the same way that Jesus had the fullness of God in Him, we also have the fullness of Christ in us. That makes us complete and perfect in Him, speaking of our spiritual man. Our born-again spirit is identical in righteousness, authority, and power to Christ's spirit, because our born-again spirit is the Spirit of Christ (Rom. 8:9). It has been sent into our hearts crying "Abba Father" (Gal. 4:6).

The Bible tells us that when we are saved we are translated from the power of darkness into the kingdom of light (Col 1:1). This tells us that you moved from one kingdom to another one whether you are conscious of it or not.

Your position in the kingdom of God as his child is secure and complete, yet you may not understand everything about what that means.

We are told to renew our minds to the truth of who we are and what this new kingdom life means to us personally.

A man handed a \$20 bill to another person and asked, "What is this piece of paper worth?" The answer came quickly, "Why, it is worth \$20," the person replied. After the \$20 was handed back the man threw it on the ground and stomped and ground it until it was covered in dirt and mud. The question was asked again, "What is the value of this piece of paper now?" "Why, the answer is the same as my first, it is \$20!," was the person's reply.

The man looked intently back at the person who was now holding the crumpled \$20 bill. He said, "It doesn't matter how dirty you may think you are, or who or where you have been. You are worth the payment paid by God's dear Son!

Realize that your worth is not based on your own experience; it is based on the payment another one was willing to pay for it.



## Day Four Self-Study

If indeed we are complete in Christ, what do you think are the reasons why we are not aware of it in our personal lives?

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Why do people think God is judging them when He Himself has declared them holy and righteous?

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Read the story in the Bible about Jesus and the Samaritan woman. John 4:1-26

1. What did Jesus know about her personal life?

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2. Did Jesus condemn her because of these things?

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3. What did Jesus talk with her about?

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4. Jesus knew the real reasons to why she was driven toward finding answers in other men. What do you think she was looking for?

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5. When Jesus talked to the Samaritan woman about the water He had, how do you think it would satisfy her personal needs and thirst?

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If a person is choosing to drink from contaminated water (wrong behavior) is it a sign that:

- A. They are acting out of habit and old beliefs?
- B. They don't see the well of pure water in front of them?
- C. They are desperately thirsty and willing to drink anything?
- D. All of the above

According to Colossians 1:1 if you are trusting in Jesus as your Lord and Savior what kingdom are you in?


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Can you be in the kingdom of light and your mind still think and function in the kingdom of darkness?

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## DAY FIVE

### I BELIEVE AND AFFIRM



**I believe that limitless living can only be found by an identity capable of supporting it!**

*My life in Christ prepares me to hold and sustain every blessing, answer and miracle as they come to me.*

Identity is at the core of what makes you, you. It is your own understanding of who you are. When you look into a mirror, who do you see?

These self-beliefs affect and control every area of our lives and how we respond to our world. They affect the relationships and people we connect with and even who we marry.

Ever wonder why you feel uncomfortable when in a different social group setting that perhaps you haven't been a part of before? That is because your self-beliefs have become accustomed to what feels normal and when you step out of that you go into what is called a survival mode. Your self-concept can affect the level of success you experience in life and even your health.

The evaluations we give ourselves come from our childhood and experiences as we grow up. You may have grown up in a family that was not as supportive as it could have been, and then again, maybe you did. What matters is the conclusions you came to about who you are.

Two siblings can grow up in the same home, but one perceives and concludes something entirely different from the other. You might wonder how can this be, as adults shouldn't they both be the same?

A small child may hear their parents fighting between themselves and go on and conclude that he or she is not loved because they are not doing enough to solve their parents problems. They compensate by becoming the "good" daughter or son. They find their identity in living up to the opinions and standards of others.

Their sibling may have heard the same argument but reached a different conclusion. This one was a little more independent and looked for identity in being the rebellious black sheep. Some of this can be the result of having different personalities and temperaments which cause them to see things differently from others.

## 10 Days To Living a Transformed Life

Yes, in many ways, you might say we are all the end results of our environment and are hopelessly trapped with no way out.

We are born into a fallen world because of the sin of Adam and Eve. As a result, we lost our blueprint about who we are as God's children. We had little choice but to look outside ourselves for identity.

This is why Jesus was born into this world. The Bible says that God Himself took upon Himself the form of a servant and came to Earth as a man for the purpose of restoring man's lost identity.

God reveals to us that we are His children; we are part of his DNA. You have been restored fully into the family and are now fully unconditionally loved by Him.

It isn't until we understand this that can we walk in it. It is difficult to walk and experience it for ourselves when we look at all of our own shortcomings. We just cannot believe that God is now calling us His son and daughter.

We feel like we are underserving imposters of His blessings. We look at our lives and make personal judgments that tell us whether we are worthy or not.

In the end, we disqualify ourselves from the goodness of God in our lives when in fact we are qualified.

I stood in an Airport talking with a wealthy older lady. She found it difficult to believe that God would love her because she had so many possessions.

I explained to her that when God looked at her He no longer saw imperfection. Jesus took her imperfections through His death, burial and resurrection. When Jesus died her imperfections died. When Jesus was buried, her imperfections were buried. But when Jesus rose from the dead, she was raised in perfection! God sees her in Christ, perfect! I asked her if she was willing to put her trust in what God provided for her and not in her own view and opinion. She gladly chose Jesus and was saved.

### **Identity is everything!**

It will either stop you from experiencing God's goodness or it will allow you to receive everything He has for you. Who are you and what do you believe about who you are? Is it based on your past experiences or on something you are facing in your life right now or is it on what Jesus did for you?

## 10 Days To Living a Transformed Life

You may have gone through past abuse. You might have been the abuser. You might have guilt about something that took place in a past marriage or relationship. Whatever it is, you need to embrace God's forgiveness and then you need to forgive yourself.

You might be in need of healing and are thinking that God has forgotten about you, IS testing you or is angry at you. You see, these are all common wrong beliefs about who God is in our lives. He loves you as you are right now. He loves you as His son or daughter. It is not His will that you suffer. Embrace your true identity and see yourself as His own special child.

Therefore, if anyone is in Christ, he is a new creation; old things have passed away; behold, all things have become new. 2 Cor. 5:17

This is who you are no matter what you may be experiencing presently. The Holy Spirit desires to make this a reality in your life.

I have been justified. (Romans 5:1)

I am Christ's friend. (John 15:15)

I belong to God. (1 Corinthians 6:20)

I am assured all things work together for goodm (Romans 8:28)

I have been established, anointed and sealed by God (2 Corinthians 1:21-22)

I am confident that God will perfect the work He has begun in me (Philippians 1:6)

I am a citizen of heaven (Philippians 3:20)

I am hidden with Christ in God (Colossians 3:3)

I am born of God and the evil one cannot touch me (1 John 5:18)

I am blessed in the heavenly realms with every spiritual blessing (Ephesians 1:3)

I am chosen before the creation of the world (Ephesians 1:4, 11)

I am holy and blameless (Ephesians 1:4)

I am adopted as his child (Ephesians 1:5)



## Day Five Self-Study

Your personal identity is the way that you see yourself and is closely related to your self-image or self-belief. What areas of your life is affected by these beliefs?

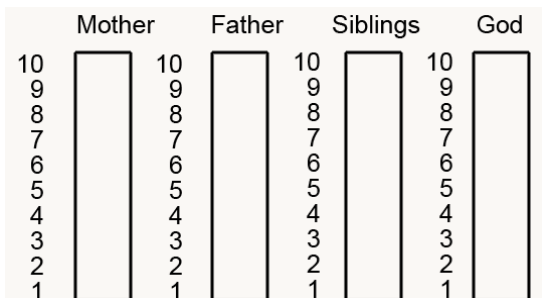
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How would you describe your childhood and experiences growing up? Circle one

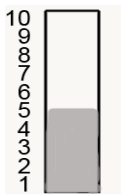
Negative 1 2 3 4 5 6 7 8 9 10 Positive

On the graph below, select a number between 1 and 10. At what level do you feel you met the expectations of each of the following relationships.

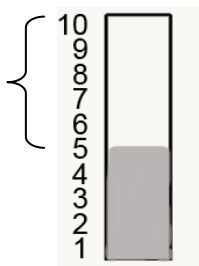
Choose #1 as not at all and #10 as very much!



Example:



The difference between the bracket shows the level of tension you have in that relationship.



How much tension is your answer for God?

---

*Therefore, if anyone is in Christ, he is a new creation; old things have passed away; behold, all things have become new. 2 Cor. 5:17*

Based on the above scripture what level are you now in Christ Jesus?

---

Have you met the expectations of God?

YES

NO

What has happened to the tension or friction you once had with God?

---

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## DAY SIX

### I BELIEVE AND AFFIRM

**I believe that my genesis  
is in God!**



*I am God's idea, he created me for purpose.  
I have his DNA which means, growth, creativity  
and fulfillment belongs to me.*

As we entered the auditorium that morning to find a seat we knew that we were in for a surprise. We had been told that this church was different in that they were breaking new ground where it concerned being a relevant voice to this generation.

This excited both of us because for years we had watched many churches lose their ability to release members into a relevant expression to the world. Instead, they became self-focused in attracting congregations to a pulpit-centered service rather than focused on helping them find and express their faith and voice to others outside the church.

That morning the minister shared the words of Jesus when he talked about being salt and light to the world. He read out of the book of Matthew from the Amplified version of the Bible:

The preacher read; Let me tell you why you are here. “You’re here to be salt-seasoning that brings out the God-flavors to the earth. If you lose your saltiness, how will people taste godliness? You’ve lost your usefulness and will end up in the garbage.”

After reflecting on the passage a bit, he continued reading.

“Here’s another way to put it: You’re here to be light, bringing out the God-colors in the world. God is not a secret to be kept. We’re going public with this, as public as a city on a hill. If I make you light-bearers, you don’t think I’m going to hide you under a bucket, do you? I’m putting you on a light stand. Now that I’ve put you there on a hilltop, on a light stand—shine! Keep open house; be generous with your lives. By opening up to others, you’ll prompt people to open up with God, this generous Father in heaven.” Matthew 5:13-16 (MSG)

The point that morning was that salt has purpose the same as light has purpose. We were individually set on this earth to display our unique “God flavor” and “God Color” to others. He went on to say that humanity has lost the true strength and quality of their saltiness because they are disconnected from God, out of harmony, as it were.

This was the purpose of Jesus, to realign and bring humanity back to what was lost, our true blueprint and identity. He went on to say that we now have the opportunity to be the forerunners in this glorious new lifestyle! I looked over at my wife Debra with excitement in my eyes, I could hardly believe what my ears were hearing. This was a message that had been in our hearts for years. We have always had a desire to make a difference

## 10 Days To Living a Transformed Life

with our lives and that was one reason we had come to check out this new church.

---

Look and you will see that everything has purpose and design. All creation speaks of intention, growth, and fulfillment.

“For since the creation of the world His invisible attributes are clearly seen, being understood by the things that are made, even His eternal power and Godhead, so that they are without excuse,” Rom. 1:20

The Christian life is unlike any other religion in the world. Its foundational message is that God’s desire is for each of us to live out our lives full of purpose, vibrancy, and fulfillment.

God’s desire is that our lives mirror His image and character on Earth. Our purpose is to reflect give voice to the excellencies of God.

This is what 1 Peter 1:9 means when it says that we are to show forth the “praises” of God who has called us to glory and virtue.

The word praises can be illustrated by a diamond reflecting the light that is shining onto it. Once the light hits it you see the various colors that are held within it. Blue, red, green and yellow all reflect God to the world around you in unique ways.

Your potential only remains a potential until you connect with the source. God desires to shine his light to all and through all, but it must be discerned and embraced.

This means that God has not only loved you from the beginning but has set you apart to represent Him. Your uniqueness sets you apart from every other human on the earth and makes you distinct and special.

**It is God's desire to flow through you into the world unhindered and unrestrained. God is creative and is continually expanding Himself through you, His creation.**

## Day Six Self-Study

*Therefore, if anyone is in Christ, he is a new creation; old things have passed away; behold, all things have become new. 2 Cor. 5:17*

Based on the above scripture, who is a new creation and how many things have passed away and become new?

---

The Christian life is unlike any other religion in the world. What makes Christianity different?

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*We have become his poetry, a re-created people that will fulfill the destiny he has given each of us, for we are joined to Jesus, the Anointed One. Even before we were born, God planned in advance our destiny and the good works we would do to fulfill it! Eph. 2:10 (Passion)*

What does the above scripture mean to you?

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When did God plan this for your life? \_\_\_\_\_

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What does the word praises mean in 1 Peter 1:9?

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## DAY 7

### I BELIEVE AND AFFIRM



**I believe that all humanity  
has been restored to live in  
harmony of their original  
design and blueprint.**

*The only criteria for enjoying the full benefits are  
to simply believe, trust and rely in God's grace gift!*

Learning to live from the outside is something that has taken place as a result of growing up in a world that is pre-disposed to living a life of limitation. Our five senses have become the information gatherers on which we have built our lives and the meeting of our inner needs.

It is what we call “our normal.”

If we live in a certain condition for very long we accept it as our normal and adapt to it as the way we think things should be. These become written on our heart as truth and become our way of life. We resist when new information comes our way that is different.

Sin can be defined as a life that is not congruent or in harmony with how life is meant to be lived.

Religion has typically defined sin as certain negative behaviors like pride, smoking, stealing, lying, and the like. But if you think about it, much of what we have called sin is not sin at all. Things like drug abuse or lust are the results of someone's trying to get their needs met from the outside in rather than the inside out. They are the outcome or fruit of a life that is not living congruently or in harmony with the way life is meant to be lived.

Keep in mind, the Ten Commandments represented laws and rules to a people who had no ability to connect internally to the source, God Himself! They only knew God from afar and in fact, had a distorted view and opinion of God.

The purpose of the Ten Commandment or the law was to bring people to the knowledge that it is impossible to meet God's standards on our own. Its purpose was to lead us to God's provision for our lives, Jesus Christ. Only through Him can we be justified and made righteous.

Romans 1:17 Talks about the power of God being revealed through the Gospel. The Gospel is the good news that we have been restored to our original design and blueprint.

## 10 Days To Living a Transformed Life

Not only are we restored but we have been given the ability to experience it firsthand in our own lives.

This not only refers to the corporate will of God for everyone in the entire world, but for us as individuals. This is something that has already taken place, that is why it is called good news. Once we hear the good news we simply believe, trust and rely on the provision that Jesus accomplished for us. This is hard for some people to accept, the news is just too good to believe.

The Gospel represents the finished work of what was accomplished on the cross -- which means that salvation is ours! Our salvation is much more than a promise that we will spend eternity in heaven when we die. We are saved from a life in which we are driven to satisfy the need-driven drives of our lives.

The word Salvation in the Greek is “sozo” which means “to save, deliver, protect, heal, preserve, do well, and be made whole.”

Romans 1:17 continues to say that the good news is the righteousness of God revealed to people. What is the righteousness of God? It is the will of God. It literally means the “right-wiseness” of God, or, “as it should be”.

The righteousness of God is not something we need to live up to somehow, it is something that is already ours. It is the full and complete measure of the revealed will of God for our lives!

One preacher was heard to say, “You need to become righteous, you need to be holy.” Sadly this dear minister did not have the revelation that is something that has already been given to us freely.

\*Righteousness unveils the life that God always had in mind for us and that is now ours. The cross of Christ was a success. God rescued the life of our design; he redeemed our innocence. Man would never again be judged righteous or unrighteous by his own ability to obey moral laws! It is no longer about what man must or must not do but about what Jesus has done! (\*Mirror commentary, page 25)

To receive this, simply believe, trust and rely on the provision of God’s grace gift to us.

## Day Seven Self-Study

Most people define the word “sin” as the actions of someone who has missed the mark!

In this chapter, I describe sin as the acts of someone who is not congruent or in \_\_\_\_\_ with how life is meant to be lived.

Our identity, how we see ourselves, has a lot to do with this. What do you think happens when we see ourselves the way God sees us?

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What is the purpose of the Ten Commandments?

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In Romans 1:17 the Gospel is called the Good \_\_\_\_\_.

Why is it good news? \_\_\_\_\_

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What does the word, salvation mean?

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_
7. \_\_\_\_\_

Romans 1:17 continues to say that the good news is the \_\_\_\_\_ of God revealed to people.

What are two definitions for the word, righteousness?

\_\_\_\_\_

\_\_\_\_\_


Is this something we need to live up to or something that is already ours?

\_\_\_\_\_

## DAY 8

### I BELIEVE AND AFFIRM

**I believe... that God's grace  
gift to the world is the  
finished and completed  
work which took place through  
Jesus Christ!**



The words rang out for all to hear as Jesus hung on the cross. “What was that he said?” one soldier asked. The other replied trembling, “Uh, I think he said, ‘it is finished’”.

It had been dark for 3 hours and everyone was in fear for their lives. Darkness had taken over the noonday sky. Everyone was pretty shaken up by then. “Maybe it is true, do you think we just crucified the son of God?”

Those wasn't the only words heard in the darkness. They had also heard earlier Jesus crying out, “My God, my God why have you left me?”

We know that Jesus experienced great pain that day, but it was nothing in comparison to the weight of sin he bore for us that day.

We know from scripture that Jesus took upon himself the full wrath and judgment of God that rightfully belonged to us. So much so that some say that he physically experienced every sickness and torment man has experienced during those three hours of darkness.

Here is how one prophet 700 years earlier described what Jesus was going to face.

*But he was wounded for our transgressions, he was bruised for our iniquities: the chastisement of our peace was upon him; and with his stripes we are healed.*

Isaiah 53:5

In the New Testament Peter quotes this same passage found in Isaiah after Jesus had died and was resurrected.

*Who Himself bore our sins in His own body on the tree, that we, having died to sins, might live for righteousness—by whose stripes you were healed.*

1Peter 2:24

Notice, the first passage was future, Peter put into the present tense that this was something that had already taken place on our behalf.

What do the words, “It is finished” mean? This quite literally means that Jesus completed his mission to redeem and restore all humanity back to that which was lost.

*According as his divine power hath given unto us all things that pertain unto life and godliness, through the knowledge of him that hath called us to glory and virtue.*

2 Peter 1:3



## 10 Days To Living a Transformed Life

The Christian life is not like an insurance policy that only pays off when we die and go to heaven. Every believer has now received the grace of God and the fullness of God. Everything He is, we now possess in our born-again spirits. We are complete in Him. (Col 2:9-10).

Most Christians don't believe this but rather they live in a constant state of trying to get God to do something He has already done. They are begging God to meet them at their point of need.

Faith righteousness believes it is already done. Works righteousness believes that somehow you need to convince God through your own efforts to get Him to accept you and answer your prayers.

If you didn't understand this then I can guarantee you, this is one of the main reasons you aren't receiving from God. You need to get a revelation of this. Jesus has already provided everything you will ever need. You're blessed with all spiritual blessings—all of them!

*Blessed be the God and Father of our Lord Jesus Christ, who hath blessed us with all spiritual blessings in heavenly places in Christ.*

Ephesians 1:3

This says He “*hath blessed us with all spiritual blessings,*” meaning it's already done. You already have *all* spiritual blessings. So, begging God or waiting on Him to bless you is counterproductive.

And yet the average Christian starts from that position. If they're sick in their bodies, instead of starting from “by His stripes, I *was* healed” (1 Pet. 2:24) or “I have the same power that raised Jesus from the dead living in me” (Eph.

1:19-20), they'll take the doctor's report or the pain in their bodies and say, "I'm sick. God, will You heal me?"

They start moving *toward* victory instead of coming *from* victory! Instead, see yourself coming from a victory that is already yours! This obviously changes our prayer life significantly. We are now enjoying intimacy with God as reveals His goodness to us.

**Today, see yourself complete in Christ. See that He has brought completion to your deepest need.**

## Day Eight Self-Study

Jesus took upon himself the full wrath and judgment of \_\_\_\_\_ that belonged to \_\_\_\_\_.

What is the difference between Isaiah 53:5 and 2 Peter 2:24?

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What do the words, It is finished mean?

---

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What is the difference between Faith righteousness and Works righteousness?

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Ephesians 1:3 tells us that we have been bless with how many blessings?

---

Are we moving toward victory instead of coming from  
victory?

---

## DAY 9

### I BELIEVE AND AFFIRM



**I believe... It is this Good News that leads me to a radical mind shift where it concerns my identity, original blueprint and design of what is truly possible for my life!**

God reveals to us what it means for us to live in the harmony of our original design and blueprint. As we come into that awareness we change our minds from our own views and opinions to God's view and opinion.

This is what it means to repent, to change your mind from something you once thought was true and replace it with the truth of God's word.

It all starts with what we believe. Our experience may be completely different and in fact, may be screaming at us in opposition. But God desires for us to experience freedom in every area of our lives.

Jesus said that if you are His follower then you will abide in his view and opinion and be able to experience freedom.

*“If you abide in My word, you are My disciples indeed. And you shall know the truth, and the truth shall make you free.”*

John 8:31,32

As we abide in the word we experience a radical mind shift in what we believe about God, what we believe about ourselves, and what we believe about our world.

When we change our beliefs our actions naturally change. But a person can change their actions without changing their beliefs.

Have you ever seen the picture of an iceberg where it shows both what is above the water and what is below? The picture reviews a massive amount of ice, far more ice under the water than above.

I think this is a good way of understanding our hearts and minds. We are conscious of our thoughts and beliefs but underneath it all, there is a massive amount of unconscious data that shapes our perceptions. We are making decisions all the time from this area of our lives. We may know that we have a difficult time trusting people or trusting God, but we are unconscious about the time we felt abandoned as a child or when we felt God “allowed” a bad situation to happen.

Unknowingly, we have made judgments that restrict our ability to live life as it was meant to be lived.

## 10 Days To Living a Transformed Life

As we come into a new reality about who we are in Christ and begin to get a correct view of God, we unconsciously begin to move in new directions. This is powerful because the Holy Spirit is continually establishing truth in our hearts, empowering us to live a life of victory.

I remember reading a story about an eagle who had been in captivity and was now being returned to the wild. At first, the eagle refused to get out of the open cage. Ten years of previous captivity seemed to have created an invisible barrier that kept him from flying.

The frustrated handlers did not know what to do to get the bird to realize that it was free. Then, after a few hours another eagle was seen flying overhead. Watching the flying eagle, the caged eagle stepped out and looked up, and in the distance, the call of freedom was heard. Immediately the once captive bird took flight!

The lesson here is that no flying lessons were required when truth was realized. The Christian life becomes one of effortless change as we discover our true identity and purpose in life.

This is the message of the Gospel. It changes our Christian experience from one of duty and struggle to freedom.

Many people struggle in their faith, because they have had a wrong view of God and the purpose of Jesus. Stop struggling, simply embrace what Jesus has provided for you.

*Are you tired? Worn out? Burned out on religion? Come to me. Get away with me and you'll recover your life. I'll show you how to take a real rest. Walk with me and work with me—watch how I do it. Learn the unforced rhythms of grace. I won't lay anything heavy or ill-fitting on you. Keep company with me and you'll learn to live freely and lightly.”*

Matt 11:28 MSG



## Day Nine Self-Study

It is Gods Good News that leads us to a radical mind shift  
my \_\_\_\_\_, \_\_\_\_\_ \_\_\_\_\_  
and \_\_\_\_\_.

*Jesus said to him, "If you can believe, all things are possible to him who believes." Mark 9:23 (NIV)*

How many things are possible if you believe?

\_\_\_\_\_

When we change our beliefs about our identity, what else naturally changes? \_\_\_\_\_

In what ways have you made judgements about yourself that have restricted your ability to live life as it was meant to be lived?

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

What happens when we come into a new reality about who we are in Christ and begin to get a correct view of God?

---

---

What does it mean to learn the unforced rhythms of grace for your life?

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## DAY 10

### I BELIEVE AND AFFIRM

**I believe... Once this truth is discovered it leads me to understand that "I AM ENOUGH!"**



*In other words, the need driven drives of my life have been met, I am complete! This is the definition of true contentment, peace and joy which is the aspiration of all humanity.*

God establishes truth in our lives through the work of the Holy Spirit, this leads us to the revelation that the need driven drives of our lives have been met! This is a powerful statement, the conclusion becomes obvious.

I am complete! This is the definition of true contentment, peace, and joy which is the aspiration of all humanity.

Rather than living from a position of victimhood, hurt or weakness, we stand firm in our identity in Christ and the self-knowledge that we are more than enough!

*Therefore, my beloved brethren, be steadfast, immovable, always abounding in the work of the Lord, knowing that your labor is not in vain in the Lord.*

1 Cor. 15:58

It's hard to imagine being steadfast, unmovable, always abounding when you live in a world where change is inevitable. Like I wrote earlier, we know that the winds of life blow upon each of us the same.

In light of this, how can I stand up against the winds that may try to redirect me and blow me off course?

Jesus gave His secret to standing firm in the midst of difficulty.

*These things I have spoken to you, that in Me you may have peace. In the world you will have tribulation; but be of good cheer, I have overcome the world.*

John 16:33

In this scripture, you will not find the typical answer that you might find in a book or in some self-help seminar.

Our culture tells us to simply pull yourself by your own bootstraps, fake it until you make it, turn to anti-depressants.

Jesus said that “men’s hearts will fail them from fear and the expectation of those things which are coming on the earth, for the powers of the heavens will be shaken.

The answer is in Jesus’s own words, He said, ‘...in me you may have peace!’”

In me, tells me to find my definition and identity in his provision. If my every need is meant in Him then I am complete! This means that I can stand in the midst of the storm while at the same time experiencing contentment, peace and joy.

## 10 Days To Living a Transformed Life

The Apostle Paul faced extreme difficulty during his ministry. He was persecuted, put in chains, beat often. He stated that he knew what it was to live at the top of society and he knew what it was to suffer need.

His said, "...in all things I have learned to be content." In other words, what took place in his life did not have an effect upon his life. He experienced the words and promise of Jesus and overcame.

Bottom line, what does this mean for us? What results can we expect in our own lives if we are connected to God's purpose and blueprint for our lives?

### **Here are five results or outcomes of living a life in Christ.**

1. God's love sets me free to live a life of significance that is not dependent on outside influences. Like it or not, we have learned to habitually walk according to the course of this world. If from a child you learned that love and significance were dependent on relationships, possessions, and titles you become in a sense a prisoner. Man's need to be loved is a powerful force that keeps us dependent and needy. We are now discovering that we are fully and unconditionally loved by God Himself and that has nothing to do with behavior.
2. We are no longer wandering throughout our lives looking for someone to fill our empty cup. Instead, because we understand that we are completely loved, our cup is not just full, it is running over full. We are now free to live life not out of emptiness but out of God's unrestricted fullness!
3. I am now a complete person who functions from an entirely different perspective. I am able to live from

the inside out rather than from the outside in where most of the world lives. I live a life that is able to love others more, unconditionally without strings attached.

4. I become more intentional about my larger purpose and can now draw strength from an awareness that God is in me both to will and to do of *His* good pleasure.
5. My identity and who I thought I was has now completely changed. The old fears of the past have dropped off from my life and I am now tapping into the gifts and callings of God for my life. I have learned that I am not an orphan dropped off at the corner of unwanted and unloved. I have a keen sense of fulfillment and purpose and as a result, live a life of positive influence in the lives of others around me.

It is God's desire that we each come into the full knowledge what the Gospel is all about. Our personal definitions about our own lives determine the level of success and failure we will experience in our lives. But it all starts with realizing the unmovable and threatened union we now have in Him. We are God's dream come true. Now discover it!

## Day Ten Self-Study

*Therefore, my beloved brethren, be steadfast, immovable, always abounding in the work of the Lord, knowing that your labor is not in vain in the Lord.*

1 Cor. 15:58

What three words in the above scripture describe God's promise to us?

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---

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*For it is [not your strength, but it is] God who is effectively at work in you, both to will and to work [that is, strengthening, energizing, and creating in you the longing and the ability to fulfill your purpose] for His good pleasure.*                      Philippians 2:13 (AMP)

Whose strength are we to do this in?

---

In John 16:33 Jesus tells us that we will have tribulation in the world. What is the promise he makes just after saying this?

---

## **The Five Results or Outcomes of Living a Life in Christ.**

1. God's love sets me free to live a life of \_\_\_\_\_.
2. My cup is \_\_\_\_\_
3. I am living from \_\_\_\_\_ versus \_\_\_\_\_
4. I become more \_\_\_\_\_ about my larger purpose in life.
5. The \_\_\_\_\_ of the past have dropped off from my life and I am now tapping into the \_\_\_\_\_ of God for my life.



## **SELF-STUDY SECTIONS**

Each day has a section for your own self-study. You can answer questions on your own, with someone or to inspire group discussion.

You will find answers in the chapter itself for that day or in the scripture reference that I give you.

The questions are meant to lead you into a greater knowledge of the truth of your identity in God, His purpose, and his promise for your life.

## **About The Author**

Scott Johnson is the author of numerous books. Along with his wife Debra he has served in ministry and business assisting individuals and entrepreneurs for 30 years.

They are the founders of Grace Empowered Living Ministries whose focus is to teach people to think more clearly about themselves, their potential and purpose, to live effective lives through the grace of God.

God has given Scott a special ability to transcend and communicate across many of the barriers that keep people from understanding and experiencing what he calls "a livable Christianity" that is real and genuine.

If you would like to schedule and have Scott speak to your group or next event, feel free to contact him at:

**Scott@GraceEmpoweredLiving.com**

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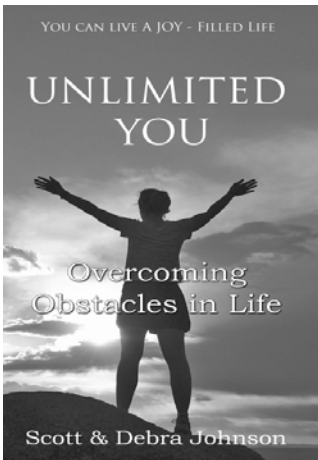
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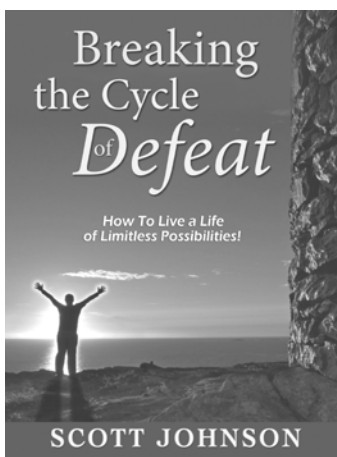


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