

# St. Padre Pio Center for Deliverance Counseling™

## Who You Are in Christ!

Bless yourself with Holy Water wherever you see ✠

Begin by renewal of baptismal promises:

### RENEWAL OF BAPTISMAL PROMISES

V. Do you reject Satan?

℞. I do.

V. And all his works?

℞. I do.

V. And all his empty promises?

℞. I do.

V. Do you believe in God, the Father Almighty, creator of heaven and earth?

℞. I do.

V. Do you believe in Jesus Christ, his only Son, our Lord, who was born of the Virgin Mary was crucified, died, and was buried, rose from the dead, and is now seated at the right hand of the Father?

℞. I do.

Do you believe in the Holy Spirit, the holy Catholic Church, the communion of saints, the forgiveness of sins, the resurrection of the body, and life everlasting?

℞. I do.

V. God, the all-powerful Father of our Lord Jesus Christ has given us a new birth by water and the Holy Spirit, and forgiven all our sins. May he also keep us faithful to our Lord Jesus Christ for ever and ever.

℞. Amen.

## WHO YOU ARE IN CHRIST

In order to gain freedom it is important to know who you are in Christ. Thus, you need to evaluate the concept you have of yourself as a Child of God, to acknowledge the truth about the relationship you have with God and God has with you, and to review your ideas about the nature of God as your Father.

The following statements summarize your identity in Christ. Knowing and affirming these statements will help you to find freedom. These statements should be read aloud daily for one month and then as often as needed after that.

### Litany of Who I Am in Christ

In the name of the Father, and of the Son, ✠ and of the Holy Spirit. Amen.

#### I am Accepted...

I have been adopted as God's child (Eph. 1:5)  
I am a child of God; God is my spiritual Father (Jn. 1:12; Rom. 8:14, 15; Gal. 3:26; 4:6)  
I am a child of God and one in Christ (Gal. 3:26,28).  
I am an heir of God since I am a child of God (Gal. 4:6,7).  
I am a joint heir with Christ, sharing His inheritance with Him (Rom. 8:17)  
I am united to the Lord and am one spirit with Him (1 Cor. 6:17)  
I have been bought with a price; I belong to God (1 Cor. 6:19, 20)  
I am a member of Christ's body (1 Cor. 12:27; Eph. 5:30)  
I am a fellow citizen with the rest of God's family (Eph. 2:19)  
I am a member of God's household (Eph. 2:19)  
I am Christ's friend (Jn. 15:15)  
I am an expression of the life of Christ because He is my life (Col. 3:4).  
I am chosen of God, holy and dearly loved (Col. 3:12; 1 Thes. 1:4).  
I am a new creation (2 Cor. 5:17).  
I am a saint (Eph. 1:1; 1 Cor. 1:2; Phil. 1:1; Col. 1:2).  
I have access to God through the Holy Spirit (Eph. 2:18)  
I am qualified to share in the inheritance of the saints (Col. 1:12)  
I am redeemed (Col. 1:14)  
I have fullness of life in Christ (Col. 2:10)

#### I am Secure...

I am in Jesus Christ and thus free from condemnation (Rom. 8:1, 2)  
I cannot be separated from the love of God (Rom. 8:35-39)  
I have been established, anointed, and sealed by God (2 Cor. 1:21, 22)  
I am hidden with Christ in God (Col. 3:3)  
I am a child of light and not of darkness (1 Thes. 5:5)  
I am confident that the good work that God has begun in me will be perfected (Phil. 1:6)  
I am a citizen of heaven (Phil. 3:20; Eph. 2:6)  
I have not been given a spirit of timidity or fear but of power, love, and self-discipline (2 Tim. 1:7)  
I am born of God, and the evil one—the devil—cannot touch me unless I let him or unless God allows it (1 Jn. 5:18)

### **I am Significant...**

I am the salt and light of the earth (Matt. 5:13, 14)  
I am a branch of the true vine, a channel of Christ's life (Jn. 15:1,5)  
I am chosen and appointed by Christ to bear His fruit (Jn. 15:16)  
I am a holy partaker of a heavenly calling (Heb. 3: 1).  
I am a partaker of Christ; I share in His life (Heb. 3:14).  
I am a personal witness of Christ (Acts 1:8)  
I am a temple—a dwelling place—of God. His Spirit and His life dwell in me (1 Cor. 3:16; 6:19)  
I am reconciled to God and am a messenger of conciliation (Mt 5:24; Rom 12:19)  
I am God's co-worker (2 Cor. 6:1; 1 Cor. 3:9)  
I am seated with Christ in the heavenly realm (Eph. 2:6)  
I am God's workmanship-His handiwork-born anew in Christ to do His work (Eph. 2: 10)  
I may approach God with freedom and confidence (Eph. 3:12)  
I can do all things through Christ who strengthens me (Phil. 4:13)  
I am one of God's living stones, being built up in Christ as a spiritual house (1 Pet. 2:5).  
I am a member of a chosen race, a royal priesthood, a holy nation, a people for God's own possession (1 Pet. 2:9, 10).  
I am an alien and stranger to this world in which I temporarily live (1 Pet. 2:11)  
I am an enemy of the devil (1 Pet. 5:8)  
I am a child of God and I will resemble Christ when He returns (1 Jn. 3:1,2).

### **I am in His Trusting Arms...**

I am secure knowing that God is not a liar, but keeps His promises  
(Jos. 21:45; Rom. 15:8; 2 Pet. 1:4)  
I am promised God's grace and mercy to help me in time of need (Heb. 4:16)  
I am promised that God will not allow me to be tempted beyond my strength (1 Cor. 10:13)  
I am promised that God will always provide me a way of escape from temptation  
(1 Cor. 10:13)  
I am promised that all things work together for good (Rom. 8:28)  
I am promised that I will be cleansed of sin when I confess (1 Jn. 1:9)  
I am promised victory through our Lord Jesus Christ (1 Cor. 15:57).  
I am promised eternal life when I remain in God's friendship (Jn. 10:27,28; Mk. 16:16;  
Matt. 24:13)

I am not the great "I am" (Ex. 3:14; Jn. 8:24,28,58),  
but by the grace of God, I am what I am (1 Cor. 15:10).

Thank You Lord for what I am in Christ. Help me to realize all that I am so that I may glorify you in all the ways of my life. Amen.