

# **LIFE TRANSFORMATION CHURCH**

## **Sermon Participant Guide**

**Year Theme:**

**Be Transformed**

**Quarter 1: Renewed Mind**

**Teaching Series:**

**“A Fresh Start”**

**Sermon Title:**

**“Who You Are In Christ”**

**Primary Scripture:**

**2 Corinthians 5:17**

**Supporting Scriptures:**

**Ephesians 1:3–7**

**Romans 8:1**

**1 Peter 2:9**

**Year Theme:**

**Be Transformed**

## **FAST COMPLETION ENCOURAGEMENT**

As we close our 21-Day Fast, we pause to reflect on what God has done within us.

This fast was not about perfection — it was about positioning.

Not about striving — but about seeing more clearly.

Before God calls us to live transformed, He grounds us in identity.

Before action comes understanding.

Before obedience comes belief.

 Reflection:

What has God revealed to me about myself during this fast?

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## **INTRODUCTION — IDENTITY BEFORE ACTIVITY**

Transformation does not begin with behavior — it begins with belief.

Many believers love God deeply but still live under the weight of shame, insecurity, or their past. Scripture reminds us that new life in Christ is not future tense — it is present reality.

 Reflection:

Where do I tend to define myself by my past instead of God's truth?

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# POINT 1 — YOUR IDENTITY IS A GIFT, NOT A GOAL

(2 Corinthians 5:17; Ephesians 1:3–7)

## 1.1 You Are Blessed Before You Perform

In Christ, blessing comes before effort, growth, or maturity.

Identity is received — not achieved.

 Reflection:

Where do I feel pressure to “do better” in order to feel accepted?

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## 1.2 Redemption Redefines Your Story

Your past may explain your journey, but it no longer defines your standing.

Redemption reframes your story through grace.

 Reflection:

What part of my past am I still allowing to shape how I see myself?

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Application — This Week:

- ☐ Release the pressure to earn God’s approval
- ☐ Accept what Christ has already secured
- ☐ Let grace reshape how I see myself

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# POINT 2 — A RENEWED MIND BREAKS THE POWER OF CONDEMNATION

(Romans 8:1)

## 2.1 Condemnation Distorts Identity

Condemnation keeps us stuck in shame. Renewal moves us forward in truth.

 Reflection:

What condemning thought do I need to stop agreeing with?

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## 2.2 The Fast Exposed Old Thought Patterns

God exposed unhealthy thoughts not to shame us — but to heal us.

 Reflection:

What thought patterns surfaced during the fast that need renewal?

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Application — This Week:

- ☐ Identify thoughts that contradict God's grace
- ☐ Replace them with Scripture-based truth
- ☐ Practice identity-based self-talk

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# POINT 3 — YOU ARE CHOSEN TO LIVE DISTINCTLY

(1 Peter 2:9)

## 3.1 Identity Comes Before Behavior

We do not behave to belong — we belong, and then we learn how to live.

 Reflection:

How would my obedience change if I truly believed I am already chosen?

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## 3.2 Renewal Prepares Us for the Next Season

This season is about settling identity, not rushing activity.

What God renews internally now will be lived externally later.

 Reflection:

What do I sense God is preparing me for — without rushing me into it?

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Application — This Week:

- ☐ Embrace my identity as chosen and set apart
- ☐ Let renewed thinking become normal thinking
- ☐ Stay faithful in this season of renewal

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## CONCLUSION — SETTLED IN IDENTITY

You are not who you used to be.

You are not who shame says you are.

You are who God says you are.

Before God calls us to live transformed,

He ensures we think renewed.

 Final Reflection:

What truth about my identity do I need to carry forward after the fast?

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## PRAYER TO CARRY

God, thank You for renewing my mind and grounding my identity in Christ.

Help me walk forward without shame, pressure, or fear.

Let what You've begun in me take deep root.

In Jesus' name, amen.