

God Wants You Free From Your Past

Please describe what freedom means to you.

Write down the areas in your life where you do not feel free.

YOUR NEW IDENTITY

In order to embrace the truth that sets you free, you must be clear about what God did for your identity when you became born-again. You were born into this world a three-part being with a spirit, a soul, and a physical body.

SPIRIT

Your spirit is the part of you that communicates directly with God. God is Spirit, so we must communicate with Him spirit to Spirit. Unfortunately, because of Adam and Eve's disobedience in the Garden of Eden, we were born into a world that is cut off from God. All of mankind is born inside the domain of sin and death.

“Sin came into the world through one person, and death came through sin. So death spread to everyone, because everyone sinned.” Romans 5:12

Sadly, our spirits begin life anchored inside spiritual darkness, unable to reach our Creator. We are so used to focusing on the natural elements around us that the spirit world seems silly and superfluous.

“But a natural man does not accept the things of the Spirit of God, for they are foolishness to him; and he cannot understand them, because they are spiritually discerned.” 1 Corinthians 2:14

But when you choose Jesus to be your Lord and Savior, your spirit passes from the domain of death into God’s Kingdom of life, and all your sins are washed away.

“As everyone dies because of Adam, so also everyone will be made alive because of Christ.” 1 Corinthians 15:22

“And you did he make alive, when you were dead through your trespasses and sins,” Ephesians 2:1

“For He rescued us from the domain of darkness, and transferred us to the kingdom of His beloved Son.” Colossians 1:13

Your transference from darkness to light was a birth process for your spirit. As your spirit entered into God’s Kingdom, you became a brand new creation. More importantly, God anchored your spirit inside His Kingdom of Heaven and connected you directly to Himself. Jesus has literally made your spirit a citizen of heaven. This is truly something to shout and sing about.

SOUL

The second part of your being is your soul. Your soul is made up of your mind, your will and your emotions. Your soul houses your current belief system. Unfortunately, you did not receive a new soul when you accepted Jesus. Many people become born-again and are confused because they don’t feel any different. That is because their thoughts and emotions have not yet been transformed. Their belief system is still plugged up with lies formed in darkness.

Transformation happens as you begin replacing the lies with God’s truth, learning about your new identify in Christ and surrendering control of your life to God’s Spirit. This process takes time. It took time to be conditioned to the world, and it will take time to be re-conditioned to live God’s way.

If you are feeling at odds with yourself as a Christian, it’s because you are. Your spirit is already rejoicing in truth and light, but your soul is trying to maintain order inside a belief system that is radically under construction. This is a puzzling and sometimes agonizing state of being. That’s why you need to be compassionate with yourself and other Christians. We are all works in progress, getting acclimated to our new reality inside God’s Kingdom.

BODY

The third part of your being is your physical body. Obviously you didn't receive a new physical body when you accepted Jesus. Some people receive miraculous healings in their bodies at the time of their salvation. Hallelujah! But they still have the same body.

The only part of your being that was made brand new, upon conversion, is your spirit. God is now working through your spirit to transform your entire being.

PERSONAL TESTIMONY – THE DAY I SAW MY SPIRIT

One morning during an intimate prayer time, I saw a doorway in my mind's eye. Underneath the doorway was a bright flash of light. I asked the Holy Spirit, "What is that light?" Just then, the door opened, and I saw the most stunning creature of light billowing and floating before me. Whoa! I thought I was seeing my first angel. I asked the Holy Spirit what was going on. "This is Purity," He said. To me, Purity was absolutely the most magnificent-looking being I had ever seen. The Holy Spirit continued "This is what Jesus Christ did for you." He then revealed to me that this creature was MY spirit. It never occurred to me what my spirit might look like. It was stunning!

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

I tried to get my spirit's attention, but it was staring at Someone. It looked wholly devoted to this Person and I knew He was Jesus. I was overwhelmed with the realization that my spirit has already been made beautifully whole.

"and in Him you have been made complete..." Colossians 2:10

At that moment, every scripture about who I was in Christ became real to me. I knew my glorious spirit would NEVER sin.

"Likewise you also, **reckon yourselves to be dead indeed to sin, but alive to God in Christ Jesus our Lord.**" Romans 6:11

I now believed my spirit could boldly appear before God. She looked pure enough to go anywhere in Heaven.

"Let us therefore come boldly unto the throne of grace that we may obtain mercy, and find grace to help in time of need." Hebrews 4:16

My next thought was, "There is nothing left to strive for. Jesus has done it all for me."

"For by grace you have been saved through faith; and that not of yourselves, it is the gift of God; not as a result of works, so that no one may boast." Ephesians 2:9

The only thing left for me to do is praise Him.

“Rejoice in the Lord always; again I will say, rejoice!” Philippians 4:4

You need to know that your spirit is astonishing. I pray God will allow you to see it soon. But we are called to live by faith, so in the meantime you can choose to believe who God says you are in Christ. Your spirit is the most remarkable and truest part of yourself. It will never die. It is directly connected to the Lord and has already been given every spiritual blessing.

“Blessed be the God and Father of our Lord Jesus Christ, who has blessed us with every spiritual blessing in the heavenly places in Christ.” Ephesians 1:3

God sees our glorious born-again spirits that are without sin. He is absolutely delighted with us. Unfortunately, our souls are so jam-packed with our past identity and self-image that many Christians continue to strive for God’s love. You can’t make your born-again spirit any better than Christ already made it. No amount of striving or works will improve on God’s workmanship.

In his book, The Bondage Breaker, Neil T Anderson says, “Nothing is more foundational to your freedom from Satan’s bondage than understanding and affirming what God has done for you in Christ and who you are as His Child. Your attitudes, actions, responses and reactions to life’s circumstances are greatly affected by what you believe about yourself.” Anderson goes on to state, “Every defeated Christian I have worked with has had one thing in common. None of them have known who they were in Christ or have understood what it means to be a child of God.”

You simply cannot have two separate identities. The Scriptures tell us a double minded man is unstable in all his ways (James 1:8). Sooner or later you must choose who you are; your old sin nature or your new glorious creation. As grateful believers, we owe it to Jesus to have a complete paradigm shift regarding our identity.

“...put on the new man which was created according to God, in righteousness and true holiness.” Ephesians 2:10

Whatever aspect of yourself you focus on, you will strengthen and bring to the forefront of your being. So, I encourage you to read and believe every Scripture that describes who you are in the Spirit (Ephesians chapters 1-3). Praise God for your spirit. Think about your spirit. Proverbs 23:7 says “For as he thinks in his heart, so is he.” The Bible says to keep our attention on good things.

“Finally, brethren, whatever is true, whatever is honorable, whatever is right, whatever is pure, whatever is lovely, whatever is of good repute, if there is any excellence and if anything worthy of praise, dwell on these things. Phil 4:8

Here is a great truth to dwell on: Jesus Christ has already set your spirit one hundred percent free.

“Whom the Son makes free, is free indeed.” John 8:36

Inheritance Alert – Rest

When you truly believe the magnificence of who you already are in Jesus, your soul can finally enter into God’s rest.

“For the one who has entered His rest has himself also rested from his works, as God did from His. Therefore let us be diligent to enter that rest, so no one will fall, through following the same example of disobedience.”
Hebrews 4:10-11

God wants you to rest in the finished work of Christ. Jesus says:

"Come to Me, all who are weary and heavy-laden, and I will give you rest."
Matthew 11:28

God has placed your spirit securely inside His Kingdom so that you can live in a state of true rest. Your inheritance of REST can bring peace to your entire being. Let the restful state of your spirit seep down into your heart. Let it shift your mind out of high gear and bring all your physical systems into perfect balance. Rest is your inheritance in Christ. You are rich in rest. Do not forget to draw on this account every day.

VISION FOR YOUR FUTURE –

Proverbs 29:18 says, “Where there is no vision, the people perish.”

The purpose of this exercise is to conceptualize your spirit running every aspect of your life. Remember your spirit is seated in heavenly places, surrounded by God’s love, acceptance, wisdom, creativity and endless glory and life. With all this in mind, begin envisioning the manner in which your spirit would carry out the different roles in your life. Skip over any roles that do not apply to you. If there are roles that you are resisting or fearing (like getting married or having children) than I encourage you to complete those questions. It will be healing for you to see how well your spirit would handle those roles.

Holy Spirit, please show me the kind of husband/wife my spirit wants to be. Write details below.

What kind of parent does my spirit want to be?

What kind of son/daughter does my spirit want me to be?

Holy Spirit, please show me what kind of friend my spirit wants me to be.

What kind of boss/employee is my spirit? What is my spirit's attitude at my job?

What type of ministry has God created my spirit to do?

Hopefully this exercise has made you more aware of your spiritual identity and how awesome you already are. The word of God exhorts us to live out of our spiritual nature.

“But I say, walk by the Spirit, and you will not carry out the desire of the flesh.”
Galatians 5:16

We learn how to walk in the Spirit just like a baby learns how to walk in the natural. There is lots of falling down on the road to success. Every Christian has to start as a newborn. Being able to recognize your two natures and seeing how they differ is a fundamental step.

Tell the Holy Spirit what old attitudes or behaviors you would like to turn away from.

PRAYER - Jesus, thank You for providing me with a new glorious nature that enables me to behave and respond in a righteous, graceful manner. Help me not to waste time beating myself up, or feeling discouraged when I fall back into my old sin nature. Instead help me to remember that walking by the spirit is a process and You have already provided the forgiveness I need to be back in Your presence and empowered by Your Spirit as soon as turn to You. I am so grateful for Your everlasting love. Amen.

Construction Zone – SLOW DOWN

Jesus is here to remove the section of your wall that contains lies about your identity. It's time to haul away the enemy's garbage about your freedom.

Please turn back to the first page of this chapter and review your answer to the question "In what areas do you not feel free?"

Ask the Holy Spirit to show you the truth about your spirit in this area.

Are you now able to see how free you already are in Christ? If you uncovered any lies about your identity and abilities, renounce them and agree with God about who you are in Christ. Jesus is right here to haul away your old identity. Congratulations, that wall of lies distancing you from God just got smaller.

Praise The Lord.

Jesus loves gratitude. Scripture says:

"In everything give thanks; for this is God's will for you in Christ Jesus."
1 Thessalonians 5:18

Name three attributes of your new creation in Christ that you are grateful to God for giving you:

Private Practice

This week practice noticing when you are operating out of your spiritual nature, and when you are falling back into your old sin nature. Do not waste time doubting your good standing with God and feeling condemned. Just apologize to whomever you've offended, turn back to the God who loves you, and thank Him for how you already are in the Spirit.

As Christians, we cannot model perfection, we can only model growth. Jesus is the only perfect One. So have a great week growing and yielding to your new nature!!!