

## Christ-based Identity Guide

(based on Romans 8.1-11)

Often remind yourself that these are true of every believer.  
As you do, you can reduce the negative effects  
from chronic stress.

1. I am accepted by God (v 1).
2. I am free from the power and penalty of sin (v 2).
3. I am released from trying to measure up (v 2).
4. I am empowered to think a different way (v 5).
5. I am given life and peace (v 6).
6. I am pleasing to God (v 8).
7. I am given a new source of control (v 9a).
8. I am spiritually alive (v 10).
9. I am assured of a future destiny in heaven (v 11).
10. I am given the Holy Spirit who empowers and transforms me (although not mentioned in the first 11 verses, the Holy Spirit is mentioned 14 times later in this chapter).