

# Releasing Your True Identity

## *Lesson 21 – Teacher’s Guide*

1. We can’t please God if we’re in the flesh. Romans 7 describes living by our own natural, carnal ability. That’s why the results are defeat, failure, and an inability to do the desired good (Rom. 7:19). “Who will deliver me from this flesh?” (Rom. 7:24). Deliverance from the flesh comes through living by who we are in the spirit (Rom. 7:25).
  2. We must walk after the Spirit (Rom. 8:1). Our spirits are the only part of us in Christ Jesus. If we’re in the spirit, there is no condemnation to us whatsoever.
  3. Romans 8 is one of the most victorious chapters in the whole Bible because it’s written from the perspective of our born-again spirits. The frustration of living after the flesh described in Romans 7 is not the typical Christian life. Romans 8 describes the typical Christian life.
  4. This revelation of spirit, soul, and body unlocks so much of the Christian life. When we understand that it was our spirits that changed, then we can begin comprehending that who we are and what we have in Christ doesn’t fluctuate based on our performance. Once we believe, we must reject the flesh and walk by who we are in the spirit. As we cultivate a good image of who we are in Christ and it becomes real to us, we’ll release and experience our true identity.
  5. The Christian life is growing stronger in the spirit and weaker in the flesh. The flesh’s dominance steadily diminishes as we learn to consistently depend on and draw out more of what’s in our spirits. When we focus on who we are in the spirit by meditating on God’s Word, our flesh will bow the knee to the spirit’s rule and reign (Gal. 5:16-17). We’ll break the control of the flesh as we base our identity and potential on what the Word says about who we are in Christ. Instead of being controlled by our old carnal self, our spirit man will begin to dominate.
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1. A. What does Romans chapter 7 describe? (Living by our own natural, carnal ability)  
B. Read Romans 7:24-25. How does deliverance from the flesh come? (Through living by who we are in the spirit)
  2. A. How does Romans 8:1 reveal we should walk? (Not after the flesh, but after the Spirit)  
B. If we’re in the spirit, is there any condemnation to us whatsoever? (No)
  3. A. Why is Romans 8 one of the most victorious chapters in the whole Bible? (It’s written from the perspective of our born-again spirits)  
B. Which chapter best represents the typical Christian life—Romans 7 or 8? (Romans 8)
  4. A. What is it that unlocks so much of the Christian life? (This revelation of spirit, soul, and body)  
B. How do we release and experience our true identity? (We must cultivate a good image of who we are in Christ so that it becomes real to us)
  5. A. What is the Christian life? (It’s growing stronger in the spirit and weaker in the flesh)  
B. How do we break the control of the flesh? (We base our identity and potential on what the Word says about who we are in Christ)

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## Lesson 21

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You can't please God if you're in the flesh! Romans 7 describes living by your own natural, carnal ability. That's why the results are defeat, failure, and an inability to do the desired good (Rom. 7:19). In your flesh, you can't overcome, turn the other cheek, or forgive an unlimited number of times. That's why Paul said of his flesh:

**“O wretched man that I am! who shall deliver me from the body of this death?”** (Rom. 7:24).

In other words, Paul asked, “Who will deliver me from this flesh?” The very next verse contains the answer!

**“I thank God through Jesus Christ our Lord”** (Rom. 7:25).

Deliverance from the flesh comes through living by who you are in the spirit! From here, Paul launches right into Romans 8 with:

**“There is therefore”** (Rom. 8:1).

“Therefore” refers back to what has previously been said, which is that the flesh cannot please God (Rom. 7). Therefore, you must walk after the Spirit (Rom. 8).

**“There is therefore now no condemnation to them which are in Christ Jesus, who walk not after the flesh, but after the Spirit”** (Rom. 8:1).

Your spirit is the only part of you in Christ Jesus. If you are in the spirit, there is no condemnation to you whatsoever. That's good news!

Romans 8 is one of the most victorious chapters in the whole Bible! Why? It's written from the perspective of your born-again spirit. The frustration of living after the flesh described in Romans 7 is not the typical Christian life. Romans 7 speaks of a person trying to please God through their own natural effort. “O God, I'm trying to do better. I want to do better, but I just can't!” Why? It's impossible to serve God in the flesh. The word “spirit” is only used once in Romans 7 (verse 6). In contrast, it's used twenty-one times in Romans 8. It's Romans 8 that describes the typical Christian life. You've got to get over into the spirit!

This revelation of spirit, soul, and body unlocks so much of the Christian life! How can you live in the spirit if you don't know that it was your spirit that changed? When you understand that, you can begin comprehending that who you are and what you have in Christ doesn't fluctuate based on your performance. How can you release something you don't know or don't believe you have? Once you do believe, you must reject the flesh and walk by who you are in the spirit. Cultivate a good image of who you are in Christ, and let that become the real you. It's just a matter of discovering and releasing your true identity!



### *An Extroverted Introvert*

Through this, God's done a miracle in my life! I was extremely introverted before being turned on to the Lord. Because of nervousness and self-consciousness, I couldn't look someone in the face and talk without stammering. Now, God has me speaking to millions of people daily through television and radio. I've ministered to people face to face in meetings all around the world, sometimes up to five thousand at once. Yet, I'm not afraid, because it doesn't bother me anymore. I'm focused on who I am in the spirit!

My flesh is the same as it always was. I still have a tendency to be introverted. In fact, when I'm not focused on the Lord and someone catches me in the flesh, I still want to withdraw, not exert myself, and just go sit in the background. This natural part of me hasn't changed.

Most people think they're improving their flesh when they're born again. That's simply not true! You don't improve your natural self through the Christian life; you just become better at denying it. The improvement comes by choosing to recognize your new identity in Christ and letting those thoughts and actions manifest from your spirit.

When I take personality tests now, I always score the maximum in every category for extroverts. That's who I've chosen to be and who I've become in Christ. It's who my born-again spirit is. If you could somehow test me apart from my godly reactions, you'd find I'm still an introvert in my flesh.

### *Living from the Spirit*

The Christian life isn't your natural flesh becoming stronger in godliness so that you don't need the Holy Spirit as much as when you first began. Rather, it's growing stronger in the spirit and weaker in the flesh. The flesh's dominance steadily diminishes as you learn to consistently depend on and draw out more of what's in your spirit.

Focus on who you are in the spirit by meditating on God's Word, and your flesh will bow the knee to the spirit's rule and reign.

**“Walk in the Spirit, and ye shall not fulfil the lust of the flesh. For the flesh lusteth against the Spirit, and the Spirit against the flesh: and these are contrary the one to the other: so that ye cannot do the things that ye would”**  
(Gal. 5:16-17).

You'll break the control of the flesh as you base your identity and potential on what the Word says about who you are in Christ. Instead of being controlled by your old carnal self, your spirit man will begin to dominate.

My flesh is still basically timid and shy, but my spirit is as bold as a lion (Prov. 28:1)! Some people who travel on airlines push their way up to the counter and make demands whenever something goes wrong. I'm quite the opposite. I actually set my travel agent cards aside because the ticket agents almost never grant me any of those discounts. I'm just not a pushy guy! Yet, I

can be very bold and assertive when it comes to spiritual matters, or anything else of value to me. People have challenged me in services before. It's like the spirit of might comes upon me, and I just take care of it (Is. 11:2). That's because I've learned how to live more from my spirit than my flesh.

# Releasing Your True Identity

## Lesson 21 – Outline

1. You can't please God if you're in the flesh.
  - A. Romans 7 describes living by your own natural, carnal ability.
  - B. That's why the results are defeat, failure, and an inability to do the desired good (Rom. 7:19).
  - C. "Who will deliver me from this flesh?"

**"O wretched man that I am! who shall deliver me from the body of this death?"** (Rom. 7:24).

- D. Deliverance from the flesh comes through living by who you are in the spirit.

**"I thank God through Jesus Christ our Lord"** (Rom. 7:25).

2. You must walk after the Spirit (Rom. 8).

**"There is therefore now no condemnation to them which are in Christ Jesus, who walk not after the flesh, but after the Spirit"** (Rom. 8:1).

- A. Your spirit is the only part of you in Christ Jesus.
  - B. If you're in the spirit, there is no condemnation to you whatsoever.
3. Romans 8 is one of the most victorious chapters in the whole Bible because it's written from the perspective of your born-again spirit.
  - A. The frustration of living after the flesh described in Romans 7 is not the typical Christian life.
  - B. Romans 8 describes the typical Christian life.

4. This revelation of spirit, soul, and body unlocks so much of the Christian life.
  - A. When you understand that it was your spirit that changed, then you can begin comprehending that who you are and what you have in Christ doesn't fluctuate based on your performance.
  - B. Once you believe, you must reject the flesh and walk by who you are in the spirit.
  - C. As you cultivate a good image of who you are in Christ and it becomes real to you, you'll release and experience your true identity.

5. The Christian life is growing stronger in the spirit and weaker in the flesh.
- A. The flesh's dominance steadily diminishes as you learn to consistently depend on and draw out more of what's in your spirit.
  - B. Focus on who you are in the spirit by meditating on God's Word, and your flesh will bow the knee to the spirit's rule and reign.

**“Walk in the Spirit, and ye shall not fulfil the lust of the flesh. For the flesh lusteth against the Spirit, and the Spirit against the flesh: and these are contrary the one to the other: so that ye cannot do the things that ye would”**  
(Gal. 5:16-17).

- C. You'll break the control of the flesh as you base your identity and potential on what the Word says about who you are in Christ.
- D. Instead of being controlled by your old carnal self, your spirit man will begin to dominate.



# Releasing Your True Identity

## *Lesson 21 – Discipleship Questions*

1. What question does Paul ask in Romans 7:24?
2. According to Romans 7:25, what is the answer?
3. What word in Romans 8:1 refers back to what has previously been said?
4. How much condemnation is there now for those who are in Christ Jesus?
  - A. Much.
  - B. Little.
  - C. Some.
  - D. None.
5. Do we walk after the flesh or after the Spirit?
6. Which part of our beings is in Christ Jesus?
7. Which word describes Romans 7?
  - A. Frustration
  - B. Flesh.
  - C. Struggle.
  - D. All of the above.
  - E. None of the above.
8. Which word describes Romans 8?
  - A. Victory.
  - B. Spirit.
  - C. Love.
  - D. All of the above.
  - E. None of the above.
9. According to Galatians 5:16-17, how are we to walk?
10. What happens automatically—as a byproduct—as we walk this way?
11. What does the flesh lust against?
12. What does the Spirit lust against?

13. What one word in verse 17 best describes this relationship between the Spirit and the flesh?
14. What results from this?
15. According to Proverbs 28:1, what does the wicked do?
16. Who is as bold as a lion?
17. List the seven characteristics given of the Holy Spirit in Isaiah 11:2.



# Releasing Your True Identity

## *Lesson 21 – Answer Key*

1. Who shall deliver me from the body of this death?
2. I thank God through Jesus Christ our Lord.
3. Therefore.
4. D. None.
5. After the Spirit.
6. Our born-again spirits.
7. A. Frustration.  
B. Flesh.  
C. Struggle.  
D. All of the above.
8. A. Victory.  
B. Spirit.  
C. Love.  
D. All of the above.
9. In the Spirit.
10. We shall not fulfill the lust of the flesh.
11. The Spirit.
12. The flesh.
13. Contrary.
14. We cannot do the things that we would.
15. They flee when nobody pursues them.
16. The righteous.
17. A. The Spirit of the Lord.  
B. The Spirit of wisdom.  
C. The Spirit of understanding.  
D. The Spirit of counsel.  
E. The Spirit of might.  
F. The Spirit of knowledge.  
G. The Spirit of the fear of the Lord.

# **Releasing Your True Identity**

## *Lesson 21 – Scriptures*

**“For the good that I would I do not: but the evil which I would not, that I do”**  
(Rom. 7:19).

**“O wretched man that I am! who shall deliver me from the body of this death? I thank God through Jesus Christ our Lord. So then with the mind I myself serve the law of God; but with the flesh the law of sin”** (Rom. 7:24-25).

**“There is therefore now no condemnation to them which are in Christ Jesus, who walk not after the flesh, but after the Spirit”** (Rom. 8:1).

**“This I say then, Walk in the Spirit, and ye shall not fulfil the lust of the flesh. For the flesh lusteth against the Spirit, and the Spirit against the flesh: and these are contrary the one to the other: so that ye cannot do the things that ye would”** (Gal. 5:16-17).

**“The wicked flee when no man pursueth: but the righteous are bold as a lion”** (Prov. 28:1).

**“And the spirit of the LORD shall rest upon him, the spirit of wisdom and understanding, the spirit of counsel and might, the spirit of knowledge and of the fear of the LORD”** (Is. 11:2).