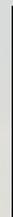


RECONNECT  
TO YOUR  
IDENTITY IN  
CHRIST



WITH MOIRA -THE FRIENDLY EAR

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*A gentle Reminder*  
**YOU ARE GOD'S  
DAUGHTER!**



‘I will be a Father to  
you, and you will be my  
sons and daughters,  
says the Lord  
Almighty.’

2 Corinthians 6:18 (NIV)

This is your identity in Christ and as such  
you are loved, forgiven and living in his  
grace without condemnation. Wow!! Not  
only that, but the Holy Spirit will guide you  
if you let him. It doesn't matter what we  
think of ourselves or what others think.

This is the truth.

# Thought 1

## LOVE

God knew what was going to happen in your life before he created you. He still created you because he loves you.

Spend 10 minutes thinking about this and journal any thoughts below or on the pages at the end.

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He will be with you in your future and he covers your past because he loves you.

Spend 10 minutes thinking about this and journal any thoughts below or on the pages at the end.

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'You formed my innermost being, shaping my delicate inside and my intricate outside and wove them together in my mother's womb.'

(Psalm 139:13\*)

"You've gone into my future to prepare the way and in kindness you follow behind me to spare me from the harm of my past..." (Psalm 139:5)



# Thought 2

## UNCONDITIONAL LOVE

He sent his son to die for  
you.

Spend 10 minutes thinking about this  
and journal any thoughts below  
or on the pages at the end.

A large area of white space with horizontal dotted lines for journaling.



'For here is the way God loved the world-he gave his only, unique son as a gift. So now everyone who believes in him will never perish but experience everlasting life.'

(John 3:16)



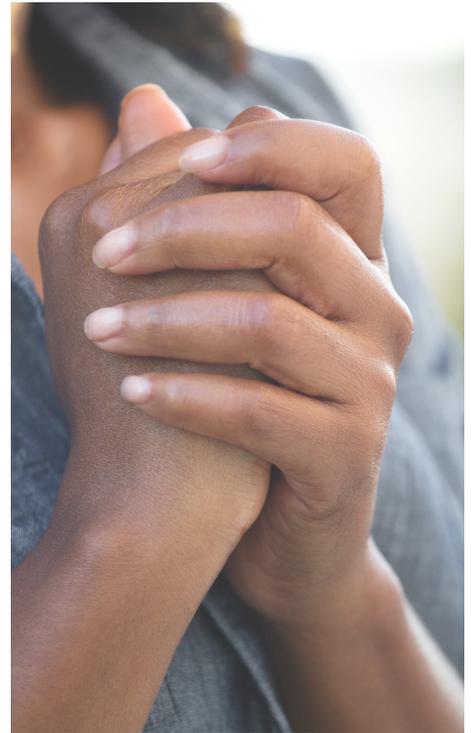
# Thought 3

## ETERNAL LOVE

He has put the Holy Spirit  
in you.

Spend 10 minutes thinking about this  
and journal any thoughts below  
or on the next page.

A large area of the page is filled with horizontal dotted lines, providing space for journaling or writing thoughts.



'I will ask the Father and he  
will give you another  
Saviour, the Holy Spirit of  
Truth who will be to you a  
friend just like me- and he  
will never leave you.'

(John 14:16 -17)



About

## GRACE AND FORGIVENESS

When nothing else seems to make sense, remember that God created you, Jesus died for you and the Holy Spirit lives in you.



***'Grace is the dimension of divine activity that enables God to confront human indifference and rebellion with an inexhaustible capacity to forgive and bless.'***

**Baker Encyclopaedia of the Bible**

**Inexhaustible:** Never ending or never running out.

**Forgiveness:** Cancelled debt, to let go, to pardon an offender.

**Bless:** A favour or gift from God.

**Favour:** A joy-filled contentment.

New thought

So, grace could be described as divine activity where God constantly cancels my rebellion and my debt and forgives me so that I can live in joy.

*About*

## CONDEMNATION

'So now the case is closed. There remains no accusing voice of condemnation against those who are joined in life - union with Jesus, the Anointed One.' (Romans 8:1)

*New thought*

God loves you and forgives you. You live in his grace where there is no condemnation because you are joined in life-union with Jesus.

Just imagine waking up tomorrow and actually living these truths.

- *How would you feel?*
- *What does God think about you?*
- *How could these truths change the negatives you think about yourself and others?*
- *How would this affect your emotional pain?*
- *How could you remember these truths?*
- *What other areas of life could change as you apply these truths?*
- *How could you apply this to everyday life?*



# Listening to the Holy Spirit.

## ACTION STEPS

**All Christians have the Holy Spirit inside them but not everyone knows how to listen to him. The Holy Spirit will guide you through life if you let him (and he can help you with your feelings and emotions too.)**

1

Spend time listening to what God is saying, even if it's just 5 minutes each day, and write it down in a journal to help you remember.

2

Buddy System: Who could you ask to encourage and motivate you on your journey? What would this system look like? How often would you meet? Where? How will you keep each other committed? How will you reward yourself for staying on track?

3

What other actions could you take? Have a think and write them here.

.....  
.....  
.....

**'...the Holy Spirit whom the Father will send in my name will teach you all things...'**

**John 14:26 (NIV)**

*Now it's time to*

**PUT THESE THOUGHTS INTO ACTION**

**'Everything we could ever need in life and godliness has already been deposited in us by his divine power. (2 Peter 1:3)**

This is difficult to get our heads around but you can put into action the biblical principle of declaring truths until they become part of you.

***Repeat the following statements 3 times a day (or more) until you really believe them in your heart.***

.....

**I'm God's daughter.**

**God loves me.**

**Jesus is Lord of my life.**

**I am forgiven.**

**I live in God's grace.**

**There is no condemnation for those in Christ.**

**The Holy Spirit will teach me.**

.....

Speak these truths about love, grace, and no condemnation over your life. Don't just think about them but speak them out loud so you can hear them because that's how you increase your faith.

**'...faith comes from hearing...' Romans 10:17 (NIV)**

# About THE AUTHOR

I'm Moira,

a qualified 'Inner Life Skills Coach' and business owner, now living on a little island off the west coast of Scotland. I love to wild swim, kayak and walk in this stunning landscape!



I have been divorced for many years and my personal journey of reflection and healing from pain has made me determined to support others through theirs. It's a privilege to be helping Christian women find peace despite the disappointment and sadness they have experienced. How would it feel to take control of your future, knowing you are in God's will and that he will give you the strength to achieve it? That's exactly what I did!

ARE YOU READY TO  
DO THE SAME?

DROP ME AN EMAIL TO  
SCHEDULE YOUR  
COMPLIMENTARY CALL



[www.the-friendly-ear.com](http://www.the-friendly-ear.com)

[moira@the-friendly-ear.com](mailto:moira@the-friendly-ear.com)