

# THE NEW YOU, PART 1

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MESSAGE FROM SUNDAY, FEBRUARY 8, 2026

## KEY TAKEAWAYS

### You Are What You Believe About Yourself

- "As a man thinketh in his heart, so is he" (Proverbs 23:7)
- Your beliefs about yourself may not align with God's truth
- The power of truth can change any circumstance you're facing

### The Truth Makes You Free

- There's a difference between being "set free" (temporary, external) and being "made free" (permanent, internal transformation)
- "If the Son therefore shall make you free, you will be free indeed" (John 8:36)
- Freedom means being unrestrained from sin's distresses

### Understanding the Unseen Realm

- The spiritual realm is more real than the physical realm
- Everything visible is temporary; the invisible is eternal
- You are a spirit being living in a body (an earth suit) possessing a soul (mind, will, emotions)

### The Miracle of the New Birth

- Being born again is the greatest miracle God performs
- When you receive Christ, your spirit is instantly recreated in His image
- You become a literal son or daughter of God



## DISCUSSION QUESTIONS

### Section 1: Breaking Free from False Identities

- What are some common things people use to define their identity (career, relationships, achievements, etc.)? Why are these inadequate?
- The sermon mentioned several things that can "invade your life and tell you what you can and cannot do" (fear, depression, anxiety, addictions). Which of these have you struggled with, and how did they try to define you?
- Read John 8:31-32. What does it mean to "continue in His word"? How does this lead to knowing the truth that makes us free?

### Section 2: The Power of God's Word

- Why is it significant that Jesus prayed "sanctify them by truth; Your word is truth" (John 17:17) rather than asking God to make us act better?
- The sermon stated, "Truth has the power to change what might be true about you." Can you share an example of when God's Word changed a situation or belief in your life?
- How does understanding that "the words I speak unto you, they are spirit and they are life" (John 6:63) change the way you approach Bible reading?

### Section 3: The Spiritual Reality

- Read 2 Corinthians 4:18. Why do we naturally focus on what we can see rather than the unseen realm? How can we train ourselves to "look to the things that are unseen"?
- Discuss this statement: "You are not a body. You live in a body. You possess a soul. But the real you is a spirit." How does this understanding change your perspective on daily challenges?
- What does it mean practically to be "governed by your born-again human spirit in concert with the Holy Spirit" rather than by your flesh?

### Section 4: The New Birth

- Read John 1:12-13. What does it mean that believers "owe their birth...to God"? How is this different from natural birth?
- The sermon mentioned that many Christians don't fully understand what happened when they were saved. What aspects of the new birth were new or surprising to you?
- How does knowing you have been "delivered from the power of darkness and translated into the kingdom of His dear Son" affect your daily life?





## PRACTICAL APPLICATION

### This Week's Challenge:

#### Choose ONE of the following to practice this week:

- 1. Identity Declaration:** Write out several scriptures that declare your true identity in Christ. Read them aloud every morning this week. (Suggested passages: Romans 8:1, 2 Corinthians 5:17, Ephesians 2:10, 1 Peter 2:9, 1 John 3:1)
- 2. Truth Journal:** When you face a challenging situation or negative thought this week, write down what appears to be true, then search Scripture for what God says is actually true. Record how the truth changes your perspective.
- 3. Unseen Reality:** Set three alarms on your phone throughout each day. When they go off, pause and acknowledge the spiritual reality: God is with you, angels are present, you are seated with Christ in heavenly places. Thank God for these unseen realities.
- 4. Freedom Assessment:** Identify one area where fear, anxiety, depression, or addiction has been telling you what you can or cannot do. Spend time each day this week speaking God's Word over that situation and declaring your freedom in Christ.

## PERSONAL REFLECTION

- What lie about yourself have you been believing that contradicts God's Word?
- In what area of your life do you need to experience being "made free" rather than just "set free"?
- How would your life look different if you fully embraced your identity as a child of God?



## PRAYER FOCUS

- Pray for group members to have revelation of their true identity in Christ
- Pray for freedom from lies and false identities
- Pray for anyone who may not be certain of their salvation
- Pray for increased awareness of the spiritual realm and God's presence
- Pray for the truth of God's Word to transform minds and hearts

## ANNOUNCEMENTS

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<https://linktr.ee/cornerstonejc>

### UPCOMING EVENTS:

- Ladies Winter Event - February 21

