

# Who are you and why are you here?

But you are a chosen race, a royal priesthood, a holy nation, a people for his own possession, that you may proclaim the excellencies of him who called you out of darkness into his marvelous light.

--1 Peter 2:9

Your perspective is not necessarily accurate and is definitely not complete.

1970 neurodevelopmental study by Colin Blakemore and Grahame Cooper.

It demonstrated **neuroplasticity**—the brain's ability to physically wire itself based on early environmental experiences.



# Two Premises

- You don't have a good understanding of who you are.
- This keeps you from doing what you're here for.

# Identity

Affected by False Perception

# What a Human Sees



# What a Dog Sees

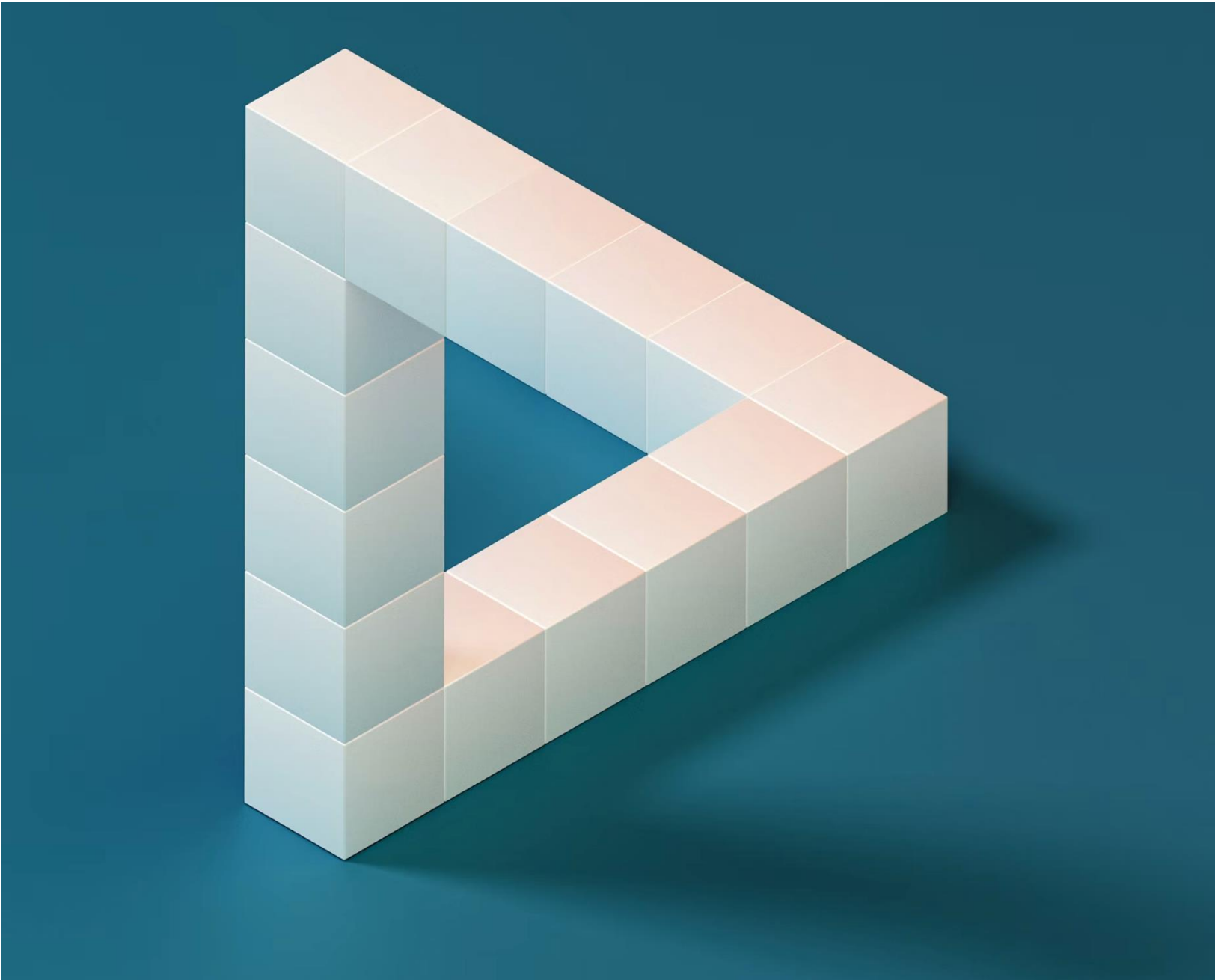


<https://discover.hubpages.com/animals/Are-Dogs-Color-Blind>

What we see  
vs what a  
bee sees



[https://www.reddit.com/r/Damnthatinteresting/comments/1revzqq/bees\\_experience\\_the\\_world\\_in\\_a\\_spectrum\\_of\\_colors/#lightbox](https://www.reddit.com/r/Damnthatinteresting/comments/1revzqq/bees_experience_the_world_in_a_spectrum_of_colors/#lightbox)



<https://unsplash.com/photos/a-white-object-on-a-blue-background-with-a-shadow-9-dkDEXWGzI>



Even the same  
image can be  
viewed differently.

<https://www.livescience.com/63645-optical-illusion-young-old-woman.html>

# Interpretations of events frame your self-image (whether from self or others)

- You trip on the sidewalk → You're so clumsy.
- You fail a math test → I'm not a math person.
- You don't look good in pink.
- You are so annoying.

# Limiting Lies

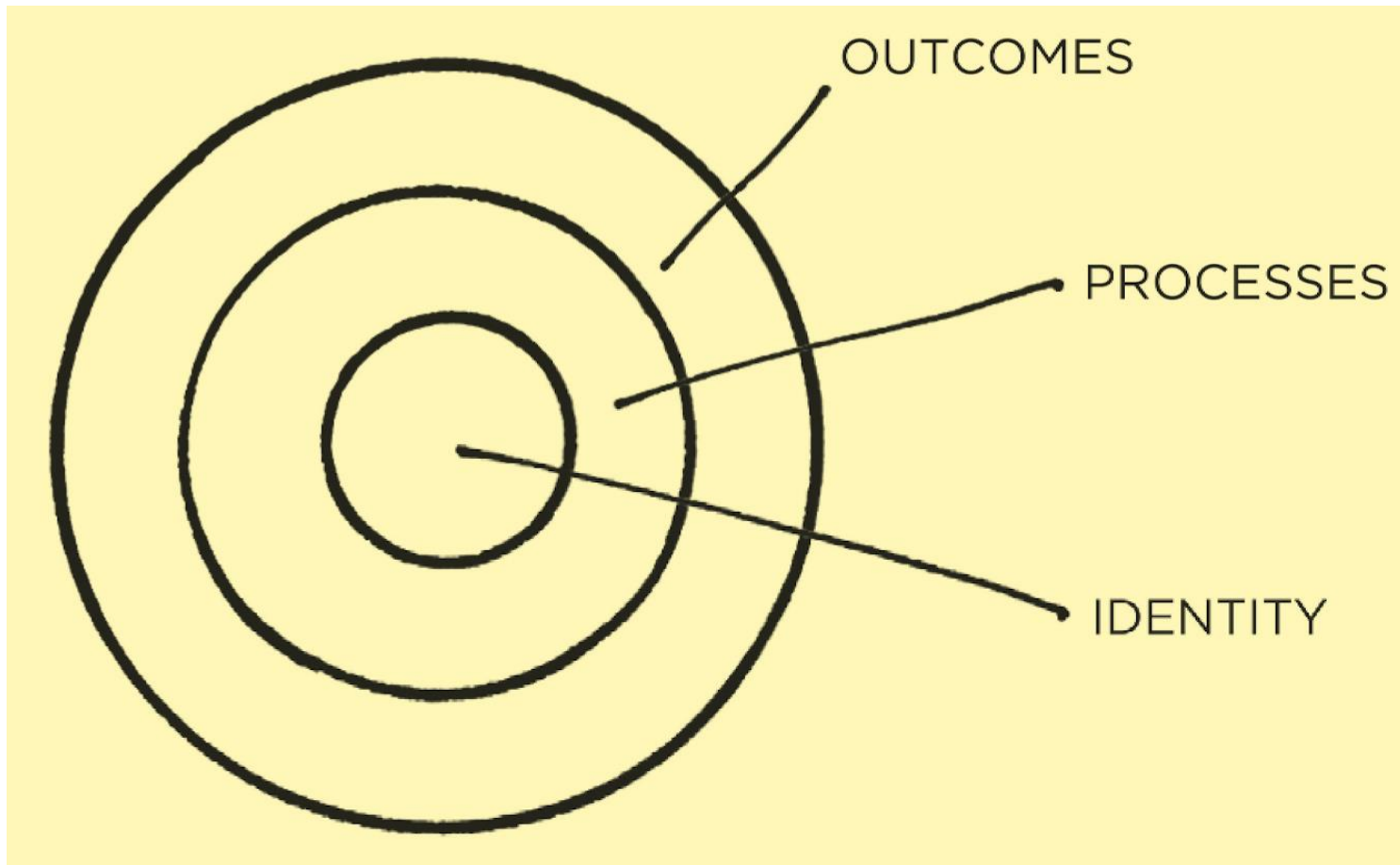
- I'm broken. → I can't help.
- My life is too crazy to....
- I'm so busy.
- I'm so old.
- I don't know what to do.

## Confirmation Bias

Change Your **Identity**

Change Your Actions

# Three Layers of Behavior Change



**Outcomes:** results (losing weight, writing a book)

**Process:** habits/systems (new routine at the gym, declutter desk)

**Identity:** beliefs (worldview, self-image)



# Want a smoke?

- No, thanks. I'm trying to quit.
- I don't smoke.

Your behaviors are usually a **reflection of your identity**.... You are simply acting like the type of person you already believe yourself to be.

- Clear, James. Atomic Habits: An Easy & Proven Way to Build Good Habits & Break Bad Ones (p. 34-35). (Function). Kindle Edition.

# Paul's Reprogramming

- 1 Cor 1:1-2
  - Paul, called by the will of God to be an apostle of Christ Jesus, and our brother Sosthenes, <sup>2</sup>To the church of God that is in Corinth, to those sanctified in Christ Jesus, **called to be saints** together with all those who in every place call upon the name of our Lord Jesus Christ, both their Lord and ours:
- Rom 1:7
  - <sup>7</sup>To all those in Rome who are **loved by God and called to be saints**:
- Eph 1:1
  - ...**To the saints** who are in Ephesus, and are faithful<sup>[a]</sup> in Christ Jesus

# You were...

- 1 Cor 6: 9-11
  - Or do you not know that the unrighteous will not inherit the kingdom of God? Do not be deceived: neither the sexually immoral, nor idolaters... will inherit the kingdom of God.<sup>11</sup> And such were some of you. But you were **washed**, you were **sanctified**, you were **justified** in the name of the Lord Jesus Christ and by the Spirit of our God.

Inherently Valuable

# Sinners (Matt 9:10-13)

- <sup>10</sup> And as Jesus reclined at table in the house, behold, many tax collectors and sinners came and were reclining with Jesus and his disciples. <sup>11</sup> And when the Pharisees saw this, they said to his disciples, “Why does your teacher eat with tax collectors and sinners?”
- <sup>12</sup> But when he heard it, he said, “Those who are well have no need of a physician, but those who are sick. <sup>13</sup> Go and learn what this means: ‘I desire mercy, and not sacrifice.’ For I came not to call the righteous, but sinners.”

- The 99 sheep (Matt 18)
- John 3:16
  - <sup>16</sup> “For God so loved the world, that he gave his only Son, that whoever believes in him should not perish but have eternal life. <sup>17</sup> For God did not send his Son into the world to condemn the world, but in order that the world might be saved through him.

# Valuable Because You are You

- Gal 3: 26-28

- for in Christ Jesus **you are all sons of God**, through faith. <sup>27</sup> For as many of you as were baptized into Christ have put on Christ. <sup>28</sup> **There is neither Jew nor Greek, there is neither slave nor free, there is no male and female**, for you are all one in Christ Jesus.

# 1 Peter 2:9

- But you are a **chosen race**, a **royal priesthood**, a **holy nation**, a people for **his own possession**, that you may proclaim the excellencies of him who called you out of darkness into his marvelous light.

Perspective

You can never rise above your  
opinion of yourself.

# How to Change Your Identity

# Where does this identity come from?

- [The word “identity”] was originally derived from the Latin words *essentitas*, which means being, and *identidem*, which means repeatedly. **Your identity is literally your “repeated beingness.”**
  - Clear, James. *Atomic Habits: An Easy & Proven Way to Build Good Habits & Break Bad Ones* (p. 37). (Function). Kindle Edition.
- In this way, the process of building habits is actually the process of becoming yourself.
  - Clear, James. *Atomic Habits: An Easy & Proven Way to Build Good Habits & Break Bad Ones* (p. 37). (Function). Kindle Edition.

- The goal is not to read a book, the goal is to become a reader.
- The goal is not to run a marathon, the goal is to become a runner.
- The goal is not to learn an instrument, the goal is to become a musician.

- Clear, James. Atomic Habits: An Easy & Proven Way to Build Good Habits & Break Bad Ones (p. 34). (Function). Kindle Edition.

- Habits can help you achieve all of these things, but fundamentally they are not about having something. They are about **becoming** someone.

- Clear, James. Atomic Habits: An Easy & Proven Way to Build Good Habits & Break Bad Ones (p. 41). (Function). Kindle Edition.

Changing Perception =  
Changing Identity

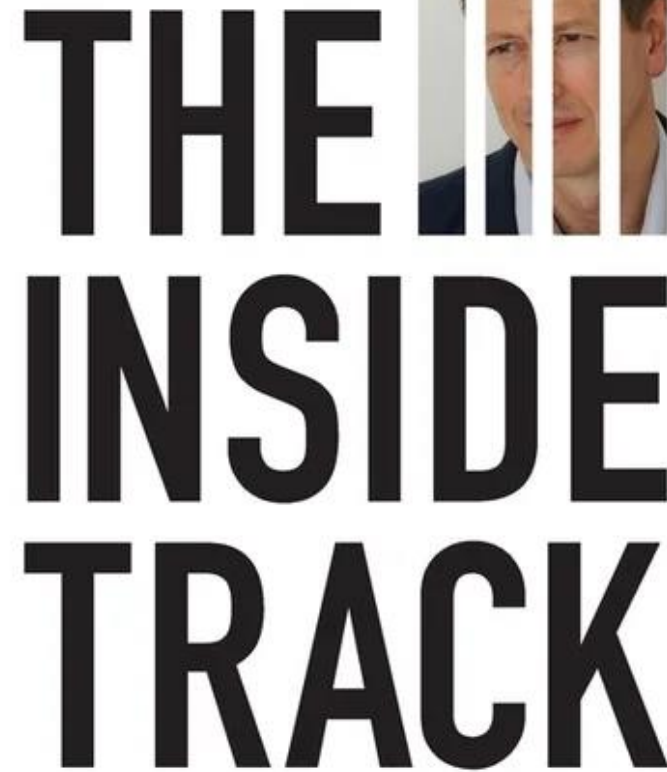
# 4 Levels

- To Me
- By Me
- Through Me
- Me

The Sensational NUMBER ONE Best Seller!

Peter Sage

# THE INSIDE TRACK



The Ultimate Guide To Conquering Adversity

# Peter Sage (Ted Talk <https://www.youtube.com/watch?v=v1ojZKWfShQ>)

- Stop putting the wrong programming in your mind. Input good info
  - Phil 4:8-9
    - <sup>8</sup> Finally, brothers, whatever is true, whatever is honorable, whatever is just, whatever is pure, whatever is lovely, whatever is commendable, if there is any excellence, if there is anything worthy of praise, **think about these things.** <sup>9</sup> What you have learned and received and heard and seen in me—practice these things, and the God of peace will be with you.
- Peer group (love your family, choose your friends)
  - 1 Cor 15:33 Do not be deceived: “Bad company ruins good morals.”
  - "He who walks with wise men will be wise..." (Proverbs 13:20)

# Your Movie

**We are all the star in our own movie. We're in every scene. There are supporting characters, and there are extras.**

- What do good movies always have?
  - Conflict/problem
  - Highs and lows
  - Love story/loss/gain
  - Growth of the character
  - “Good sailors are not made on calm seas.”

# Decide who you want to be.

- These are big questions, and many people aren't sure where to begin—but they do know what kind of results they want: to get six-pack abs or to feel less anxious or to double their salary. That's fine. Start there and work backward from the results you want to the type of person who could get those results.
- Ask yourself, “Who is the type of person that could get the outcome I want?” Who is the type of person that could lose forty pounds? Who is the type of person that could learn a new language? Who is the type of person that could run a successful start-up? For example, “Who is the type of person who could write a book?” It's probably someone who is consistent and reliable. Now your focus shifts from writing a book (outcome-based) to being the type of person who is consistent and reliable (identity-based).

- Clear, James. Atomic Habits: An Easy & Proven Way to Build Good Habits & Break Bad Ones (p. 39). (Function). Kindle Edition.

- Once you have a handle on the type of person you want to be, you can begin taking small steps to reinforce your desired identity.
- I have a friend who lost over 100 pounds by asking herself, “What would a healthy person do?” All day long, she would use this question as a guide. Would a healthy person walk or take a cab? Would a healthy person order a burrito or a salad? She figured if she acted like a healthy person long enough, eventually she would become that person. She was right.

- Clear, James. Atomic Habits: An Easy & Proven Way to Build Good Habits & Break Bad Ones (p. 40). (Function). Kindle Edition.

# Growth not Fear

Personal Growth

Kingdom Growth

# Created for Growth

- Become imagers of God
  - Be transformed (Rom 12; Gal 2; Eph 2)
- Not comfort
- Not safety

# Fear

- GOOP (Good opinion of other people)
- All people can do is view you through their own imperfect lens and project onto you their own flawed perception.
- Perfectionism—fear of messing up-ism; fear of rejection
  - Fear of failure: fear of rejection
- CoC
  - Waiting it out
  - Kill people right after baptism?

# Parable of the Talents

- Matthew 25:24-30

- <sup>24</sup> He also who had received the one talent came forward, saying, 'Master, I knew you to be a hard man, reaping where you did not sow, and gathering where you scattered no seed, <sup>25</sup> so I was afraid, and I went and hid your talent in the ground. Here, you have what is yours.' <sup>26</sup> But his master answered him, 'You wicked and slothful servant! You knew that I reap where I have not sown and gather where I scattered no seed? <sup>27</sup> Then you ought to have invested my money with the bankers, and at my coming I should have received what was my own with interest. <sup>28</sup> So take the talent from him and give it to him who has the ten talents. <sup>29</sup> For to everyone who has will more be given, and he will have an abundance. But from the one who has not, even what he has will be taken away. <sup>30</sup> And cast the worthless servant into the outer darkness. In that place there will be weeping and gnashing of teeth.'

# Saved from/to what?

- Col 1:13
  - He has delivered us from the domain of darkness and transferred us to the kingdom of his beloved Son
- Romans 12 (whole chapter)
  - <sup>17</sup> Repay no one evil for evil, but give thought to do what is honorable in the sight of all. <sup>18</sup> If possible, so far as it depends on you, live peaceably with all. <sup>19</sup> Beloved, never avenge yourselves, but leave it to the wrath of God, for it is written, “Vengeance is mine, I will repay, says the Lord.” <sup>20</sup> To the contrary, “if your enemy is hungry, feed him; if he is thirsty, give him something to drink; for by so doing you will heap burning coals on his head.” <sup>21</sup> Do not be overcome by evil, but overcome evil with good.
    - Personal moments
    - Go on Offense (support those who are)

# Soldiers

- Share in suffering **as a good soldier of Christ Jesus**.<sup>4</sup> No soldier gets entangled in civilian pursuits, since his aim is to please the one who enlisted him. (2 Tim 2:4)

# Spirit of Power (2 Tim 1:7)

- ESV

- for God gave us a spirit **not of fear** **but of power** and love and self-control.

- **New American Standard Bible**

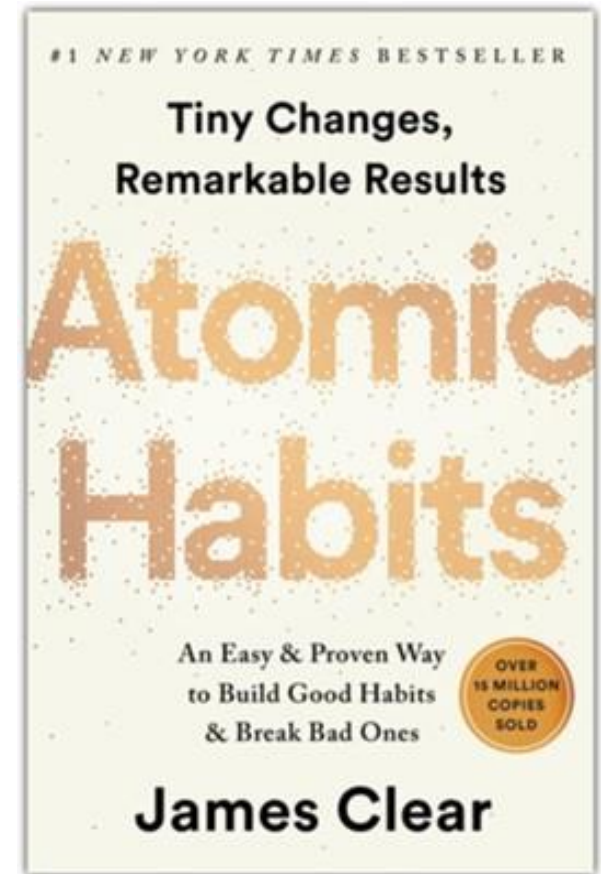
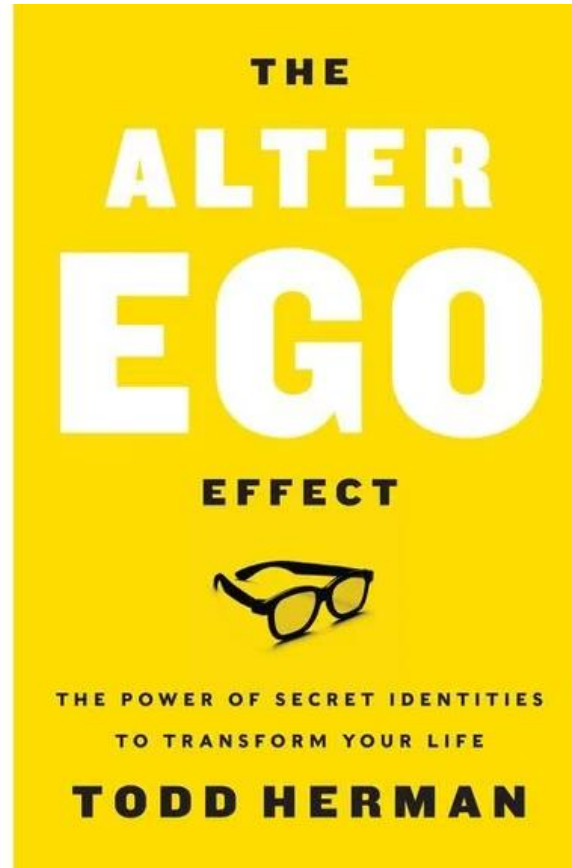
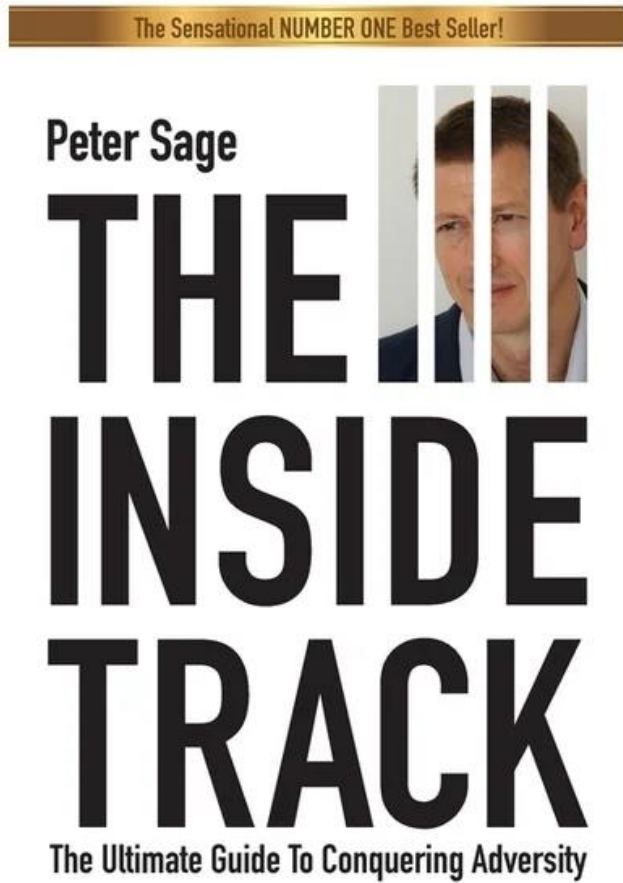
- For God has not given us **a spirit of timidity,** **but of power** and love and discipline.

# Philippians 1:27-30

- Only let your manner of life be worthy of the gospel of Christ, so that whether I come and see you or am absent, I may hear of you that you are **standing firm in one spirit, with one mind striving (sunathleó) side by side** for the faith of the gospel, <sup>28</sup> and not frightened in anything by your opponents. This is a clear sign to them of their destruction, but of your salvation, and that from God. <sup>29</sup> For it has been granted to you that for the sake of Christ you should not only believe in him but also suffer for his sake, <sup>30</sup> engaged in the same conflict that you saw I had and now hear that I still have.
- Heb 10:23-25
  - Let us hold fast the confession of our hope without wavering, for he who promised is faithful. <sup>24</sup> And let **us consider<sup>1</sup> how to stir up<sup>2</sup> one another to love and good works,** <sup>25</sup> not neglecting to meet together, as is the habit of some, but **encouraging one another**, and all the more as you see the Day drawing near.
  - <sup>1</sup>Consider: “this word has a strong implication that the attention paid is intense, and the contemplation is broad and thorough, resulting in complete understanding”
  - <sup>2</sup>Stir up: “incite”

- “Behavior that is incongruent with the self will not last.” (pg.32)
- The ultimate form of intrinsic motivation is **when a habit becomes part of your identity**. It’s one thing to say I’m the type of person who wants this. It’s something very different to say **I’m the type of person who is this**.
  - Clear, James. Atomic Habits: An Easy & Proven Way to Build Good Habits & Break Bad Ones (p. 33). (Function). Kindle Edition.

# Change Your Identity



# The Alter Ego Effect

- You can perform beyond your current limitations by intentionally stepping into a crafted alter ego that embodies the traits, confidence, and behaviors you need in a given situation.
- **Main Points**
- **You already have multiple versions of yourself.**
  - The person you are at work, with family, at church, or in competition is not always the same version of you.
- **Performance is often limited by identity, not ability.**
  - Many people know what to do but fail to do it because fear, insecurity, self-doubt, or old stories get in the way.
- **Create an alter ego for specific challenges.**
  - Design a persona that possesses the qualities you need (confidence, courage, discipline, charisma, focus, etc.).
- **Your alter ego is not fake.**
  - It isn't pretending to be someone else; it's accessing strengths that already exist within you.
- **Give your alter ego a clear purpose.**
  - Ask: "What challenge am I trying to overcome?" Your alter ego should be built to solve a specific problem.
- **Choose traits intentionally.**
  - Borrow characteristics from heroes, historical figures, fictional characters, mentors, or even animals.
- **Use a "totem" or trigger.**
  - A physical object (glasses, ring, watch, suit, hat, notebook) can signal your brain to step into that identity.
- **Separate your performance from your fears.**
  - The alter ego acts as a psychological shield against criticism, rejection, embarrassment, and failure.
- **Elite performers already do this.**
  - Athletes, entertainers, executives, and speakers often adopt performance identities, whether consciously or unconsciously.
- **The enemy is often your hidden self-limiting beliefs.**
  - Childhood experiences, criticism, and negative self-talk create "identity traps" that keep you playing small.
- **Focus on the mission, not yourself.**
  - Alter egos work best when they are serving a purpose bigger than your own ego or comfort.
- **Act first; feelings follow.**
  - Don't wait until you feel confident. Step into the alter ego and confidence often emerges afterward.
- **Consistency creates transformation.**
  - Repeatedly operating from the stronger identity gradually changes how you see yourself in everyday life.