

GO DEEPER

Self-Examination Questions

What declarations about how God sees you have you acknowledged in your head but haven't internalized and fully believed yet?

What are some of the things people or the Enemy have spoken over you that you have believed? What does your identity in Christ say that contradicts them?

What parts of your past do you still see as your identity? How can you change these to reflect your new identity?

Why do you think your identity in Christ matters to your healing?

Personalize Carrie's Closing Prayer

Father, I thank You that You are ministering to me. I pray that I would stop identifying with what everybody else has declared to be my identity, diagnosis, or my children's or spouse's future. This includes the lies of the Enemy about my finances, mental health, emotional health, and job prosperity. I declare right now that I would receive, understand, and come from a place of knowing what You have declared about me. I declare God's Word. God is for me! And, therefore, nothing can stand against me—nothing has the power to do so. So, Father, I thank You that I will take ownership of this in my life. I'm not waiting for my pastor, spouse, or friends to say "Amen" for me. But Lord, I will say "Amen." I will declare that this is who I am right now. And Holy Spirit, I thank You that You are the Teacher and that You are leading and guiding me into all truth and all understanding right now. I have believed my past. I've been believing what everybody else declared that I could be because of what I used to be. And I'm saying right now that that's not the real me. Even when I was unformed in my mother's womb, You had a greater future for me, and I need to let go of the past and let go of the definitions other people have placed on my life. They've declared them loudly and boldly, with a big fat period over my life, and it's time to say "No!" and rebuke those things right now in the name of the Jesus. My identity is in Him, and that means all the promises and the healing that I'm standing for are mine. The healing is in my spirit. The Rapha God, the Healer, lives inside of me, and I say right now, "God sees me healed!" Now, today, I see

myself healed of the Lord. I see myself whole. I see myself unbroken. I see myself with a future and a hope. I declare it over my life. I choose to see it, because that's how God sees me, and that are how the devil sees me. He does not want me to see myself living in the promises and victory that are already mine. So, Father, I thank You and declare that this is a finished work of Jesus Christ. In Jesus' name, amen.

Action Steps

- In your Healing University journal, write at least ten declarations of who God says you are and how He sees you. Find a scripture, put your name in it, and say, "This is who I am, this is how God sees me, and this is how I'm going to see myself." Read this list each morning when you get up and each evening as you go to bed. Declare who God says you are for one week, and then write down your thoughts about whether these have moved from head knowledge to heart knowledge.
- Settle in your heart that when God looks at you, He sees Himself. Examine your heart, and when you are ready, make the following declaration, and don't waver from it:

I believe and agree with the way God sees me. He does not see my past or sickness. He sees me as a new creation. He sees me healed!

_____ (sign and date)

- As you look in the bathroom mirror, think about how God sees you. Use a dry-erase marker to write some of your declarations about your identity in Christ on your mirror. When you truly see them in yourself, erase them and write some new declarations.
- Write your own answer to this question: *How do I see myself?*