

Your True Identity

“I will change Your Name”

*I will change your name
You shall no longer be called
Wounded, outcast
Lonely or afraid*

*I will change your name
Your new name shall be
Confidence, joyfulness
Overcoming one
Faithfulness, friend of God
One who seeks my face.*

I have always loved this song by D. J. Butler, but somehow it's meaning seems to be getting deeper daily. So much of my work is about helping clients to develop a healthy self image so that they can live healthier lives.

Many fail to realize the power of their inward thoughts and agreements. Sadly this lack of self awareness can have devastating consequences. These thoughts can be like cancers if left undiscovered. Their roots continue to grow and to impact all aspects of life since they become filters for decisions, relationships, vocations, and all aspects of living. It is not surprising that God's word says so much about our thoughts.

2 Corinthians 10:5 (King James Version)

⁵Casting down imaginations, and every high thing that exalteth itself against the knowledge of God, and bringing into captivity every thought to the obedience of Christ;

Proverbs 23:7 (King James Version)

⁷For as he thinketh in his heart, so is he.

We must make an effort to identify these false identities and belief systems which so easily can become ingrained in our being. Often these belief systems sound like a CD skipping and repeating over and over. Answering these questions can give a good indication of where inner healing may need to take place: What do we say to ourselves in self talk? What do we tell others about ourselves? What have others said about us? What names do we call ourselves? What conclusions have we falsely reached because of our circumstances? How do we feel in our families and communities? What was my family role? What inward vows have I made to protect myself from pain?

I have heard clients who have been abused voice the belief that “I’m only good for one thing.” No wonder that person acts out sexually. Others have believed that they are not’t worthy of being treated well and that they are damaged goods. Those thoughts often cause them to stay with their abuser. In other situations I have seen adults identify with the role of the “bad kid.” It is not surprising that these individuals have been addicts. Often fears are at the root of these negative belief systems.

In therapy these negative thoughts are treated as cavities. The decay must be removed and fillings inserted for the tooth to survive. The same holds true for thoughts and identities. Negative thoughts must be removed and replaced with God’s truth. Clients are taught to pray and identify the negative statements. They are then encouraged to renounce them. Renounce means to formally decline, forsake, disown, disclaim, or to reject deliberately the once owned belief system. The final step is to ask to Jesus to replace them with a related opposite life giving thought. This technique is powerful since it involves both scriptural and psychological principles. It is most potent when these words are spoken out loud with a trusted friend, pastor or therapist.

*For more information on this topic I encourage you to get a copy of Joyce Meyer’s book, *Battlefield of the Mind* or Neil Anderson’s *Victory Over Darkness*.*