rhythm
CHURCH

RHYTHM CHURCH AURA · FREE GUIDE

WHO YOU ARE IN CHRIST

A 21-day guide

rhythm.au · Sundays 9:30am, Nirimba State Primary School hall, 100 Park Avenue, Nirimba QLD 4551 · 1300 MATTERS

Welcome

Thank you for picking up this guide. Over the next 21 days, you will spend a few minutes each day with one truth about who you are in Jesus.

Many of us have carried old labels for years. Some came from school, some from family and some from our own mistakes. God's Word gives us a new and better description. In Christ, you are loved, forgiven, accepted and made new. These things are already true because of what Jesus has done.

This guide is not a test or a program to complete perfectly. It is an invitation to slow down and let God's truth settle into your heart.

How to use this guide

Each day has four parts:

1. **Scripture.** Read the verse slowly. Read it twice if you can. Quotations are from the New King James Version (NKJV).
2. **Reflection.** A short thought to help you understand the verse.
3. **Declaration.** A sentence to say out loud, agreeing with what God has said.
4. **Question.** Something to think about, journal or talk about with someone.

A few tips:

- Choose a regular time, such as with your morning coffee or before bed.
- Keep a notebook or use the notes app on your phone.
- Say the declaration out loud. Hearing truth in your own voice helps it land.
- Think about the truth during the day. What we ponder often, and feel deeply, is what settles into the heart.
- If you miss a day, simply pick up where you left off. There is no condemnation here.
- Consider doing the guide with a friend, your spouse or your Connect Group.

> "Keep your heart with all diligence, For out of it spring the issues of life." (Proverbs 4:23)

Week 1: You are new

Day 1: A new creation

Scripture: "Therefore, if anyone is in Christ, he is a new creation; old things have passed away; behold, all things have become new." (2 Corinthians 5:17)

Reflection: When you trusted Jesus, you did not just turn over a new leaf. You became someone new. Your past no longer has the right to define you. This is not something you achieved. It is something God did.

Declaration: I am a new creation in Christ. The old has gone and the new has come.

Question: What old label have you carried that God wants to replace?

Day 2: A new heart

Scripture: "I will give you a new heart and put a new spirit within you; I will take the heart of stone out of your flesh and give you a heart of flesh." (Ezekiel 36:26)

Reflection: God promised long ago that He would give His people a new heart. In Jesus, that promise is fulfilled. Your heart is no longer hard toward God. He has made it soft, alive and ready to respond to Him.

Declaration: God has given me a new heart and a new spirit. My heart is alive to Him.

Question: Where have you seen your heart soften toward God or others recently?

Day 3: Christ lives in me

Scripture: "I have been crucified with Christ; it is no longer I who live, but Christ lives in me; and the life which I now live in the flesh I live by faith in the Son of God, who loved me and gave Himself for me." (Galatians 2:20)

Reflection: The Christian life is not about trying hard to copy Jesus from a distance. It is about Jesus living His life in and through you. Notice the last words: He "loved me and gave Himself for me." It is personal.

Declaration: Christ lives in me. I live by faith in the Son of God, who loves me.

Question: How might your day look different if you remembered that Jesus lives in you?

Day 4: Deeply loved

Scripture: "Behold what manner of love the Father has bestowed on us, that we should be called children of God!" (1 John 3:1)

Reflection: John could hardly believe it. God's love is so great that He calls us His children. You are not a servant hoping for approval. You are a child, deeply and personally loved.

Declaration: I am loved by my Father. He calls me His child.

Question: What makes it hard for you to believe that God loves you? Bring that to Him today.

Day 5: Accepted

Scripture: "to the praise of the glory of His grace, by which He made us accepted in the Beloved." (Ephesians 1:6)

Reflection: Many of us work hard to be accepted by others. In Christ, you already are accepted by the One who matters most. Your acceptance rests on Jesus, the Beloved, not on your performance.

Declaration: I am accepted in Jesus. I do not need to earn God's approval.

Question: Where do you most look for acceptance? How does this truth change that?

Day 6: Chosen

Scripture: "just as He chose us in Him before the foundation of the world, that we should be holy and without blame before Him in love." (Ephesians 1:4)

Reflection: Before the world was made, God had you in mind. You were not an afterthought. You were chosen in love, to be holy and blameless before Him.

Declaration: I am chosen by God. He wanted me before the world began.

Question: How does it feel to know you were chosen, not just tolerated?

Day 7: Rest and review

Scripture: "Come to Me, all you who labor and are heavy laden, and I will give you rest." (Matthew 11:28)

Reflection: Today is a day to pause. Look back over the past six days. Which truth stood out the most? Spend a few quiet minutes thanking God for it. Jesus does not ask you to strive. He invites you to rest in Him.

Declaration: I rest in what Jesus has done. I am new, loved, accepted and chosen.

Question: Which truth from this week do you most want to hold on to?

Week 2: You are forgiven and you belong

Day 8: Forgiven

Scripture: "In Him we have redemption through His blood, the forgiveness of sins, according to the riches of His grace." (Ephesians 1:7)

Reflection: Your forgiveness is not measured by how sorry you feel. It is measured by "the riches of His grace." That is a measure that never runs out.

Declaration: I am completely forgiven through the blood of Jesus.

Question: Is there anything you are still holding against yourself? What would it mean to receive God's forgiveness for it today?

Day 9: Righteous

Scripture: "For He made Him who knew no sin to be sin for us, that we might become the righteousness of God in Him." (2 Corinthians 5:21)

Reflection: At the cross, Jesus took our sin, and we received His righteousness. This is a gift, not a wage. Your right standing with God does not rise and fall with your good and bad days.

Declaration: I am the righteousness of God in Christ. My right standing is a gift.

Question: How would you live differently if you truly believed God sees you as righteous?

Day 10: No condemnation

Scripture: "There is therefore now no condemnation to those who are in Christ Jesus." (Romans 8:1)

Reflection: Condemnation is heavy and hopeless. It says, "You are bad, and God is against you." But in Christ, there is no condemnation at all. When the Holy Spirit corrects you, He does it gently and draws you closer to Jesus.

Declaration: There is no condemnation for me. I am free in Christ Jesus.

Question: When do you most feel condemned? What truth can you speak in that moment?

Day 11: At peace with God

Scripture: "Therefore, having been justified by faith, we have peace with God through our Lord Jesus Christ." (Romans 5:1)

Reflection: You are not at war with God. Jesus has made peace. This is not a peace that comes and goes. It is a settled peace between you and your Father.

Declaration: I have peace with God through Jesus. Nothing stands between us.

Question: What would change if you started each day knowing you are at peace with God?

Day 12: A child of God

Scripture: "But as many as received Him, to them He gave the right to become children of God, to those who believe in His name." (John 1:12)

Reflection: Belonging to God's family is a right He gives to all who believe. You do not need to wonder whether you belong. You do.

Declaration: I am a child of God. I belong in His family.

Question: What does it mean to you to belong to God's family?

Day 13: Abba, Father

Scripture: "For you did not receive the spirit of bondage again to fear, but you received the Spirit of adoption by whom we cry out, 'Abba, Father.'" (Romans 8:15)

Reflection: "Abba" is a warm, close word for "Father." The Holy Spirit helps you relate to God not with fear, but with the trust of a loved child.

Declaration: I am not a slave to fear. I am an adopted child, and God is my Father.

Question: How did your experience of your earthly father shape how you see God? Ask Him to show you what He is truly like.

Day 14: Rest and review

Scripture: "The LORD your God in your midst, The Mighty One, will save; He will rejoice over you with gladness, He will quiet you with His love, He will rejoice over you with singing." (Zephaniah 3:17)

Reflection: Take a quiet moment today. Imagine God rejoicing over you with singing. Look back over this week's truths about forgiveness and belonging. Let His love quiet your heart.

Declaration: I am forgiven, righteous and at peace with God. I belong to Him, and He rejoices over me.

Question: Which truth from this week has spoken to you the most?

Week 3: You have purpose and power

Day 15: An heir

Scripture: "and if children, then heirs; heirs of God and joint heirs with Christ." (Romans 8:17)

Reflection: In God's family, children are also heirs. You share in all that belongs to Jesus. You are not living on scraps. You have an inheritance in Him.

Declaration: I am an heir of God and a joint heir with Christ.

Question: How does knowing you are an heir change the way you see your life?

Day 16: Complete in Him

Scripture: "and you are complete in Him, who is the head of all principality and power." (Colossians 2:10)

Reflection: Many of us feel like something is missing. In Christ, you are complete. That does not mean you have stopped growing. It means nothing essential is missing from who you are in Him.

Declaration: I am complete in Christ. I lack nothing I need to be who God made me to be.

Question: Where have you felt incomplete or not enough? Bring that feeling to Jesus today.

Day 17: God's workmanship

Scripture: "For we are His workmanship, created in Christ Jesus for good works, which God prepared beforehand that we should walk in them." (Ephesians 2:10)

Reflection: You are God's handiwork, made with purpose. He has prepared good things for you to do. You do not have to invent your purpose. You get to discover it with Him.

Declaration: I am God's workmanship. He has good works prepared for me to walk in.

Question: What good work might God be inviting you into this week?

Day 18: Wonderfully made

Scripture: "I will praise You, for I am fearfully and wonderfully made; Marvelous are Your works, And that my soul knows very well." (Psalm 139:14)

Reflection: Your personality, your gifts and even the way you look were made by a loving Creator. You can thank God for how He made you, rather than wishing you were someone else.

Declaration: I am fearfully and wonderfully made. God's work in me is good.

Question: What is one thing about how God made you that you can thank Him for today?

Day 19: Seated with Christ

Scripture: "and raised us up together, and made us sit together in the heavenly places in Christ Jesus." (Ephesians 2:6)

Reflection: Sitting is a picture of rest and finished work. In Christ, you share His place of victory. You face life's challenges from a place of security, not anxiety.

Declaration: I am seated with Christ. I live from His victory, not for it.

Question: What challenge are you facing that you could approach from a place of rest?

Day 20: The Spirit lives in me

Scripture: "But if the Spirit of Him who raised Jesus from the dead dwells in you, He who raised Christ from the dead will also give life to your mortal bodies through His Spirit who dwells in you." (Romans 8:11)

Reflection: The same Holy Spirit who raised Jesus from the dead lives in you. You are never alone, and you are never without His help, comfort and power.

Declaration: The Spirit of God lives in me. He gives me life, strength and help.

Question: Where do you need the Holy Spirit's help today? Ask Him for it.

Day 21: As He is, so are we

Scripture: "Love has been perfected among us in this: that we may have boldness in the day of judgment; because as He is, so are we in this world." (1 John 4:17)

Reflection: This is a stunning verse. As Jesus is, loved by the Father, righteous and accepted, so are you, right now, in this world. You can live with boldness, not fear, because of His love.

Declaration: As Jesus is, so am I in this world. I am loved, righteous and bold in His love.

Question: Looking back over 21 days, how has your view of yourself changed? Write down three truths you want to carry forward.

Keep going

Well done for finishing this guide. Renewing your mind is a journey, not a one-off event. Here are some ways to keep going:

- **Repeat the guide.** Many people find the truths land more deeply the second time.
- **Choose a verse of the month.** Write it on a card and keep it in view.
- **Read further.** See our articles at rhythm.au/resources, including *Who Am I in Christ?* and *Renewing Your Mind*.
- **Grow with others.** Join a Connect Group at rhythm.au/connectgroups.
- **Take a next step.** If you have trusted Jesus and want to be baptised, visit rhythm.au/water-baptisms.

A closing declaration

> Because of Jesus, I am a new creation. I am loved, chosen and accepted. I am forgiven, righteous and free from condemnation. I am a child of God and an heir with Christ. I am complete in Him, wonderfully made and created for good works. The Spirit of God lives in me. As He is, so am I in this world. Thank You, Father. Amen.

Visit Rhythm Church Aura

We would love to meet you. Rhythm Church Aura meets every Sunday at 9:30am at the Nirimba State Primary School hall, 100 Park Avenue, Nirimba QLD 4551. Senior pastors Murray and Kathy Boyton and the whole team look forward to welcoming you.

- **Plan your visit:** rhythm.au/plan-your-visit
- **Live stream:** Sundays at 10:15am at youtube.com/@rhythmchurch_au
- **Phone:** 1300 MATTERS

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