

TREXO: THE ON RAMP

Session 1 - Your New Identity

INTRODUCTION:

Congratulations! In giving your life to Jesus you have just made the most important decision you can make!¹ No doubt you are experiencing all sorts of new things. This is truly a powerful, powerful time in your life. John 1:13 says that we are born into our new lives “not of blood nor of the will of flesh nor of the will of man, but of God.”² God Himself has called you by His grace to Himself. That is something you will never get over!

Walking with God is a completely different way of life. It is something God will train you how to do. Be patient with yourself – God will certainly be patient with you!

What follows are 9 introductory training sessions. These are designed to help you know God and be faithful to Him. Through these sessions you will begin training in one way of living in relationship with God called the Way of Rest. Through the Way of Rest the time you will have a clear understanding of who God is and how to live faithfully in Him.

The first seven sessions are taken from a prayer Jesus uses to train His disciples in Matthew 6:9-13 and Luke 11:2-4. This prayer is commonly known as the Lord’s Prayer. The Lord’s Prayer will be a powerful weapon for you for the rest of your relationship with God.

Let’s get to work!

OPENING PRAYER:

We will always begin our sessions in prayer and we will always begin our prayer by breathing. Breathing helps us slow down and intentionally come into the presence of God. The Apostle Paul trains his disciples to “set their minds on things above.”³ Breathing helps us to be able to focus on the moment we are in. If you find yourself to be distracted, then you will want to begin your prayer by releasing all of the burdens your mind is consumed with.

- Take 2-3 deep breaths in through your nose and out through your mouth. We are not in a hurry. We are intentionally spending time with our Father in the Spirit. When you are ready, pray.
- *Holy Father, in the name of Jesus, I bless and praise your Almighty Name. You are my Father and I am your child. You have rescued me and I belong to You. I want to hear from you but my mind is filled with many things. I release these to you:*

I believe in all of these you are faithful. Now, Father, I pray you will speak to me by Your Holy Spirit the things you want me to hear. In Jesus’ name, Amen.

¹ If you have already been walking with the Lord, these sessions will be a good reminder and will help to set in order what you believe and how you practice.

² Unless otherwise noted, all Scripture quoted is from the New American Standard version of the Holy Bible.

³ Colossians 3:2

GOAL: Learn how to pray to your Father.

VERSE: Matthew 6:9

***“Pray, then, in this way:
‘Our Father who is in heaven,
Hallowed be Your name.
Your kingdom come.
Your will be done,
On earth as it is in heaven.
‘Give us this day our daily bread.
‘And forgive us our debts, as we also have forgiven our debtors.
‘And do not lead us into temptation, but deliver us from evil.”***

RECEIVE:

1. Jesus teaches us to pray!

Praying is simply being in conversation with God. It is talking, listening, being still, or moving. You can pray silently, out loud, sitting still, walking, in a car, privately, or with other people around. In prayer you will learn to reflect on many different aspects of God; release specific fears and anxieties; receive encouragement and direction; and resist the forces of this world. *Prayer is powerful!* Jesus lived a life of prayer. He was constantly talking to His Father. (Mark 1:35)

Prayer is a regular part of our relationship with God. You will want to begin praying regularly. Every morning you wake up you get to spend time talking with God! In the beginning your morning prayer may only be one minute. It may be ten minutes, thirty, or even more. It does not matter – just enjoy your new relationship with God and talk to Him. Through these introductory sessions your prayer life will develop. You will learn different topics you can pray through. No matter how basic or sophisticated your prayers are, it is always good to simply share with Him what is going on in your life.

2. Jesus teaches us to pray to our Father who is in heaven.

It is good to know who we are talking to. Through Scripture God has made known that He is one God who exists as three different persons – Father, Son, and Holy Spirit. “Hear, O Israel! The Lord is our God, the Lord is one!”⁴ There is one God and only one God. There are no others. While God is One, He exists as Father, Son, and Holy Spirit. Jesus’ says in Matthew 28:19, “Go therefore and make disciples of all the nations, baptizing them in the name of the Father, Son, and Holy Spirit...” Before we give our lives to Jesus we are called enemies of God. Jesus teaches us that when we give our lives to Him, God becomes our Father, the Son becomes our Lord, and the Spirit becomes the One who leads us. Scripture teaches us that God is a Trinity – He is one God who exists in three persons. When we pray, we learn to pray primarily to the Father, in the name of Jesus, through the Holy Spirit.

Consider that the God of all creation, God who is in heaven, is now *your* Father. He is not a God who lords Himself over you. He is your Father. At the same time your Father *is* God. 1 Peter 1:17 captures this balance between God as Father and God as God, “If you address as Father the One who impartially judges according to each one’s work, conduct yourselves in fear during the time

⁴ Deuteronomy 6:4

of your stay on earth...” So when we pray there is both reverence and intimacy, honor and closeness, respect and ease.

Knowing Him correctly. It is not only important to know who we are praying to but to know Him correctly. What kind of Father is He? What does He want? What should I expect? Our Father wants to show us who He is so that we can know Him correctly. REFLECT on these three passages and write down the characteristics of our Father you see in them:

Psalm 23:1-3 The Lord is My Shepherd, I shall not want. He makes me lie down in green pastures; He leads me beside quiet waters. He restore my soul; He guides me in paths of righteousness for His name’s sake.

Psalm 68:5-6 A Father to the fatherless, a defender of widows, is God in his holy dwelling. God sets the lonely in families, he leads forth the prisoners with singing.

Matthew 6:31-33 Do not worry then, saying, ‘What will we eat?’ or ‘What will we drink?’ or ‘What will we wear for clothing?’ For the Gentiles eagerly seek all these things; for your heavenly Father knows that you need all these things. But seek first His kingdom and His righteousness, and all these things will be added to you.

How does the character of God affect your motivation to pray?

How does it affect you that the God of all creation knows your condition and your needs?

This is an introduction to the character of your Father. As your relationship with God grows you will continue to discover many other wonderful, powerful, and deep attributes of His character. Setting your mind on various aspects of your Father will keep your relationship fresh. One time you may pray, “Father in Heaven, You are my Shepherd.” Another time you pray, “My Father, You are my perfect provider.” Each aspect of God’s character is filled with life for you to discover and enjoy!

Now let’s look at your new identity.

3. Jesus teaches us that you have a new identity!

When God became your Father, you became His son/daughter. When you gave your life to God your old life and old ways died. Jesus says you have been, “born again.” (John 3:3) There was a radical change, a transformation that happened. You were moved from death to life, from separation to intimacy, from foolishness to wisdom, and from perishable to imperishable. One great joy of being with God is walking in the new life He has for you. REFLECT on these verses and write what they say about your new life.

Galatians 4:6-7 Because you are sons, God has sent for the Spirit of His Son into our hearts, crying, “Abba! Father!” Therefore, you are no longer a slave, but a son; and if a son, then an heir through God.

2 Corinthians 5:17 Therefore if anyone is in Christ he is a new creature; the old things have passed away; behold, new things have come.

1 John 3:1 See how great a love the Father has bestowed on us, that we would be called children of God; and such we are.

Whoever you were before Jesus has died.

You have been born again as a child of God filled with the Spirit of God.

You can draw a picture to help clarify your new life. This picture will help you see how God has rescued you and given you a new life. (An example is given on the next page.) First, draw a timeline of your life. Put a dot at birth and draw a horizontal line to the right. Wherever you stop is the day you gave your life to Jesus. Put another dot at the end of the line. Write your name on the left side of the line. Under the second dot write your age, or approximate age, at which you gave your life to Jesus. Around that line write all of the trash you can think of in your life. Write the things you have done and the things that have been done to you. You may write names you have been called, deep feelings you have felt, or people you have hurt. Write all of that on your line.

Now, make a second line. This line has no beginning dot. It is a couple inches above your first line. This line has no beginning dot. It starts at the left of the page and goes almost to the edge of the right. On the right side of this line put an arrow showing that this line keeps going. On top of this line write, “Jesus.”

Finally, get saved! Giving your life to Jesus means that He comes into your timeline through His Spirit, rescues you, and brings you into His timeline. Draw a line from Jesus’ dipping into the second dot and then lifting you up to His line. Now, and this is very important, draw a large “X” over your old line. You are dead. You are not that person any more. You are a new creature that did not exist before. You have a new identity. You were not a child of God, now you are!

An example of what a lifeline can look like:

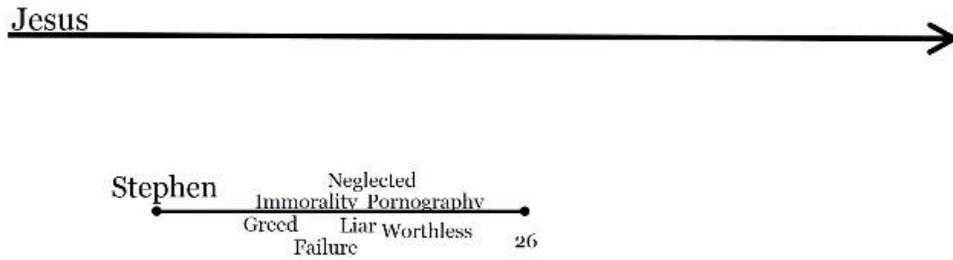


Figure 1: Lifelines part 1

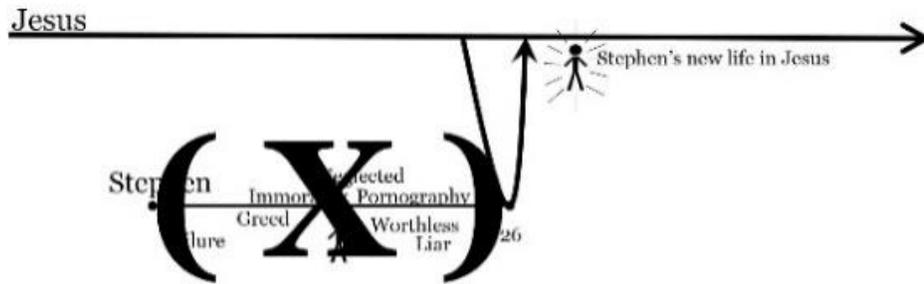


Figure 2: Lifelines part 2

Use this page to draw your own lifelines:

You have been made a child of God filled with His Holy Spirit. It is not that you have been made a distant relative. God, Himself, by the Holy Spirit, has made you His child and now dwells *in you!* Jesus says in John 15:5, “I am the vine, you are the branches, he who abides in Me and *I in him* [emphasis added], he bears much fruit, for apart from Me you can do nothing.” God has not only made you to be in Him, but He is also in you! Amazing.

Repeat this to yourself as many times as you need to. Soak in it daily. This is who you are.

I have been made a child of God filled with the Spirit of God.

4. Jesus teaches us to “Hallow His name.” Finally, in the opening of Jesus’ prayer, He teaches us to hallow the name of God. To hallow something is to set it apart from everything else as holy. It is to declare something to be above all, of a unique quality of substance. Another way to say that we want to hallow God’s name is that what we do to glorify Him. We want our lives to bring Him glory! “Whether, then, you eat or drink or whatever you do, do all to the glory of God.”⁵ We pray that God’s name will be hallowed. Like a flag being lifted high on a pole for all to see, we want everyone to see God’s name in our lives and in everything. Our new desire for life is that His name will be known everywhere! We no longer live for our names, seeking our own glory or reputation. Seeking these things are part of what we died to when we were born again.

What are the areas of your life where you are trying to establish your reputation? It may be as a parent, as a leader in your community, as a successful businessman, or some other area. As the Spirit draws to your mind the areas of your life where you have been living to build your name and not God’s, write them here:

Now ask God to forgive you of each of these and declare, “Father, hallowed be Your name in every area of my life.” Jesus trained His disciples to pray this daily. Pride, seeking our own glory, is a dangerous sin in our lives. Daily living to hallow the name of our Father keeps us in Him and empowers our lives.

This is the end of session 1. This is a great start to your new relationship with God. You need to know who He is and who you are in Him. Now, write any direction God is leading you to RESPOND to this week:

⁵ 1 Corinthians 10:31

CLOSING PRAYER:

Heavenly Father, thank You for speaking to me today. Remind me and stir me up to the truth that I am Your child and You are my Father. Continue to teach me how to live in my new identity! In Jesus' name, Amen.