

THE LABEL BREAKER

Growth Session Workbook

Defeating Your Past with
A New Name, A New Purpose, and
A New Future in Christ



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THE LABELS WE WEAR

No matter who you are, where you've been, or what you've done, you are not your past. You are not what others think about you. And you are not the things you can't un-do. **You are who God says you are. Loved, cherished, worthy, His masterpiece!**

A **label** is a phrase or description of a person; especially one that holds you back.

Labels communicate value. We look to the labels we carry to find our value. The longer we carry a label, the less it describes our past and the more it determine our future.

Let's revisit some labels that rob us from the restoration God is eager to provide:

- "I carry the label of 'feeling like a failure' so I'm afraid to try something new because if I try something new and it doesn't work out, I've only confirmed what I felt in the first place, which is that I'm a failure."

- “I carry the label of ‘feeling inadequate’ so I don’t try to be the leader or spouse or parent God has called me to be because if I try and don’t succeed, I’ve just confirmed the fact that I’m not good enough.”
- “I carry the label of ‘feeling like a burden’ so I don’t ask for help or prayer because if I do, I might inconvenience someone or be rejected, and I’ve just confirmed the fact that I’m not truly valued.”
- “I carry the label of ‘introvert’ so I keep to myself and don’t share my story with others because if I do, I might feel uncomfortable, make someone else uncomfortable, or be judged, confirming the fact that what I have to say isn’t important.”
- “I carry the label of ‘poor choice maker’ so I don’t try to do what I know I should because if I do, I might fall back into old habits, confirming the fact that I’ll never change.”

How would your life be different if you learned to let go of things that have already let go of you? From relationships long gone, to old grudges, to regrets, to all the ‘could’ve’ and ‘should’ve,’ to the dead friendships you still hang on to... **let God free you from the burden of a past you cannot change.**

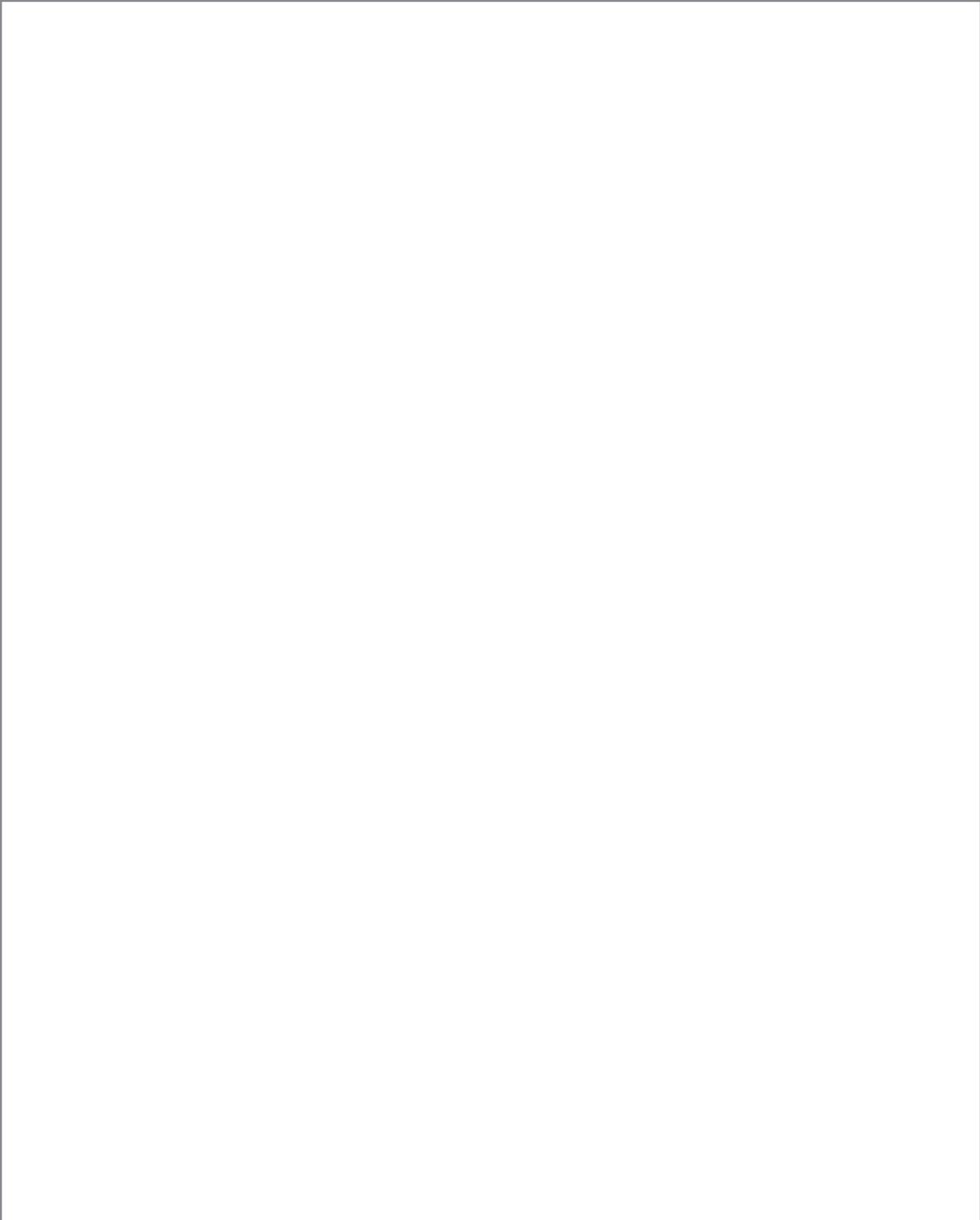
Here are some labels many of us carry:

Emotional eater/slave to food, overweight, drug addict, alcoholic, liar, promiscuous, adulterer, porn addict, smoker, cheater, lazy, workaholic, foul mouth, negative, pessimistic, uncontrolled temper, failed or toxic relationships, insecure, inferior, judgmental, broken, barren, sick, burden, hopeless, worthless, wanderer, quitter, bad parent, unwanted, unlovable, and a million more.

Which of these labels did you relate to? Were labels you carry missing from that list? Begin the process of surrendering the labels that do not empower you to be all God is calling you to be.

In the box on page 5, write the following text and list the labels you need God to free you from: "These labels are not who I am and they are not who I want to be. I now reject them in the name of Jesus!"

BREAKING THE LABELS:



When trying to change any habit or addiction we desire to break free from, we're faced with the question: "Why can't you just stop?", leading us to believe we're never going to change.

When we find ourselves here, we must adjust whose voice we're tuning into.



Reflect on the areas of your life where you seem to struggle the most. Are you listening to God's voice or Satan's? What do these voices say?

The devil will whisper in your ear "You can't do it. You're a failure. You're inadequate..." When he does, remember; that's not the voice to listen to. Instead, listen to the voice of Jesus Christ who went to the cross for you saying "No! You are my child, you are worthy, you are called, you are forgiven. I choose you!"

Your identity is not in your sin, your identity is in your Savior. It's the deep knowledge of where you come from, where you're going, and to whom you belong.

The Holy Spirit moves into the cracks and crevices of our hearts to remove any lingering or useless words and acts of rejection and condemnation. He performs a mighty restoration in us as we stop carrying the remains of who we once were to be all He's calling us to be.

Jesus heals the source, not the symptoms.

You don't need a newer or better label. Jesus offers us a new identity. An identity that is freely given to us, not because of what we've done but because of His goodness and His grace.

You need a new identity, written on your soul that says "child of God". Unearned. Freely given to us through Jesus Christ.

A label may describe your past, but your new identity in Christ is what defines you.

Spend some time in prayer with God laying down your hurts, your pain, your bitterness, your heartache, your regrets, and the rejection that's held you back for too long.

Let the tears fall here ——>

CHANGED FROM THE INSIDE OUT

Our value doesn't lie in our abilities but rather in our identity as a child of God. Our true identity is found when stop being who we are now and become who God created us to be. The good news is we don't have to (and can't) make these changes on our own. God change us from the inside out!

7 Ways God Changes Us From The Inside Out

1. **God liberates us.** He frees us from the chains, stains, and pains from the past.
2. **God elevates us.** He embraces us and lifts us up to reign with Him.
3. **God educates us.** He gives us wise counsel and future direction.
4. **God compensates us.** He fills areas where we are weak or lack confidence.
5. **God motivates us.** He is our source of vision, hope, and purpose.
6. **God regenerates us.** He transforms us to live on a higher level by His supernatural resources.
7. **God activates us.** He commissions us to obey and move forward in His cause.

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It doesn't matter if you don't feel equipped... God empowers His followers to achieve what He's calling them to do.

Surrendering the labels you carry requires faith, trust and fixing your eyes on the Father as you walk the path He's designed for you. Over time, those labels begin to lose their grip until one day they fall off.

What the devil meant for evil, God will use for good. God can use your past to change somebody else's future. God is more concerned with who you are than what you've done. That negative voice speaking to you in the back of your mind is not the truth. The truth you must listen to is the Voice that spoke creation into being, saying "THIS is who you are, it's not what you've done."

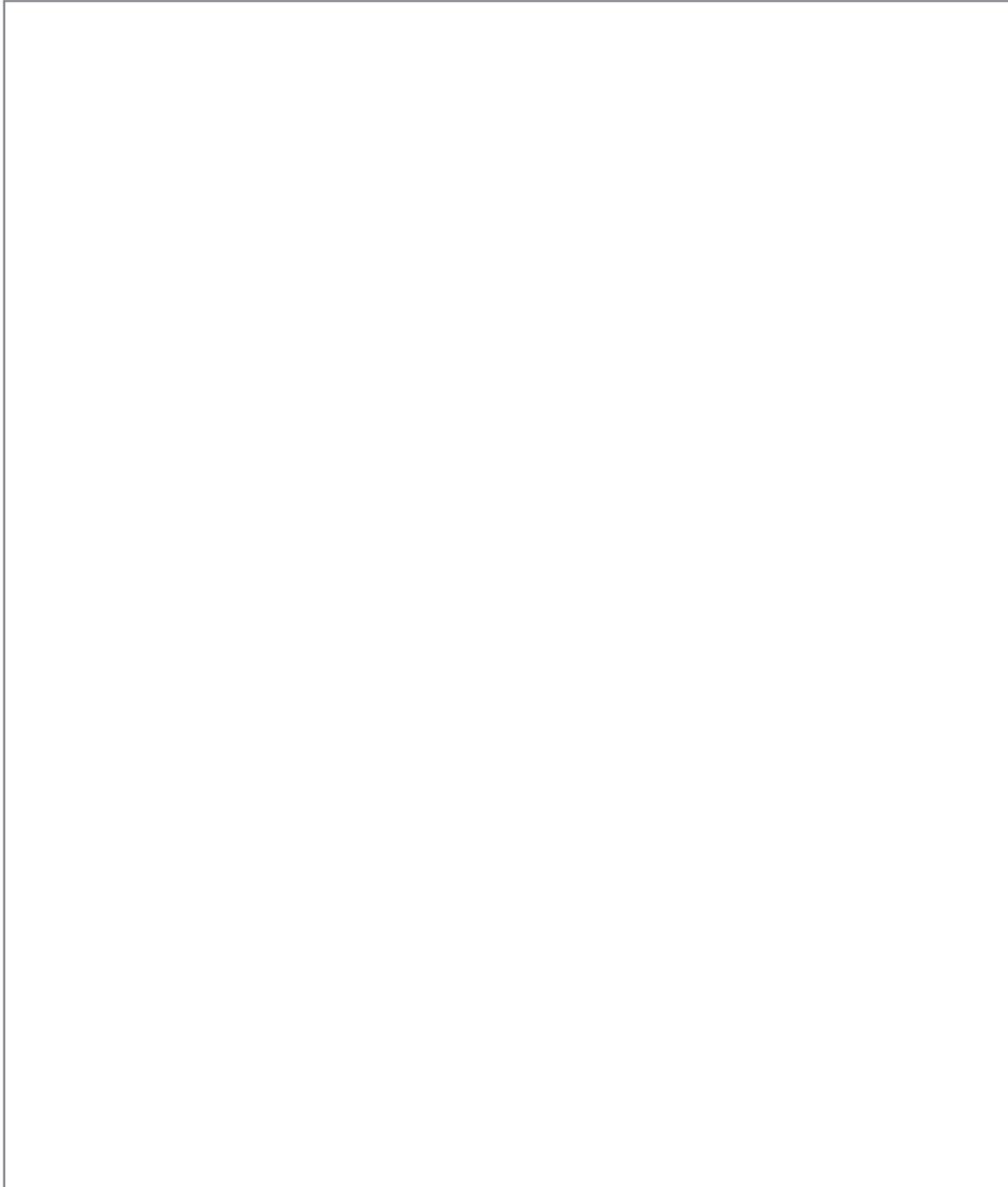
"Therefore, if anyone is in Christ, the new creation has come: The old has gone, the new is here." 2 Corinthians 5:17 (NIV)

A Truth To Claim About Your Identity

"God's truth has prevailed in my life. I am important, not because of what I've done, but because of what's been done for me. My worth is not based on my fame, but my Father's name. I am a daughter of the Most High, whose worth is defined by a sacrifice that was made by Jesus. That is who I am."

MY IDENTITY IN CHRIST:

Below, list the truths God says about you. (Struggling? Simply review this workbook and watch Him reveal those truths!)

A large, empty rectangular box with a thin black border, intended for the user to write down truths about themselves as revealed by God.