



TRUE PROFILE

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My TRUE Profile

"...you can be transformed by the renewing of your mind."

Romans 12:2

- T=truth** What does God say about you? And about everybody?
R=real What does nature, history and others say about you?
U=unique What sets you apart? What does God *specifically* say about YOU? Why do you exist?
E=eternal Your character truth is forever. God created you and what he creates inside you lasts forever.



If God and you had a one-on-one meeting and you asked Him to describe you to you; what would He say?
How would he describe you?
Would he be thrilled? Or disappointed?
Would he smile? Or would he frown?

Take the next few days, weeks or months to reclaim your true profile by following these five steps:

- Step 1:** Listen to God
- Step 2:** Choose your character traits
- Step 3:** Determine your purpose and mission
- Step 4:** Speak your words of truth
- Step 5:** Help someone else

Step 1. Listen to God so that you can hear His truth about you.

How does God speak?

- He speaks through His Logos (word)
- He speaks through the cosmos (world)
- He speaks through rhema (witness; His presence; Holy Spirit)

People don't always access God in the same way. In fact, there are various ways in which we can feel God's presence in our lives. Some of us experience God **relationally**--in the presence of other believers. Or our spiritual development may come about in **intellectual** pursuits. People may find God in **service** to others. Some may have to be alone and **contemplative**. The opposite of contemplatives are the spiritual **activists**, those who like to get others going into Kingdom action. Other spiritual pathways include those who find God in His **creation** (nature) and those who experience Him strongest in **worship**. It is important for each one of us to develop and use our spiritual pathway.

Describe the most natural way you hear God's voice.

“Silent solitude makes true speech possible and personal.”

-Brennan Manning

Read Psalm 139:1-18 The Message

God, investigate my life; get all the facts firsthand. I'm an open book to you; even from a distance, you know what I'm thinking. You know when I leave and when I get back; I'm never out of your sight. You know everything I'm going to say before I start the first sentence. I look behind me and you're there, then up ahead and you're there, too—your reassuring presence, coming and going. This is too much, too wonderful—I can't take it all in!

7-12 Is there anyplace I can go to avoid your Spirit? to be out of your sight? If I climb to the sky, you're there! If I go underground, you're there! If I flew on morning's wings to the far western horizon, You'd find me in a minute—you're already there waiting! Then I said to myself, "Oh, he even sees me in the dark! At night I'm immersed in the light!" It's a fact: darkness isn't dark to you; night and day, darkness and light, they're all the same to you.

13-16 Oh yes, you shaped me first inside, then out; you formed me in my mother's womb. I thank you, High God—you're breathtaking! Body and soul, I am marvelously made! I worship in adoration—what a creation! You know me inside and out, you know every bone in my body; You know exactly how I was made, bit by bit, how I was sculpted from nothing into something. Like an open book, you watched me grow from conception to birth; all the stages of my life were spread out before you, The days of my life all prepared before I'd even lived one day.

17-22 Your thoughts—how rare, how beautiful! God, I'll never comprehend them! I couldn't even begin to count them—any more than I could count the sand of the sea. Oh, let me rise in the morning and live always with you!



Read and meditate on the following Scriptures regarding how God thinks of you.

God's Voice Speaks Clearly that You are:	Scripture
A child of God	<i>"to those who believed in his name, he gave the right to become children of God"</i> John 1:12
A friend of Jesus	<i>"I have called you friends"</i> John 15:15
Justified	<i>"we have peace with God through our Lord Jesus Christ"</i> Romans 5:1
United with Jesus	<i>"whoever is united with the Lord is one with him in spirit"</i> 1 Corinthians 6:17
Bought with a price	<i>"Do you not know that your bodies are temples of the Holy Spirit, who is in you, whom you have received from God? You are not your own; you were bought at a price"</i> 1 Corinthians 6:19-20
Member of Christ's body	<i>"Now you are the body of Christ, and each one of you is a part of it"</i> 1 Corinthians 12:27
Chosen by God	<i>"Praise be to the God and Father of our Lord Jesus Christ, who has blessed us in the heavenly realms with every spiritual blessing in Christ. For he chose us in him before the creation of the world to be holy and blameless in his sight. In love he predestined us for adoption to sonship through Jesus Christ, in accordance with his pleasure and will—to the praise of his glorious grace, which he has freely given us in the One he loves. In him we have redemption through his blood, the forgiveness of sins, in accordance with the riches of God's grace that he lavished on us. With all wisdom and understanding"</i> Ephesians 1:3-8
A citizen of heaven	<i>"our citizenship is in heaven"</i> Philippians 3:20
Born of God	<i>"anyone born of God is kept safe"</i> 1 John 5:18
Alive with Christ	<i>"made us alive with Christ"</i> Ephesians 2:5
Forgiven	<i>"For he has rescued us from the dominion of darkness and brought us into the kingdom of the Son he loves, in whom we have redemption, the forgiveness of sins."</i> Colossians 1:13-14
Free	<i>"there is now no condemnation for those who are in Christ Jesus, because through Christ Jesus the law of the Spirit who gives life has set you free from the law of sin and death"</i> Romans 8:1-2
Confident	<i>"being confident of this, that he who began a good work in you will carry it on to completion"</i> Philippians 1:6

Wise	<i>"For in him you have been enriched in every way— with all kinds of speech and with all knowledge "</i> 1 Corinthians 1:5
Born of God	<i>"anyone born of God is kept safe"</i> 1 John 5:18
God's temple	<i>"you are God's temple and that God's Spirit dwells in your midst"</i> 1 Corinthians 3:16
God's workmanship	<i>"For we are God's handiwork, created in Christ Jesus to do good works, which God prepared in advance for us to do"</i> Ephesians 2:10
A new creation	<i>"if anyone is in Christ, the new creation has come: The old has gone, the new is here!"</i> 2 Corinthians 5:17
More than a conqueror	<i>"we are more than conquerors through him who loved us"</i> Romans 8:37
An heir with Christ	<i>"we are heirs—heirs of God and co-heirs with Christ"</i> Romans 8:17
Hopeful	<i>"God has chosen to make known the glorious riches of this mystery, which is Christ in you, the hope of glory"</i> Colossians 1:27
Moving toward wholeness	<i>"he who began a good work in you will carry it on to completion"</i> Philippians 1:6
Have everlasting life	<i>"the one who believes has eternal life"</i> John 6:47

"Self-rejection is the greatest enemy of the spiritual life because it contradicts the sacred voice that calls us the 'Beloved.' "

-Henri Nouwen

Step 2. Choose at least 20 positive character traits from the list below and from the previous page.

- Start with listing 5 items and then go through the list and add another 5 until you come up with at least 20.
- Determine this is who you are through God's eyes. This is your image in Christ!
- Identify as many Scriptures as you can that coincide with your character traits from the previous page or by using your own search.

Active	Adaptable	Adventurous
Alert	Ambitious	Appreciative
Attentive	Authentic	Available
Aware	Balanced	Bold
Brave	Bright	Calm
Capable	Careful	Caring
Cautious	Cheerful	Clever
Compassionate	Confident	Content
Conscientious	Considerate	Courageous
Creative	Curious	Daring

Decisive	Dedicated	Dependable
Determined	Devoted	Diligent
Disciplined	Dynamic	Eager
Easygoing	Empathic	Energetic
Enterprising	Ethical	Exuberant
Fair	Faithful	Fascinating
Flexible	Forgiving	Feisty
Friendly	Funny	Generous
Gentle	Giving	Grateful
Gutsy	Happy	Hardworking

Healthy	Honest	Honorable
Hospitable	Humble	Humorous
Idealistic	Imaginative	Insightful
Inquisitive	Intelligent	Interesting
Intuitive	Inventive	Joyful
Kind	Knowledgeable	Laid-back
Lighthearted	Likable	Lively
Loving	Loyal	Mature
Meek	Mellow	Motivated
Natural	Neat	Nurturing

Obedient	Observant	Open-minded
Optimistic	Orderly	Organized
Original	Outgoing	Patient
Peaceful	Perceptive	Persuasive
Persevering	Persistent	Pleasant
Positive	Practical	Principled
Problem-solving	Proud	Punctual
Quick-witted	Quiet	Rational
Reasonable	Reflective	Reliable
Resilient	Resourceful	Respectful

Responsible	Reverent	Secure
Self-confident	Self-control	Self-sacrificing
Self-sufficient	Sensitive	Sincere
Sharp	Skillful	Smart
Sociable	Spiritual	Spontaneous
Stable	Steady	Strong
Studious	Successful	Supportive
Surprising	Sympathetic	Talented
Thorough	Thoughtful	Thrifty

Tireless	Tolerant	Trusting
Trustworthy	Truthful	Understanding
Unique	Unselfish	Upbeat
Vigilant	Warm	Wise
Witty	Worthy	Other _____

“Many people find themselves defeated by the most powerful psychological weapon...low self-esteem.”

-David Seamands



My TRUE Character Traits:

Now switch these traits from “You are” statements to “I am” statements.

I AM...

1.	2.
3.	4.
5.	6.
7.	8.
9.	10.
11.	12.
13.	14.
15.	16.
17.	18.
19.	20.

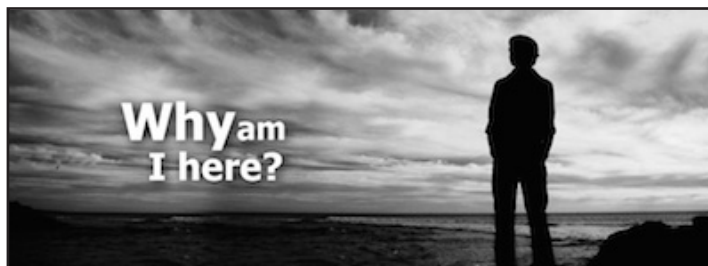
*Start speaking these truths about yourself everyday!
Stay in touch with your true self as
the returned child of God.*



To find your Mission/Life Scripture, use Biblegateway.com and type in a keyword to search. For example, one of your character traits that a friend has pointed out to you is: courage. This friend thinks that you are courageous for taking on a project of feeding the hungry in your community. Type in the word: courage, or strength, or hungry. Just explore the Bible to find a verse that fits you.

There is also a link for Topical Index in this app that might be helpful searching for verses that apply to your life's mission.

Another resource that might be helpful is: biblehub.com/concordance. This is a link to a concordance which can be helpful in searching for keywords. This website also has a dictionary, a thesaurus search and an encyclopedia.



What are the keywords of your God-given character?

Keyword:	Scripture:

Once you find 1 or 2 verses, add it/them to your script on the next page in Step 4.



Sample Script

Hello, I am Tom.

With God as the source of my truth, this is who I am.

I am a friend of Jesus. In John 15, Jesus said, *"I call you my friend"* Jn 15:15

I am loved, accepted and forgiven In John 3:16 *"for God so loved me"* Jn 3:16

I am a husband, father and friend.

I am safe. *"Whoever dwells in the shelter of the most High will rest in the shadow of the Almighty. He is my refuge and my fortress, my God, in whom I trust."* Psalm 91:1-2

I am peaceful. *"I have told you these things, so that in me you may have peace. In this world you will have trouble. But take heart! I have overcome the world."* Jn 16:33

"I have peace with God through Jesus Christ" Rom 5:1

I am free! *"there is no condemnation for those who are in Christ Jesus"* Rom 8:1

I am kind, strong and courageous.

Joshua 1:9 *"Be strong and courageous. Do not be afraid; do not be discouraged, for the Lord your God will be with you wherever you go."*

I am gentle, understanding and reliable.

I am fearless...*"The Spirit I received does not make me a slave so that I live in fear, rather the Spirit I received brought about my adoption so that I can call God my Father."* Rom 8:15

David the giant slayer once said, *"The LORD is my light and my salvation—whom shall I fear? The LORD is the stronghold of my life— of whom shall I be afraid?"*

I am fun, upbeat and witty.

I am Tom!

This is why I exist. This is my purpose and gives my life meaning.

To live out all that I am, all that God has made me.

To be strong and courageous in all that I do.

My mission verse is Isaiah 40:29 *"He gives strength to the weary and increases the power of the weak."*

I exist to provide for my wife and family. To be strong and courageous in leading my community in serving the poor and neglected. I dream about fighting the war on poverty and hunger. This is why I exist.

I am a son of the most high God! John 1:12

I AM Tom!

"Keep practicing until it lives inside you; then it will seem foolishly easy to the unpracticed."

-Bill Holm

Step 5.

Help someone else.

Consider creating a video and/or audio recording of your new TRUE profile. People need to hear and see living examples of God's truth speaking through us. You are an authority on how God's truth makes a difference inside and out. Tell the significant people in your life what you have discovered about yourself. Show others how you live out these new truths daily. Own it. Proclaim it. Live it fully. This will help internalize your new TRUE profile.

*"For this reason I kneel before the Father, from whom every person in heaven and earth derives his name. I pray that out of his glorious riches he may **strengthen you with power through his Spirit in your inner being.**"*

Ephesians 3:14-16



*"Live this day as if it were the first day of your life and
as if it were your last day...
then you will have spent this day very well."*

Brother David Steindl-Rast

Additional Resources

Books Available at Amazon.com

Abba's Child - Brennan Manning
Essentialism - Greg Mckeown
Healing Grace - David Seamands
Rising Strong - Brene Brown
The Ragamuffin Gospel - Brennan Manning
The Upside of Stress - Kelly McGonigal

Playlist Songs available at iTunes

Beautiful - Jordan Smith
Beautiful Beautiful - Francesca Battstelli
Child of God - Tim Timmons
Don't Try So Hard - Amy Grant
Free to be me....Francesca Battistelli
Good Good Father - Chris Tomlin
If I could See - Amy Grant
No One's Ever Died For Me Before - John Elefante
Remind Me Who I Am - Jason Gray
Safe - Natalie Grant
Stand In The Light - Jordan Smith
True Beauty - Mandisa
Voice Of A Savior - Mandisa
What Faith Can Do - Kutless

Video Available at youtube.com

Remind Me Who I Am - Jason Gray



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