



---

# EXPLORING MY IDENTITY IN CHRIST

---

A Bible Study

Inspired by Jerry Bridges' Book Who Am I?

by Lisa Horn

Copyright © 2013 by Lisa Horn

All rights reserved.

Scripture quotations taken from the (NASB®) New American Standard Bible®,  
Copyright © 1960, 1971, 1977, 1995 by The Lockman Foundation. Used by  
permission. All rights reserved. [lockman.org](http://lockman.org)

No portion of this book may be reproduced in any form without written  
permission from the publisher or author, except as permitted by U.S. copyright  
law.

# Introduction

As a follower of Christ, realizing our position and identity is the foundation of our relationship with God and the basis of our transformation into the image of Christ. One of the ways we can grow as a believer is to know the truth and renew our minds with biblical truth. The goal of this study is to study and apply biblical truth regarding our identity in Christ that we might find freedom from sin, joy in nearness to God, and change in how we live.

*“For this reason also, since the day we heard of it, we have not ceased to pray for you and to ask that you may be filled with the knowledge of His will in all spiritual wisdom and understanding, so that you will walk in a manner worthy of the Lord, to please Him in all respects, bearing fruit in every good work and increasing in the knowledge of God; strengthened with all power, according to His glorious might, for the attaining of all steadfastness and patience; joyously giving thanks to the Father, who has qualified us to share in the inheritance of the saints in Light.”*

*Colossians 1:9-12*

I am indebted to Dr. Jerry Bridges for his book, *Who Am I?* His book inspired me to create this study so that I might understand my identity in Christ in a deeper way. If you do this study on your own or lead a group, I encourage you to make the study your own. Do further research on the context of passages and the meaning of words. Take the time to create open-ended questions for discussion. (Hint: Start questions with either *what* or *how*.) Keep before you the focus that the goal of this study is to gain a fuller understanding of what it means that you, as a follower of Christ, are *in Christ* and this truth is the foundation of your identity.

All the Bible passages are in New American Standard Version unless otherwise noted.

Lisa Horn

June 2013

## I am In Christ

The apostle Paul used the phrase “in Christ” more than 160 times in the New Testament. What does it mean? Jerry Bridges writes, “Is it a question of location, like being in a house? Is it something like belonging to a club? No, it means being united TO Christ.” (page 18)

In this chapter we will investigate our relationship to Adam, to Christ, and what our union with Christ means concerning our identity.

### The Two “Men” Representation

***1 Corinthians 15: 22, “For as in Adam all die, so also in Christ shall all be made alive.”***

*“What Paul is getting at in these two verses is that in God’s way of dealing with humanity there are only two men, Adam and Christ. All the rest of us are represented before God by one or the other of these two men.” (Bridges,18)*

***Genesis 2: 16-17 The Lord God Commanded the man, saying, “From any tree of the garden you may eat freely; but from the tree of the knowledge of good and evil you shall not eat, for in the day that you eat from it you will surely die.”***

1. What exactly was the directive God gave Adam and Eve concerning the tree in the middle of the garden?

2. What do you think was the purpose of this command? Why would it matter?

In the letter to the Romans, Paul explains how sin entered the world through the disobedience of Adam as recorded in Genesis chapter 3.

***Romans 5:12, 18, 19 Therefore, just as through one man sin entered into the world and death through sin, and so death spread to all men, because all sinned - So then as through one transgression there resulted condemnation to all men, even so through one act of righteousness there resulted justification of life to all men. For as through the one man's disobedience the many were made sinners, even so, through the obedience of the One, the many will be made righteous.***

3. What are the consequences of the entrance of sin in the world through the one man?

4. What is the contrast in these verses?

5. How is “the One” described differently than the first man?

6. How do these two passages describe the state of all humanity?

*Psalm 51:5 Behold, I was brought forth in iniquity, and in sin my mother conceived me.*

*Romans 3:23 for all have sinned and fall short of the glory of God*

7. What are some of the contrasts being in Adam and then being in Christ?

*Romans 4:15-17 But the free gift is not like the transgression. For if by the transgression of the one [Adam] the many died, much more did the grace of God and the gift by the grace of the one Man, Jesus Christ, abound to the many. The gift is not like that which came through the one who sinned; for on the one hand the judgment arose from many transgressions resulting in justification. For if by the transgression of the one, death reigned through the one, much more those who receive the abundance of grace and of the gift of righteousness will reign in life through the One, Jesus Christ.*

In Adam

In Christ

8. How is Christ described in these four passages?

*Acts 3:14 But you disowned the Holy and Righteous One and asked for a murderer to be granted to you.*

*2 Corinthians 5:21 He made Him who knew no sin to be sin on our behalf, so that we might become the righteousness of God in Him.*

*Hebrews 7:26 For it was fitting for us to have such a high priest, holy, innocent, undefiled, separated from sinners and exalted above the heavens;*

*Peter 2: 22 Who committed not in, nor was any deceit found in His mouth*

### The Concept of Substitution

How is it that the death of a Christ can pave the way for human beings to be free from the consequences of being united with Adam? Imagine that you're body was ravaged with cancer. You have the sentence of death upon you. You really have no hope. Suddenly by some miracle, another person is able to take all your cancer upon him or herself. What would happen to that person? He or she would die. What would happen to you? You would live. Christ did this for us.

## What it Means to be IN CHRIST

9. What does God give to us who are in Christ?

***Romans 8:1 Therefore there is now no condemnation for those who are in Christ Jesus.***

***I Corinthians 1: 30 But by His doing you are in Christ Jesus, who became to us wisdom from God, and righteousness and sanctification, and redemption.***

Jerry Bridges wrote about our living union with Christ. Being “in Christ” is not just a point in the history of our lives that affects our eternity. “Having exercised faith to believe in Christ, we must also exercise faith to draw upon the life and nourishment that comes to us from Christ through our living union with Him.”  
(26)

10. The word “abide” means “to be fixed in a state; to remain stable; to conform to.” How do these words picture a life lived in Christ?

***John 15:4 Abide in Me, and I in you. As the branch cannot bear fruit of itself unless it abides in the vine, so neither can you unless you abide in Me.***



11. What phrases in these verses display the intimate union we have with Christ?

***John 17: 23-24 I in them and You in Me, that they may be perfected in unity, so that the world may know that You sent Me, and loved them, even as You have loved Me. Father, I desire that they also, whom You have given Me, be with Me where I am, so that they may see My glory which You have given Me, for You loved Me before the foundation of the world.***

In John chapter 15, we read record of Christ's words to His disciples using the image of a vine to explain the close relationship we can have with Christ.

***John 15:1-7 I am the true vine, and My Father is the vinedresser. Every branch in Me that does not bear fruit, He takes away; and every branch that bears fruit, He prunes it so that it may bear more fruit. You are already clean because of the word which I have spoken to you. Abide in Me, and I in you. As the branch cannot bear fruit of itself unless it abides in the vine, so neither can you unless you abide in Me. I am the vine, you are the branches; he who abides in Me and I in him, he bears much fruit, for apart from Me you can do nothing. If anyone does not abide in Me, he is thrown away as a branch and dries up; and they gather them, and cast them into the fire and they are burned. If you abide in Me, and My words abide in you, ask whatever you wish, and it will be done for you.***

12. What 2-word phrase appears 6 times? What might be the significance of such repetition?

13. How does Jesus describe Himself in this passage?

14. What things are supposed to happen as a result of our union with Christ?

Application to My Life:

How can you experience more of an abiding relationship with Christ on a daily and even moment-by-moment basis?

What are some things you could do to experience a closer union with Christ?

An attitude to adjust?

A new habit to cultivate?

A consistent prayer to pray?