

Introduction:

- Last week: When The Rats Get Bigger, Rest. Types of rats: busy rats, guilty rats, grief rats, grudge rats, indecisive rat, and weary rats. Three things Jesus said to do: Come To Me, Take My Yoke, Learn From Me. Foundational things to overcoming stress. But then, we can learn some things that Jesus knew.
- What Jesus Knew That we should know too:
 - Jesus knew Who He Was, Identification
 - Jesus knew Whose He was, Direction
 - Jesus Knew Where He was going, Destination
 - Jesus Knew How to stay focused, Concentration
 - Jesus knew His "Life" connection, Meditation Those five things can help rise above the challenges of life and overcome.
- Ie. My eighth grade basketball coach, Mr. Firchau, watched me do something that he has never been able to forget in all his years of coaching. Throw a basketball from center court, like a mortar, and hit a mouse scurrying across the gym floor. Crushed that rat!
 - You have to be able to crush the rats in your life with the word. Some types of rats in the rat race that cause stress: Busy rats, guilty rats, grief rats, grudge rats, indecisive rats, weary rats,

I. Identified With Christ

- A. Ie. Legally, the speed limit is 70 mph on I-95. Practically most people drive 75-80.
1. What legally Christ has provided, having obtained eternal redemption for us, and practically what we actually do, are often two different things. There is a difference between what is legal and what is practiced. I want us to practice what is legally ours.
 2. I want us to look at 6 steps to our identification with Christ. Ie. If you are going to study what your identity is in Christ you have to look carefully at all of Paul's letters when he uses the phrase/phrases: in him, with him, in Christ, with Christ, in Christ Jesus, with Christ Jesus.
- B. I was crucified with Christ.
1. *"I have been crucified with Christ. It is no longer I who live, but Christ who lives in me. And the life 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, ESV)
 2. *"We know that our old self was crucified with him in order that the body of sin might be brought to nothing, so that we would no longer be enslaved to sin."* (Romans 6:6, ESV)
 3. *"He was handed over to die because of our sins, and he was raised to life to make us right with God."* (Romans 4:25, NLT) He identified with us on the cross.
- C. I died with Christ
1. *"Since we have been united with him in his death, we will also be raised to life as he was."* (Romans 6:5, NLT)
 2. *"And since we died with Christ, we know we will also live with him."* (Romans 6:8, NLT)
- D. I was buried with Christ.

1. *"For we died and were buried with Christ by baptism. And just as Christ was raised from the dead by the glorious power of the Father, now we also may live new lives."* (Romans 6:4, NLT)
 2. *"For you were buried with Christ when you were baptized. And with him you were raised to new life because you trusted the mighty power of God, who raised Christ from the dead."* (Colossians 2:12, NLT)
 3. Righteousness means that we have the ability to stand before God as from sin and condemnation as though there had never been any spiritual death with in our spirit.
- E. I was made alive.
1. *"You were dead because of your sins and because your sinful nature was not yet cut away. Then God made you alive with Christ, for he forgave all our sins."* (Colossians 2:13, NLT)
 2. *"even when we were dead in our trespasses, made us alive together with Christ—by grace you have been saved—"* (Ephesians 2:5, ESV)
 3. *"We know that Christ, being raised from the dead, will never die again; death no longer has dominion over him. For the death he died he died to sin, once for all, but the life he lives he lives to God."* (Romans 6:9-10, ESV) Christ is alive. I am in Him therefore I am made alive.
 4. *"For as in Adam all die, so also in Christ shall all be made alive."* (1 Corinthians 15:22, ESV)
- F. I was raised with Christ.
1. *"For he raised us from the dead along with Christ and seated us with him in the heavenly realms because we are united with Christ Jesus."* (Ephesians 2:6, NLT)
 2. Our identification with Christ makes us as free as Jesus. That is how it legally reads but is that how we practically live?
- G. I was seated with Christ.
1. *"that raised Christ from the dead and seated him in the place of honor at God's right hand in the heavenly realms. Now he is far above any ruler or authority or power or leader or anything else—not only in this world but also in the world to come. God has put all things under the authority of Christ and has made him head over all things for the benefit of the church. And the church is his body; it is made full and complete by Christ, who fills all things everywhere with himself."* (Ephesians 1:20-23, NLT) He legally put all things under His feet. We are the body! So they are under our feet.
 2. The identification of man and Christ has destroyed the work of Satan in humanity through man's identification with Adam.

II. I Am What God Says I Am

- A. A faith filled confession is a 'rat crusher!' It is a militant, aggressive, offensive on hell.

- B. Rescued and transferred. *"He has delivered us from the domain of darkness and transferred us to the kingdom of his beloved Son, in whom we have redemption, the forgiveness of sins."* (Colossians 1:13-14, ESV)
1. "I am delivered out of the authority and dominion of darkness. Satan cant rule my life because God is the very strength of life; and greater is He that is in me than any demonic forces of darkness." 1Jn 4:4
 2. I have been translated into the Kingdom of the Son of His love in whom I have redemption!"
- C. I am His righteousness. *"For our sake he made him to be sin who knew no sin, so that in him we might become the righteousness of God."* (2 Corinthians 5:21, ESV) We are made righteous by faith in Christ. If He says we have a new nature and are new creations then that is who I am! Therefore I dare to say what He says about me.
1. "I am the righteousness of God in Christ Jesus."
 2. *"I can do all things through him who strengthens me."* (Philippians 4:13, ESV) That is the same as saying all things are possible for those who believe. For my faith connects me to the Life of God!!!
 3. This puts you into the supernatural realm.
- D. I influence others for Christ. *"But thanks be to God, who in Christ always leads us in triumphal procession, and through us spreads the fragrance of the knowledge of him everywhere."* (2 Corinthians 2:14, ESV)
1. The Message Bible: *"And I got it, thank God! In the Messiah, in Christ, God leads us from place to place in one perpetual victory parade. Through us, he brings knowledge of Christ. Everywhere we go, people breathe in the exquisite fragrance."* (2 Corinthians 2:14, The Message)
- E. *"Therefore, if anyone is in Christ, he is a new creation. The old has passed away; behold, the new has come."* (2 Corinthians 5:17, ESV) *"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, ESV)
- F. Read your NT especially the letters of Paul and make His words your confession!

• **Conclusion:**

- Jesus knew how to live stress free. Mt 11:28-30 Come, I will give you rest.
- Let divide into groups and share one scripture that you believe and can confess that declare what God declares about you.