



THE
REAL YOU

BELIEVING YOUR TRUE IDENTITY

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FOREWORDS BY GRAHAM COOKE & BILL YOUNT

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Finally, brothers, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable—if anything is excellent or praiseworthy—think about such things.

Philippians 4:8

Align Your Thoughts with Heaven

Think: To carefully reflect on.

If I could crawl inside your mind for twenty-four hours, would I have a good day? Whenever I ask that question, most people have the same response—shock. Their jaws drop open, and their eyes get real big. Imagine someone being able to listen in on your thoughts. Yikes! What a disaster!

We are brilliant at making ourselves look good on the outside while privately our minds are telling us something entirely different—something negative and limiting. Deep in our hearts, we long to embrace God’s destiny for us and to know our true identity. We want to be more like Jesus. And yes, we desire to do supernatural exploits that defy this natural world. It is in our spiritual DNA to enter God’s world and partner with Him, but our minds *fight* us—and the demonic realm opposes us. There is a war going on, and long ago God designated the winner—*you*. Your part is to cooperate with God by believing your *true identity*. Where do you begin? Right between your ears—with your thoughts.

At the most unexpected times, a threatening, insidious voice rears its ugly head and tries to steal your dreams: *You can’t do this. You don’t know how. You’ll never succeed. You’re not smart enough. You’re not pretty enough. Who do you think you are, anyway?* Any of this sound

familiar? Maybe these thoughts are not in the forefront of your thinking. Maybe you have squashed some of them down. But all of us have fought with the voices of opposition that endeavor to suck the life out of our plans when we dream big.

The Holy Spirit downloads ideas and dreams into our spirits. He *loves* for us to dream big. He speaks to us of our true identity. He stirs up places of creativity within us and then pours in strategies so we can really attain our aspirations. Yet most of our precious dreams go unrealized. Why? *Because our self-talk negates them.* We argue with the inner pictures implanted by the Holy Spirit, and a negative mindset short-circuits His plans. We defeat the images He places in our minds when we take no definite action to align our thoughts with the mind of Christ. This is a key: You uncover the *real* you when you align your *mind* with God's perception of you.

The mind is a war zone—a battlefield—where thoughts constantly fight each other for supremacy. This battle rages daily, with your dominant thoughts winning and ruling your life. For example, if you think depressing thoughts, you get depressed. If you think God's thoughts of you, you feel encouraged. You can think yourself into a rotten mood. You can think yourself into a happy mood. Consider what you think about: Do your most dominant thoughts depict an accurate picture of who God says you are?

For years, mine did not. I didn't even know what an accurate picture of myself looked like. If I could change my inner thought life, into what kinds of thoughts would I change them? How would I do it? Once I

entered into a life of walking with Jesus, the Holy Spirit began leading me into a new world of thought—a world of thinking outrageous, supernatural God thoughts. I needed to stop thinking the way the world thought and to embark on a journey of rewiring my mind and being completely transformed to *align my thoughts with heaven*.

God specifically calls this process *renewing* our minds:

*Do not conform any longer to the pattern of this world, but **be transformed by the renewing of your mind**. Then you will be able to test and approve what God's will is—His good, pleasing and perfect will (Romans 12:2).*

Who does the renewing? *We* do. We take deliberate action to pull out a lifetime of wrong, negative thoughts and replace them with what God says is true about us. If it sounds aggressive, it is. A real renewed mind blows the lid off limited thinking. We try to figure things out according to how the world operates. A real renewed mind is not earthbound in its thinking. A renewed mind is tapped into the mind of Christ—God's way of seeing things. You start this renewing process by pulling down wrong mindsets.

Check this out:

*We demolish arguments and every pretension that sets itself up against the knowledge of God, and we **take captive every thought** to make it obedient to Christ (2 Corinthians 10:5).*

Every thought contrary to God's truth can be demolished, destroyed, and replaced with what is true.

When we renew our minds, we are simply cooperating with God, and an incredible, supernatural transformation begins, which leads us right into living our lives in the supernatural power of God—with signs and wonders following us.

Does this transformation happen quickly? Sometimes a light bulb goes on when you learn a new aspect of your identity and you have an “Aha!” moment, but most of the time it is a gradual process. Aligning your mind with heaven is a daily choice, and as long as you are living on planet earth, you are never done. Know one thing for sure: You do *not* have to accept every thought that comes drifting along, trying to implant itself in your mind. You can *refuse* thoughts. You can say, “I’m not going to think that. I’m going to think....” And make a conscious choice to think from God’s viewpoint. By posturing with God’s Word, you are purposefully re-wiring your thinking by praying and declaring reality from heaven’s perspective.

The purpose of this book is to help you begin building up the real you by looking deeply at what Scripture says about how you think and what you think. It is the battle for your *mind*. You have probably said, “God, I want to see miracles. I want a supernatural lifestyle! I want to engage with You, partner with You, and experience You!” Well, my friend, the mind is the gateway to the supernatural. You may not have realized how much of the Bible addresses your thoughts. As you declare these personalized verses about your thought life, you will be breaking agreements with lies and confronting the spirit realm. You will begin planting, building, and establishing powerful mindsets—

mindsets taken directly from Scripture. You will begin posturing for a transformed life.

I urge you to grasp the strength of each truth. Be aggressive. Speak the following verses out loud. Say each verse with feeling and confidence. Feel yourself being transformed. The way to becoming dangerous men and women of God is to *agree* with God. When you agree with Him, you uncover your true identity. Advance the Kingdom of God in your life and take new ground! Hoo-ah!

Pray Before You Posture

*God, help me see the truth about what I am speaking.
Breathe life on my proclamations and break off past
thought patterns that are contrary to Your truth, in
Jesus' name.*

Posturing: Taking Charge of My Thoughts

The mind is a battlefield. The battle is for my thought-life. (2 Cor. 10:3-5)

I demolish every thought not in agreement with what God says about me. (2 Cor. 10:3-5)

I take captive every thought and make it obedient to Christ. (2 Cor. 10:3-5)

I am fighting this battle, and I am winning. (2 Cor. 10:3-5)

I choose to believe God and trust God by speaking words of life and hope and truth. (2 Cor. 10:3-5)

When it comes to my thought life, I am a warrior. I put on the full armor of God. (Eph. 6:11-17)

My sword is the sword of the Spirit, which is the Word of God. (Eph. 6:11-17)

I speak forth the Word of God with clarity and boldness, hitting targets right and left, long before they can set up camp in my mind. (2 Cor. 10:3-5)

I am not ignorant of the devil's devices. I am alert and my guard is up. (1 Pet. 5:8)

Though he may try to plant thoughts and images in my mind, I do not entertain them. (1 Pet. 5:8)

I know he prowls around like a lion, looking for whom he may devour. And it's not going to be me. (1 Pet. 5:8-9)

I resist him, standing firm in my faith. (1 Pet. 5:9)

I am on the lookout for any thoughts that are in opposition to God. (2 Cor. 10:5)

I am determined to be victorious in the battle for my mind. (2 Cor. 10:5)

I purposely dismantle and destroy destructive thoughts and replace them with the truth of who I am. (2 Cor. 10:5)

I do not conform any longer to the pattern of this world, but I am transformed by the renewing of my mind. (Rom. 12:2)

I understand that death and life are in the power of the tongue. (Prov. 18:21)

Words kill; words give life. Thoughts kill; thoughts give life. (Prov. 18:21)

I choose life. (Prov. 18:21)

I make myself aware of the thoughts in my mind so that the words I speak are words of life. (Prov. 18:21)

I gird up the loins of my mind. (1 Pet. 1:13)

That means I prepare my mind for action. I am alert and thinking clearly. (1 Pet. 1:13)

I focus my inner thought life on that which is true and honorable and right and pure and lovely and admirable—things that are excellent and worthy of praise. (Phil. 4:8)

I have the mind of Christ. (1 Cor. 2:16)

God keeps me in perfect peace because my mind is steadfast, trusting in Him. (Isa. 26:3)

I am constantly renewed in the spirit of my mind. (Eph. 4:23)

I am being renewed in my thoughts and attitudes. (Eph. 4:23)

I am being transformed into an entirely new way of life—a God-designed life. (Eph. 4:23)

A deep inner change is happening to me. (Eph. 4:23)

I am being renewed on the inside, and it is working itself to the outside as God reproduces His character in me. (Eph. 4:23)

How do I keep my way pure? By living according to Your Word. (Ps. 119:9)

With my lips I declare the counsel that comes from Your mouth. (Ps. 119:13)

To be spiritually minded is life and peace. (Rom. 8:6)

In the presence of God, I meditate on His unfailing love. (Ps. 48:9)

God has not given me a spirit of fear, but of power and love and a sound mind. (2 Tim. 1:7)

I serve You, Lord, with wholehearted devotion and a willing mind. (1 Chron. 28:9)

You search my heart and understand every motive behind my thoughts. (1 Chron. 28:9)

I love You, Lord, with all my heart, and with all my soul, and with all my mind. (Matt. 22:37)

I set my mind on things that are above, not on things that are on the earth. (Col. 3:2)

Lord, I position my mind to see things from Your perspective. (Col. 3:2)

On my bed I remember You. My thoughts are of You through the watches of the night. (Ps. 63:6)

May the words of my mouth and the quiet meditations of my heart be pleasing to You, Lord. (Ps. 19:14)

My mind is focused on what the Spirit desires. I choose to seek after things the Spirit desires. (Rom. 8:5)

Your Word is living and active. (Heb. 4:12)

Sharper than any double-edged sword, it penetrates even to dividing soul and spirit, joints and marrow. (Heb. 4:12)

It exposes the very thoughts and attitudes of my heart. (Heb. 4:12)

I meditate on Your Word day and night. (Ps. 1:2)

I delight in Your words. (Ps. 1:2)

I posture my thoughts in the truth of Your Word. (Ps. 1:2)

Identity Activations: New Mindsets

One. Renewing your mind by posturing in the Word of God establishes and builds your real identity. In the first activation, you will begin learning how to *posture*. To posture is to position yourself. It means you are taking a specific stance. When you posture in God's Word, you position yourself to be in agreement with God. You are no longer aligning yourself with worldly thinking, but rather you are aligning yourself with God's perspective. It is vital that your deep inner dialog reflects God's Word. You are *not* exchanging one earthbound mindset for another earthbound mindset. When you speak God's Word, you are stepping into agreement with heaven. Take the posturing verses you just read and incorporate them into your daily life. *You* are the one who renews your mind. *You* take up the sword of the Spirit which is the Word of God and proclaim it. This is a week-long activation—and it is the most powerful of all. If you do nothing else—*posture*.

Your assignment is this: Read the verses first thing in the morning when you get up and right before you go to bed. Decide right now you are going to make this your priority. Carry the verses with you and speak them throughout the day. There is no such thing as proclaiming God's Word too much. I will tell you right now that you will be challenged to give up, quit, or simply forget. Recognize the warfare. All the forces of hell are at work to prevent you from speaking verses that build your true identity. It takes effort and perseverance. Dig down deep and tap into a warrior mindset! Always remember that you are in a war. And the battle is for your mind!

*Whatever controls your thoughts,
controls you.*

Two. As you posture, you may find difficulty fully believing and even speaking some of the verses. When this happens, you most likely have believed a lie. A lie is a wrong mindset. The lie will pretty much be the opposite of your proclamation. This is a place in your mind that needs to be *renewed*. Choose a verse that you are having a hard time fully believing. Write the verse. Now, ask the Holy Spirit: "What is the lie I accepted as truth that kept me from believing this verse?" Write down the lie the Holy Spirit shows you. Maybe you have believed you can't change the way you think or that you just automatically think negative thoughts. Or you still believe negative things someone said to you.

Ask God to forgive you for believing the lie. Verbally break the agreement you have had with the lie. For example, you can say, "Lord, I am sorry for

believing the lie. It kept me from believing Your Word. In Jesus' name, I break my agreement with that lie. Now, I believe _____." Write the verse again in your own words. You have begun demolishing a stronghold. You are replacing wrong mindsets with mindsets that truly reflect your identity.

Often, there is an injured place in our hearts where the lie came in. You don't have to even identify the injury for God to heal your heart. Just ask Him to heal you. Say, "Lord, heal the injured place in my heart where the lie came in."

Sit quietly for a moment. The Holy Spirit is healing your heart and mind. You are purposefully pulling down a worldly or demonic stronghold and planting truth in its place. As you do, you will begin feeling differently about the verses with which you previously struggled. Apply this process with any hard-to-accept verse. Demolishing strongholds requires a conscious effort on your part, but you can do this. God has created you to be an overcomer.

Three. This Identity Activation is important, and many skip over it. Don't. Get a few sheets of paper, set a timer, and for five minutes, write whatever comes to mind. Write your thoughts without stopping. Write the positive things you say to yourself as well as the negative things. Take a look. Writing your thoughts will give you an indication as to what you tend to think about when you're not really thinking about what you're thinking.

Four. Look up 2 Corinthians 10:3-5 in a few different translations. What is the Holy Spirit revealing to you through this passage?

Five. Draw a picture of a person with a renewed mind and another picture of a person with old mindsets. Draw how each person looks on the outside and on the inside. What do you see? Which one reflects the *real* you?

Prayer: Transforming My Thought Life

Dear Lord,

My thoughts bear fruit. I am purposefully choosing to take up my sword, and I am cutting out thoughts that are contrary to You. I am seated in heavenly realms, and I am postured in heavenly realms. I am actively renewing my mind and viewing reality from Your perspective. Help me to think about what I'm thinking about so that my thoughts bear good, positive fruit.

Amen

Heavenly Word

Beloved, your mind is the gateway to a supernatural life with Me. Fully believe you are seated in heavenly realms—because you are. Right now! Posture yourself in heavenly realms by aligning your thoughts with Mine. What you think about Me and about yourself carries a lot of weight. Strengthen your mind. Death and life are in the power of the tongue. You eat the fruit of what you say. Speak Life!

Romans 12:2; Ephesians 2:6; 1 Peter 1:13; Proverbs 18:21

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