# WHO AMI?

Touching Lives with Dr. James Merritt

Sermon Single | Week 40 | Ephesians 1:1-6

## Introduction Notes

Did you know that nearly 85% of Americans struggle with low self-esteem? I have been part of that statistic my whole life. Low self-esteem affects how productive we are at work and how we relate at home. It can even lead to violent behavior or suicide. In my years as a pastor, I've discovered that the root cause often lies in the trap of comparison: measuring ourselves against others who appear better off, better looking, or in a better situation. But the fundamental question isn't how we compare to others; it's understanding who you truly are. You are not who others think you are, or even who you think you are. You are who God says you are. The only one qualified to define your identity and worth is the God who made you. And in Ephesians 1, the Apostle Paul reveals three transformative truths about your identity in Christ that form the foundation for healthy, holy self-esteem rooted not in pride but in God's declaration over your life.

Key Points
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#### 1. Recognize Your Position—Who You Are

If you know Jesus, you hold a position that may surprise you. You are a saint. Paul opens his letter "To the saints who are in Ephesus, and are faithful in Christ Jesus..." (Ephesians 1:1, ESV). Notice how he identified them. These aren't super-Christians. Every believer is a saint—not because of performance but because of position. The word "saint" means to be holy, separated, and righteous. It's not about what you do for God but what God has done in you. Since you are a Christian, "saint" is your true identity and "sinner" is only your occasional activity. In fact, God's Word refers to non-Christians as sinners over 300 times, but only three times does it describe Christians this way. You're not a saint compared to anyone else or because of your good works. You're a saint because God declares you are.

Once you see who you really are, you'll be able to be and do what God has called you to.

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TL Sermon Guide\_Who Am I\_wk 40.indd 2 9/19/25 1:56 PM

Sermon Single | Week 40 | Ephesians 1:1-6

**Notes** 

#### 2. Realize Your Possessions—What You Have

Paul declares that God "... has blessed us in the heavenly realms with every spiritual blessing in Christ" (Ephesians 1:3, NIV). Notice the past tense "has" and the comprehensive word "every." In other words, God has not promised to bless you someday. He already has blessed you right now. You don't need what you already have, and in Christ you already possess all you need. When you give your life to Jesus, He puts your name on His account. You have a joint account with the Lord of the universe. For your grief, you have His grace. For your problems, His wisdom. For your weakness, His strength. For your sorrow, His comfort. For your sadness, His joy. For your sins, His forgiveness. The problem isn't that you lack what you need; it's that you don't realize you already have it. You are spiritually wealthy beyond earthly measure.

God is no cheapskate. He has blessed you with every spiritual blessing in Christ. You just need to access what's already yours.

#### 3. Rejoice in Your Privilege—Where You Stand

You stand in a position of complete acceptance. Paul says we are "... accepted in the Beloved" (Ephesians 1:6, NKJV). One of the deepest human needs is acceptance, and the fear of rejection drives people to compromise values and chase approval. But the truth is that God has already accepted you. Not based on your performance, achievements, or potential, but based on what Christ has done for you. Once God accepts you, He will never reject you. You can't do anything so bad it will make God reject you, and you can't do anything so good it will make God accept you more. When you accept Jesus, God accepts you completely. You're no longer a sinner but a saint, no longer an enemy but a friend.

As a child of God, you stand in the acceptance of the One who will never reject you or abandon you.

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Sermon Single | Week 40 | Ephesians 1:1-6

Key Takeaway	Notes
When you look at the cross, you see your true worth: The Son of God accepted death for you so that you might accept Him and, through Him, be fully accepted by God. Don't let the	
world, the flesh, or the devil rob you of who you are, what you have, and where you stand in Christ.	



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Sermon Single | Week 40 | Ephesians 1:1-6

### **Reflection Questions**

1.	When you look in the mirror, whose voice defines your worth? What will change in your daily life when you truly believe you are a saint?
2.	What spiritual blessings do you keep asking God for that He's already given you in Christ? Thank God for every spiritual blessing He has deposited into your account!
3.	Where in your life are you seeking acceptance through performance, appearance, or achievement? How might you release that to the Lord right now, and stand boldly, accepted in the Beloved?

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