



WHO AM I ?

Touching Lives with Dr. James Merritt

Who Am I?

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

Introduction

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

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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Key Takeaway

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.

Notes

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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?
