

# What's New About You?

## STUDY GUIDE

**PURPOSE** for Diagram 170-A:

*To explain the nature of man as a spiritual, psychological, physical being, and to introduce the significance of this in self-understanding.*

1. Do you think of yourself as a body? Examples: I am fat, I am in great shape, I am beautiful, etc. If so, explain \_\_\_\_\_  
\_\_\_\_\_
2. Do you spend a lot of time, money, or energy to improve your body or appearance? This could include clothes, exercise, diets, surgery etc. If so, explain \_\_\_\_\_  
\_\_\_\_\_
3. Do you think of your intellect as who you are? Examples: I am smart, I am decisive, I am a deep thinker or maybe even I am slow and not very smart. If so, explain: \_\_\_\_\_  
\_\_\_\_\_
4. Do you spend large amounts of time trying to figure things out or think situations or circumstances through? If so, explain \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_
5. Do you define yourself by what you are feeling? Examples: I feel happy so I have joy or I feel guilty so I must be guilty. If so, explain \_\_\_\_\_  
\_\_\_\_\_
6. Do your emotions or how you are feeling determine whether or not you are having a good day? If so, explain \_\_\_\_\_  
\_\_\_\_\_
7. If you could believe your true identity was spiritual, how would that change your daily routine? \_\_\_\_\_  
\_\_\_\_\_

*... may your spirit  
and soul and body be  
preserved complete.*

1 Thess. 5:23

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NEW

*I am a Spirit . . .  
I have a soul . . .  
I live in a body . . .*

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### PURPOSE for Diagram 170-B:

*To show that the difference between what is true in the Spirit and what is felt to be true in the soul creates inner problems which express themselves in disturbing ways.*



Do you ever experience any of the following feelings?

(an extra sheet of paper may be necessary)

1. Inferiority \_\_\_\_\_ Describe \_\_\_\_\_  
\_\_\_\_\_
2. Insecurity \_\_\_\_\_ Describe \_\_\_\_\_  
\_\_\_\_\_
3. Inadequacy \_\_\_\_\_ Describe \_\_\_\_\_  
\_\_\_\_\_
4. Guilt \_\_\_\_\_ Describe \_\_\_\_\_  
\_\_\_\_\_
5. Worry, doubt, fear \_\_\_\_\_ Describe \_\_\_\_\_  
\_\_\_\_\_
6. Depression \_\_\_\_\_ Describe \_\_\_\_\_  
\_\_\_\_\_
7. Anxiety \_\_\_\_\_ Describe \_\_\_\_\_  
\_\_\_\_\_
8. Obsessive thoughts or behavior \_\_\_\_\_ Describe \_\_\_\_\_  
\_\_\_\_\_
9. Why do you think you experience these feelings? \_\_\_\_\_  
\_\_\_\_\_



10. Study Proverbs 3:5-8.



11. How would your life experience change if you lived according to what God says about you, instead of how you feel or what you, others, or the world think?  
\_\_\_\_\_  
\_\_\_\_\_

*Walk no longer . . .  
in the futility of  
their (your) mind.*

Eph. 4:17

WHAT'S  
NEW

*My feelings may not be true.*

# What's New About You?

## STUDY GUIDE

**PURPOSE** for Diagram 170-C:

*To give an understanding of how all persons became sinners  
through their descent from Adam.*



1. Study Romans 5:12.



2. What did you learn about you? \_\_\_\_\_  
\_\_\_\_\_



3. What does it mean to be "IN" Adam? \_\_\_\_\_  
\_\_\_\_\_



4. Study Romans 3:23, 6:23.

*All have sinned . . .* Rom. 3:23



5. What did you learn about sin? \_\_\_\_\_  
\_\_\_\_\_



6. Are you a sinner? \_\_\_\_\_  
\_\_\_\_\_



7. What will happen to you when you die? \_\_\_\_\_  
\_\_\_\_\_

*Born once—die twice!  
Born twice—die once!*

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## STUDY GUIDE






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**PURPOSE** for Diagram **170-C1**:

*To show the sinner the choice of eternal life in Christ as an alternative to death.*

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*... while we were yet sinners,  
Christ died for us. Rom. 5:8*

-  1. Study Romans 5:12, 17-19.
-  2. What did you receive because of Adam's sin? \_\_\_\_\_  
\_\_\_\_\_
-  3. What did you receive because of Christ's obedience? \_\_\_\_\_  
\_\_\_\_\_
-  4. Study Romans 10:9-10.
-  5. Do you have to end up in spiritual death? \_\_\_\_\_  
Why not? \_\_\_\_\_  
\_\_\_\_\_

If you are not sure you are truly "In Christ," then now would be a wonderful time to open your life up to Him and receive Him as your Savior and Lord. He is knocking and waiting (Revelation 3:20).

*I wouldn't choose death,  
would I?*

# What's New About You?

## STUDY GUIDE

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**PURPOSE** for Diagram **170-C2**:

*To show the believer in Christ is actually removed from being  
“in Adam” and placed “into Christ.”*

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1. Study 1 Corinthians 1:30.



2. Whose work was it to move you from the old path to the new path?  
\_\_\_\_\_



3. Study Romans 6:6.



4. What happened to your old self that was in Adam?  
\_\_\_\_\_

*. . . your life is hidden  
with Christ in God. Col. 3:3*



5. Study Colossians 1:13.



6. How did you get into Christ? \_\_\_\_\_  
\_\_\_\_\_



7. Study Galatians 2:20. Whose life do you have now? \_\_\_\_\_  
\_\_\_\_\_

*What's new about me—everything!*

# What's New About You?

## STUDY GUIDE

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PURPOSE for Diagram 170-D:

*To show the difference between walking after the flesh  
and living in the true identity of Christ.*

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1. Study Romans 8:5-6.



2. Do you see that feelings of inferiority, etc. are focusing on self, and feelings of completeness, etc., come from focusing on the Lord?

\_\_\_\_\_



3. Study John 8:32.



4. How do you change from walking after the flesh to walking after the spirit? Where is your focus now? \_\_\_\_\_

\_\_\_\_\_

*You shall know the  
truth and the truth  
shall set you free.*

John 8:32



5. What is more true—God's word or your feelings?

\_\_\_\_\_



6. Are you ready to choose to believe what God's word says about you?

\_\_\_\_\_

*God said it—that settles it!*