



# Becoming Who I Am

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Series 1, Week 2

Adena Korpi

# Psalm 139, TPT

“Lord, you know everything there is to know about me. You perceive every movement of my heart and soul, And you understand my every thought before it even enters my mind. You are so intimately aware of me, Lord. You read my heart like an open book and you know all the words I’m about to speak before I even start a sentence! You know every step I will take before my journey even begins. You’ve gone into my future to prepare the way, and in kindness you follow behind me to spare me from the harm of my past. You have laid your hand on me! This is just too wonderful, deep, and incomprehensible!

# Psalm 139, TPT

“Your understanding of me brings me wonder and strength. Where could I go from your Spirit? Where could I run and hide from your face? If I go up to heaven, you’re there! If I go down to the realm of the dead, you’re there too! If I fly with wings into the shining dawn, you’re there! If I fly into the radiant sunset, you’re there waiting! Wherever I go, your hand will guide me; your strength will empower me. It’s impossible to disappear from you or to ask the darkness to hide me, for your presence is everywhere, bringing light into my night.

# Psalm 139

“There is no such thing as darkness with you. The night, to you, is as bright as the day; there’s no difference between the two. You formed my innermost being, shaping my delicate inside and my intricate outside, and wove them all together in my mother’s womb. I thank you, God, for making me so mysteriously complex! Everything you do is marvelously breathtaking. It simply amazes me to think about it! How thoroughly you know me, Lord! You even formed every bone in my body when you created me in the secret place; carefully, skillfully you shaped me from nothing to something.

# Psalm 139

“You saw who you created me to be before I became me! *Before I’d ever seen the light of day*, the number of days you planned for me were already recorded in your book. Every single moment you are thinking of me! How precious and wonderful to consider that you cherish me constantly in your every thought! O God, your desires toward me are more than the grains of sand on every shore! When I awake each morning, you’re still with me.

# Psalm 139

“O God, come and slay these bloodthirsty, murderous men! For I cry out, “Depart from me, you wicked ones!” See how they blaspheme your sacred name and lift up themselves against you, but all in vain! Lord, can’t you see how I despise those who despise you? For I grieve when I see them rise up against you. I have nothing but complete hatred and disgust for them. Your enemies shall be my enemies! God, I invite your searching gaze into my heart. Examine me through and through; find out everything that may be hidden within me. Put me to the test and sift through all my anxious cares. See if there is any path of pain I’m walking on, and lead me back to your glorious, everlasting way—the path that brings me back to you.”



# Big Picture View

“Now, may the God of peace and harmony set you apart, making you completely holy. And may **your entire being---spirit, soul and body---**be kept completely flawless in the appearing of our Lord Jesus, the Anointed One. The One who calls you by name is trustworthy and **will thoroughly complete His work in you.**” 1 Thes 5:23, 24 TPT



# Two Important Things!

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- I am whole and complete in Christ now AND I'm on a journey of restoration
- True FAMILY do the “heavy lifting” – They will do what They say They will do!



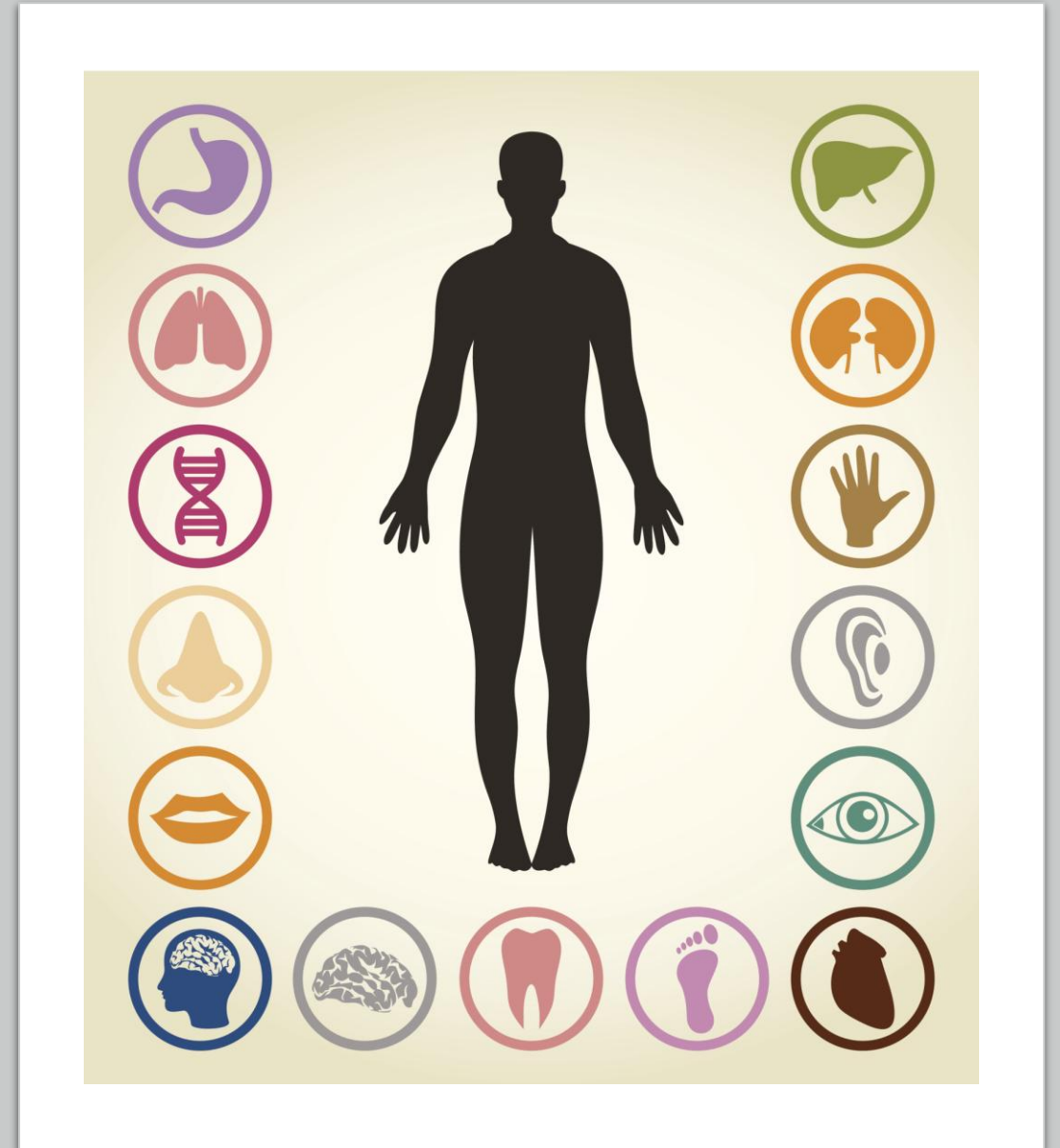


## Jude 24, 25

- KJV “Now unto him that is able to keep you from falling, and to present you faultless before the presence of his glory with exceeding joy, to the only wise God our Saviour, be glory and majesty, dominion and power, both now and ever. Amen.”
- TPT “Now, to the one with enough power to prevent you from stumbling into sin and bring you faultless before his glorious presence to stand before him with ecstatic delight, to the only God our Savior, through our Lord Jesus Christ, be endless glory and majesty, great power and authority—from before he created time, now, and throughout all the ages of eternity. Amen!”

# Dissecting Our Being

- Amazing detail in how we are made
- Focus in on specific functions





# The Beautiful Whole

- ALL of our systems/parts work together as one
- All parts affect other parts/systems
- Not possible to fully separate any of it

# Spirit, Soul and Body

- Similar to the Trinity – three essential parts working together in harmony
- Oneness and distinction
- Not any part meant to dominate
- Spirit designated to lead as function, not about value
- Each part has a level of:
  - Mind (thought process)
  - Will
  - Emotion

# The Human Spirit

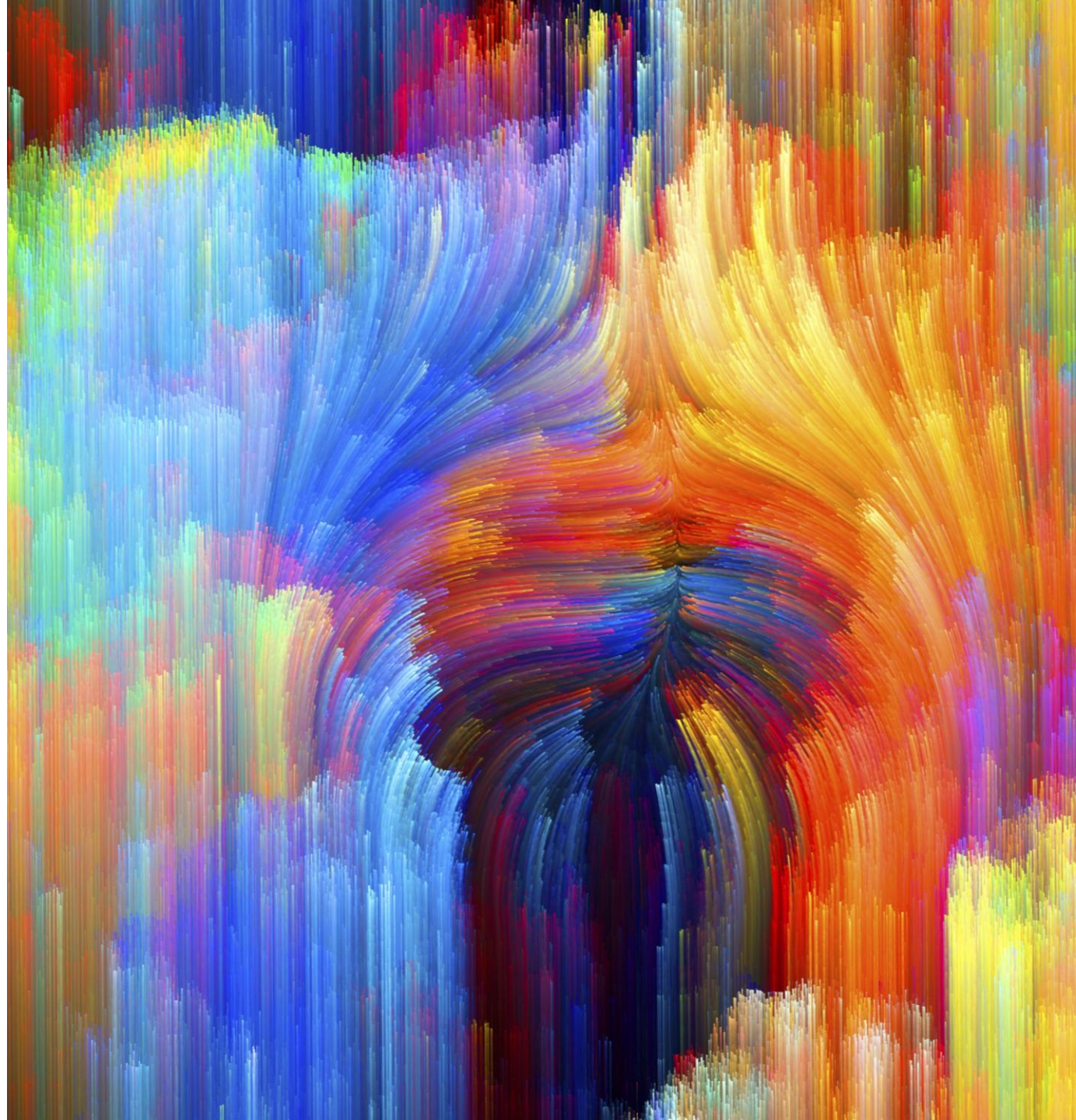
- NOT perfect as is often taught
- Biblically it can be crushed, broken, troubled, anxious, despairing, etc.
- It can be one with the Lord (this is where confusion comes in)
- Is meant to gently lead the soul and body, NOT dominate or bully
- It can carry a greater understanding of our destiny
- It can see and experience both realms (heaven and earth)



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# Our Soul

- The beautiful expression of our personality and being that God created
- Can cooperate with our spirit in manifesting the power of God's love to the world
- Can be dissociated, fragmented and programmed – but not destroyed!



# God's Mercy



- We were designed that when trauma hits in childhood (when we are not capable of processing it), we could fragment a part of us to contain that pain so the rest of us could continue
- Then when we are older, we could process and reconnect that part
- God's plan is always wholeness!



# Our Body

- The amazingly complex, resilient and beautiful body that allows us to be able to carry out our mission in the earth
- Reflects the unique characteristics of our individuality, our family, culture and race
- Allows us to accomplish restoration in the earth



# Trauma and Neglect

- Through trauma and neglect, we are often disconnected from our body, soul and spirit
- Because the spirit is meant to lead, some of the greatest attack is on our spirit
- Often soul parts can take over the job of the spirit
- There can be issues on both sides of the spirit, soul and body that need to be healed in order to be aligned as God designed

# Dissociation

- Everyone dissociates to some degree – daydreaming, “spacing out”, to ultimately dissociation of parts
- God created us with this ability, especially in childhood and in trauma, so that we can continue to function
- The intention is that when maturity or safety comes, that reintegration can occur
- In mind control programming, this ability is exploited to control the person





# The Heart

- Convergence of spirit, soul and body

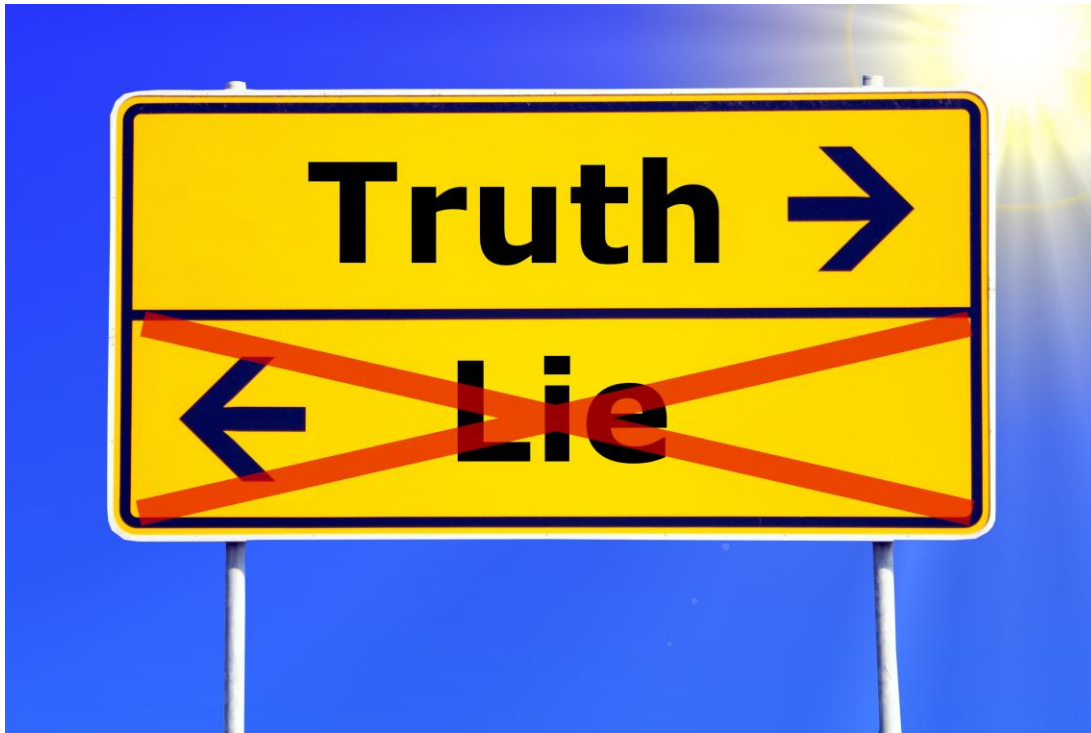
# Everything is Relational

- Reconnecting our spirit, soul and body takes time and is relational
- There's no “magic formula” or prayer
- Our parts (including spirit and body) do not want to be used or forced
- We get to gently work with all parts of us for reconciliation for as long as it takes



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# Paradox



- I am whole and complete in Christ AND I am on a journey of becoming whole
- Either extreme (I'm perfect and whole or I'm broken beyond repair) lead to deception and prevent true healing
- Being able to face my brokenness in the light of True FAMILY's unconditional love brings restoration

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# Learning to Love

- The journey of learning to love every part of you as True FAMILY does
- Being honest with where we struggle
- The love cycle





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# Activation

- Connect with True FAMILY
- See how True FAMILY feel about your spirit, your soul and your body
- Can you come into agreement with Their delight in all of you?
- Let Them show you where to start today in the restoration process – What does that look like?
- Bless your spirit, soul and body
- Celebrate who True FAMILY created you to be!

