

BE. DO. HAVE.

"Identity, your True Self, is never simply a creation. It is always a discovery.

True identity is always a gift of God." – David Benner

"I am God's masterpiece..." – Ephesians 2:10

The False Self: The self that finds its identity in what I **do**, what I **have**, and to **be** seen by others.

The True Self: The self that stops performing and receives its identity from God.

This worksheet won't fix your false self in one sitting. It's meant to help you notice it clearly enough to start bringing it to God. Take your time. Be honest. No one else has to see what you write.

Part 1: Find Your DO

Your "DO" is whatever you reach for, automatically and repeatedly, to feel okay about yourself. It isn't something that is bad; it is just out of place. It's not always something dramatic sometimes it's subtle enough that you've never named it. Work through the categories below and circle or underline anything that resonates. You don't need to circle everything just notice what's true.

Common places the False Self hides in DO

Achievement / success — career, rank, title, being the best

Productivity — being busy, being needed, never sitting still

Perfectionism — house, body, clothes, kids, work, image

Being right / knowledge — winning arguments, being the smart one

Being liked — keeping the peace, avoiding conflict, people-pleasing

Being needed — rescuing, fixing, being indispensable to others

Control — managing outcomes, other people, your schedule

Security — money, savings, always having a backup plan

Amusement / numbing — screens, food, shopping, fantasy, escape

Power / influence — being in charge, being the one others defer to

Passivity — staying invisible, making no waves, staying safe

Write it out

1. What is the one thing you find yourself reaching for most often to feel okay about yourself?

2. Where did you first learn that this was the way to feel worthy or safe? (A parent, a teacher, a coach, an early experience?)

3. What happens inside you physically, emotionally, when you can't do this thing, or when you do it and it goes wrong?

Part 2: See How It Shows Up With Others

One of the most painful things about the false self is this: whatever you do most easily to feel okay is often the very thing you use to judge or crush other people who don't do it the same way.

Example: if your DO is working hard, you may quietly judge people who rest. If your DO is being spontaneous, you may judge people who need a plan. If your DO is keeping a clean house, you may judge people who don't.

4. Look back at what you wrote for Question 1. How does that same thing show up as judgment toward someone else: a spouse, a coworker, a friend, your kids?

5. Who in your life might be experiencing your DO as pressure or judgment right now, even if you've never said it out loud?

Part 3: The Two Brothers

In Luke 15, both sons are living from Do → Have → Be. The younger son says "I am no longer worthy to be called your son" his DO has left him feeling unworthy. The older son says "all these years I've been slaving for you" his DO has left him feeling like a slave. Both of them missed the same thing: they never had to earn their place. It was already theirs.

6. Which brother do you relate to more right now the one who feels unworthy because of what he's done, or the one who feels like a slave because of everything he's done right? Explain briefly.

7. Read the father's words in Luke 15:22-24 and 15:31. What is the father actually offering each son not in exchange for anything, but simply because they are his? Write it in your own words.

Part 4: Practicing BE Before DO

This is the hardest and most important part of the worksheet. The goal isn't to stop doing things. It's to let your BE come first so that what you do flows out of who you already are, instead of being the thing that makes you who you are.

Sit under God's loving gaze

Before you answer the questions below, take two minutes of silence. Picture God looking at you not at your performance, not at your résumé, just at you. Breathe slowly. If it helps, use this:

Inhale "I am your masterpiece." Exhale "I surrender to you."

Write it out

8. If your worth were already settled if there were nothing left to prove what is one thing you would do differently this week?

9. What would it look like, specifically, to do the thing you named in Question 1 out of freedom rather than compulsion? (Same action, different posture.)

10. Who is one person you could tell about your DO, someone who could remind you, in a moment of striving, of who God says you already are?

This Week

Daily: Spend a few minutes with God in Daily Surrender using the Masterpiece reading guide. Name your DO out loud to him and ask him to help you rest in your BE first.

Weekly: Share one honest thing from this worksheet with your community group or one trusted person. You weren't meant to do this work alone.