

REFRAMING GUIDE

7 GOSPEL TRUTHS THAT WILL SHIFT HOW YOU SEE YOUR LIFE

REFRAME 
in the image of Christ.

WHAT IF THE WAY YOU SEE YOURSELF IS WHAT'S KEEPING YOU STUCK?

Dear Friend,

If you've ever found yourself wondering, "Why does life feel off even when I believe all the right things?"

"Why am I tired, stuck, or unsure of who I really am in Christ?"

I want you to know you're not alone.

The truth is, many of us walk through life wearing frames that distort our vision:

Shame. Striving. Fear. Comparison.

These are not just emotions — they're the filters we see life through. Over time, they twist our identity, cloud our purpose, and steal our joy. But the gospel offers us a better frame. One built on grace, truth, and transformation. One that reminds us of who we are, whose we are, and why we're here.

That's what this guide is all about.

Inside, you'll find **7 powerful gospel truths** that speak directly to the lies we so often believe. Each one is grounded in Scripture, designed to help you pause, reflect, and begin the process of spiritual reframing.

My prayer is that this guide gives you a moment of clarity, a breath of grace, and a glimpse of the life you were always meant to live — in the image of Christ. Ready to begin? Let's reframe.

With you on the journey,

Rodney Knous
Author of Reframe Me: In the Image of Christ

TRUTH #1: FROM I'M NOT ENOUGH TO I AM CHOSEN.



THE LIE:

"I'm not enough."

We whisper it in failure, carry it in silence, and rehearse it more often than we realize.

It sounds like:

- "I'll never measure up."
- "I'm too much... or not enough."
- "Other people have what it takes. I don't."

This lie is a thief. It steals joy. It shrinks purpose. And it disconnects us from the God who made us.
read it.

THE TRUTH:

You are chosen, called, and deeply loved.

You don't have to earn your worth — it was declared by your Creator.

"Even before He made the world, God loved us and chose us in Christ to be holy and without fault in His eyes."

— Ephesians 1:4 (NLT)

REFRAME:

- Where in your life are you striving to prove your worth?
- What would change if you truly believed God already called you "enough"?

YOU ARE NOT AN AFTERTHOUGHT. YOU ARE NOT OVERLOOKED.

BEFORE YOU ACCOMPLISHED ANYTHING... YOU WERE ALREADY CHOSEN.
LET THIS TRUTH REFRAME HOW YOU SHOW UP TODAY.

TRUTH #2: FROM GOD IS DISAPPOINTED IN ME TO I AM FULLY ACCEPTED.

THE LIE:

"God must be disappointed in me."

We may not say it out loud, but we feel it deep down:

- When we mess up — again.
- When we stop praying for a while.
- When we feel emotionally flat or spiritually dry.

This lie whispers: God's tired of you. You've failed one too many times. You're not doing enough.

But that is not the voice of your Father.



THE TRUTH:

There is no condemnation for those who are in Christ. God doesn't look at you with frustration — **He looks at you through the lens of grace.**

"So now there is no condemnation for those who belong to Christ Jesus."

— Romans 8:1 (NLT)

REFRAME:

- When was the last time you felt like a disappointment to God?
- What if that voice wasn't God — but shame?



GOD'S LOVE ISN'T BASED ON YOUR PERFORMANCE — IT'S BASED ON CHRIST'S FINISHED WORK.

HE DOESN'T WAIT FOR YOU TO GET IT TOGETHER. HE MEETS YOU RIGHT HERE, WITH OPEN ARMS AND UNSHAKEABLE ACCEPTANCE.

YOU ARE ALREADY WELCOME. RIGHT NOW. JUST AS YOU ARE.



TRUTH #3: FROM I HAVE TO EARN IT TO I LIVE BY GRACE.

THE LIE:

"I need to prove I'm good enough for God." This belief often sneaks in disguised as discipline, duty, or "doing what's right."

But deep down, it's exhausting.

- We pray harder to feel worthy.
- We serve more to make up for guilt.
- We measure ourselves against others and always fall short.

It's a spiritual treadmill — and **it never leads to rest.**

THE TRUTH:

You don't live for approval — **you live from it.** Christ in you is enough. The pressure is off.

"My old self has been crucified with Christ. It is no longer I who live, but Christ lives in me.

So I live in this earthly body by trusting in the Son of God, who loved me and gave himself for me."

— Galatians 2:20 (NLT)

REFRAME:

- Where do you feel the pressure to earn God's love or prove your faith?
- What would it look like to live from love instead of for approval?

JESUS DIDN'T DIE SO YOU COULD STRIVE HARDER — HE DIED SO YOU COULD LIVE FREE. YOUR PERFORMANCE NEVER EARNED GOD'S LOVE... AND YOUR FAILURE CAN'T LOSE IT.

YOU ARE ALREADY ENOUGH — BECAUSE CHRIST IN YOU IS MORE THAN ENOUGH. BREATHE. REST. TRUST.

YOU'RE NOT PERFORMING ANYMORE. YOU'RE LIVING IN GRACE.

TRUTH #4: FROM MY PAST DEFINES ME TO I AM A NEW CREATION.

THE LIE:

"Because of what I've done... this is just who I am now." Shame has a long memory.

- That mistake.
- That secret.
- That label someone spoke over you years ago.

They begin to shape our identity — as if what happened to us or what we've done is the final word on who we are.

But your past doesn't get the last word — Jesus does.

THE TRUTH:

In Christ, you are a new creation. What once defined you no longer has power over you.

This means that anyone who belongs to Christ has become a new person. The old life is gone; a new life has begun!

— 2 Corinthians 5:17 (NLT)

REFRAME:

- Is there something from your past you've allowed to define your identity?
- What would change if you saw yourself as someone entirely new?

**GOD ISN'T INTERESTED
IN EDITING YOUR OLD
STORY —
HE'S WRITING A
BRAND-NEW ONE.**

**YOUR IDENTITY IS NO
LONGER ROOTED IN
YOUR WORST
MOMENT —
IT'S ROOTED IN HIS
FINISHED WORK.**

**YOU ARE NOT YOUR
PAST.**

**YOU ARE NOT YOUR
WOUNDS.**

**YOU ARE NOT YOUR
FAILURE.**

**YOU ARE MADE NEW
— AND YOUR FUTURE
IS WIDE OPEN IN HIM.**

TRUTH #5: FROM I'M ALONE IN THIS TO GOD IS WITH ME AND FOR ME.

THE LIE:

"No one understands what I'm going through. Even God feels far away."

This lie is subtle but suffocating. It creeps in when:

- Prayers feel unanswered.
- Support feels scarce.
- The weight of life feels too heavy to carry alone.

And the enemy loves to convince us that if we're struggling, we must be forgotten. But God's nearness is not based on our feelings — it's based on His faithfulness.



THE TRUTH:

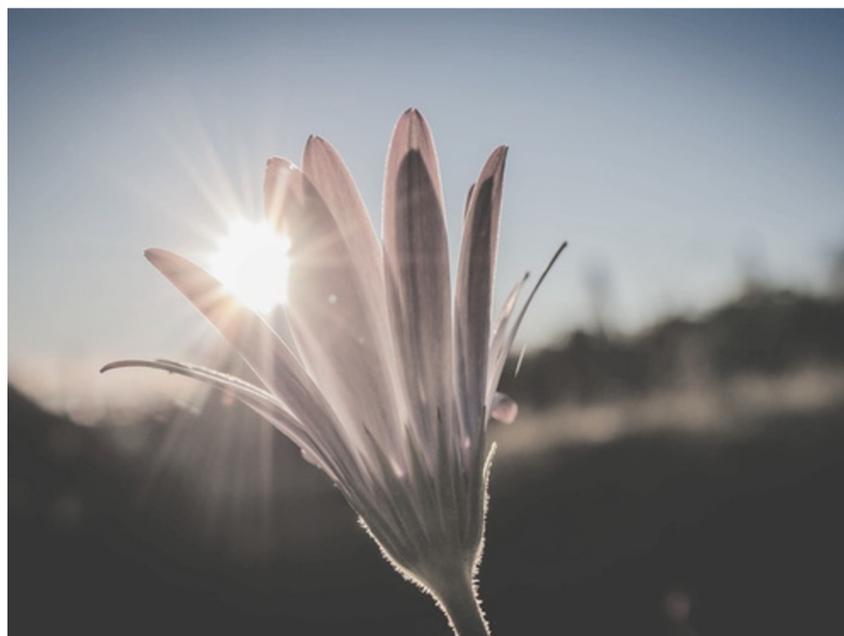
God is with you and for you — right now Even in the silence. Even in the storm.

"Don't be afraid, for I am with you. Don't be discouraged, for I am your God. I will strengthen you and help you. I will hold you up with my victorious right hand."

— Isaiah 41:10 (NLT)

REFRAME:

- Where in your life do you feel alone or unsupported right now?
- What might it look like to invite God into that space?

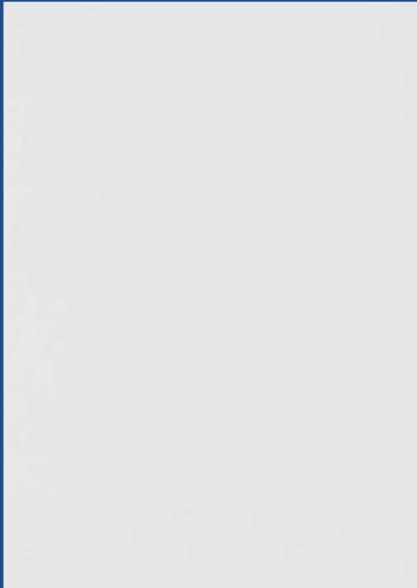
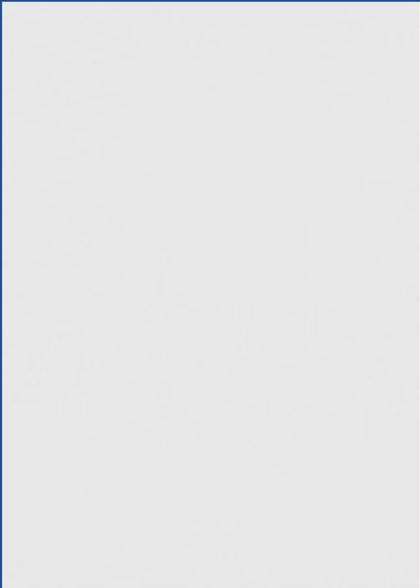


**YOU ARE NOT FORGOTTEN.
YOU ARE NOT ABANDONED.
YOU ARE NOT CARRYING THIS
ALONE.**

**GOD IS HOLDING YOU — EVEN IF
YOU CAN'T FEEL IT YET. HE IS
CLOSER THAN YOUR BREATH,
STRONGER THAN YOUR FEAR,
AND MORE FAITHFUL THAN YOUR
CIRCUMSTANCES.**

**LET THIS TRUTH SETTLE DEEP
TODAY: YOU ARE NEVER ALONE.**

TRUTH #6: FROM I HAVE NOTHING TO OFFER TO I WAS CREATED ON PURPOSE.



THE LIE:

"I'm not gifted enough. I don't have what it takes." This lie often hides behind comparison.

- We scroll past highlight reels...
- We see others leading, creating, serving — and quietly wonder if we even matter.

The result? We shrink back. We stay silent. We sit on the sidelines. But you weren't made to sit out on your purpose — **you were handcrafted by God for it.**

THE TRUTH:

You were created on purpose — for a purpose. There is no one else with your exact voice, story, or assignment.

"For we are God's masterpiece.

He has created us anew in Christ Jesus, so we can do the good things He planned for us long ago."

— Ephesians 2:10 (NLT)

REFRAME:

- Where have you believed that your voice or gifts don't matter?
- What might God want to do through your story?

YOU ARE NOT A SPARE PART IN GOD'S KINGDOM. YOU ARE HIS MASTERPIECE — **DESIGNED WITH CARE AND INTENTION.** THERE ARE LIVES YOU ARE MEANT TO IMPACT. GIFTS YOU ARE MEANT TO OFFER. GOOD THINGS HE'S PREPARED JUST FOR YOU.

YOU DON'T HAVE TO WAIT TO BE PERFECT — JUST BE AVAILABLE. **YOUR PURPOSE IS ALREADY WRITTEN.** NOW IT'S TIME TO LIVE IT.

YOU ARE NOT STUCK.

YOU ARE BEING
SHAPED.

EVEN WHEN
PROGRESS FEELS
SLOW...

EVEN WHEN IT FEELS
LIKE YOU'VE
PLATEAUED...

EVEN WHEN THE OLD
PATTERNS TRY TO
CREEP BACK IN...

GOD IS STILL AT WORK
IN YOU.

TRANSFORMATION
ISN'T INSTANT — IT'S
INTIMATE. AND HE IS
COMMITTED TO
COMPLETING WHAT
HE STARTED.

LET TODAY BE A
REMINDER:
YOU'RE STILL
BECOMING. AND
THAT'S EXACTLY
WHERE GRACE MEETS
YOU.

**TRUTH #7: FROM THIS IS JUST
WHO I AM TO I AM BEING
TRANSFORMED.**

THE LIE:

"I guess this is just the way I'll always be." This lie sounds like giving up.

It creeps in **after years of disappointment...**

...after failed attempts to change

...after painful seasons

...after feeling stuck for far too long.

We start to believe our current experience is our permanent identity.

But the gospel reminds us: You are not finished yet.

THE TRUTH:

You are being transformed — day by day.

God is not done with your story.

*Let God transform you into a new person by
changing the way you think.
Then you will learn to know God's will for you,
which is good and pleasing and perfect.
— Romans 12:2 (NLT)*

REFRAME:

- Have you started believing that change isn't possible for you?
- Where might God be gently reshaping your thoughts today?

WHAT FRAME ARE YOU LIVING FROM?

You've just explored seven powerful gospel truths — **each one a lens that reshapes how you see yourself**, your story, and your Savior.

Now pause.
Breathe.
Let this moment settle.

- Which of these lies have shaped your life more than you realized?
- Which truth felt like a healing word your soul needed today?
- What would it look like to start seeing your life through that lens — daily?

You don't have to figure everything out right now.

Transformation doesn't happen in a rush. But it does begin with awareness... surrender... and one small, faithful step.

ENCOURAGEMENT:

Jesus is not asking you to strive harder. **He's inviting you to see yourself through His eyes —with love, purpose, and grace.** This guide was never meant to be the whole journey. It's just the beginning.

If this guide sparked something inside of you...

If you're ready to dive deeper into these truths...

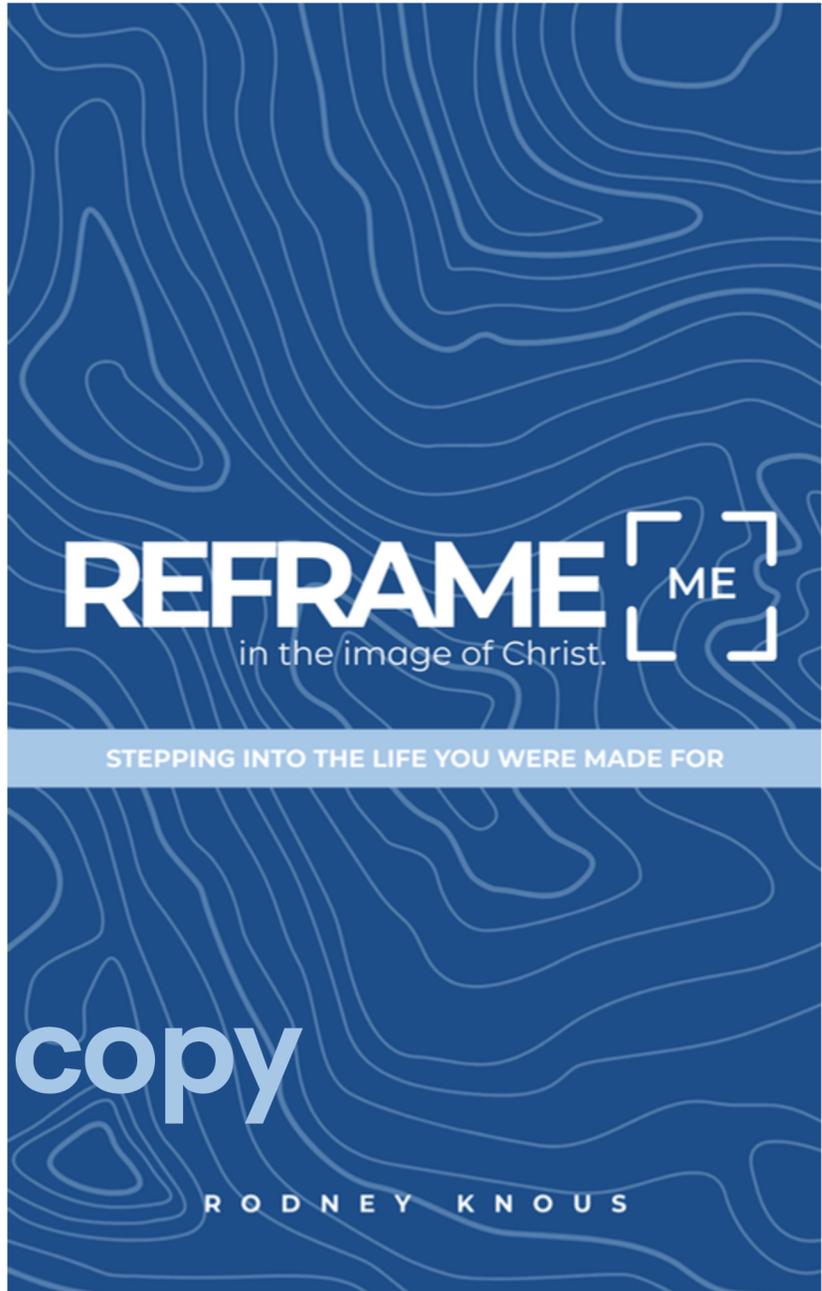
If you're hungry for more gospel clarity and spiritual joy...

Then you're ready for Reframe Me: In the Image of Christ. It's a full-length book that **walks you step by step** through the process of:

- Unlearning the lies
- Rediscovering your identity in Christ
- Living with renewed vision, faith, and freedom

Each chapter is a mirror, a map, and a moment with God.

And it's written just for you.



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