

CHURCH UNLIMITED

*Identity
Formation in
Christ: A
Twelve-Month
Companion for
Personal and
Church
Formation*



A Letter From a Brother who has walked the journey

Barefoot in Identity, Standing on Nothing but Grace

If you are holding this, I assume you love the Church.

You have given your strength, your time, your prayers. You have preached when tired. Led when discouraged. Smiled when carrying your own hidden ache.

I know that life. I know what it is to carry responsibility for souls while quietly wondering, “Who am I underneath all of this?”

A Letter to a Fellow Servant of Christ

Friend, Whether you are a pastor, ministry leader, shepherd, or simply someone who longs to live honestly before God — this letter is for you. I write not as an expert above you, but as a fellow traveler beside you. I have walked through burnout. Through misplaced identity. Through the shame of losing what once defined me. And I have discovered something freeing: Christ is far more interested in forming us, than in using us.

I am not offering answers. I am offering companionship. The Holy Spirit is the true guide. I am simply pointing to what I have learned along the way.

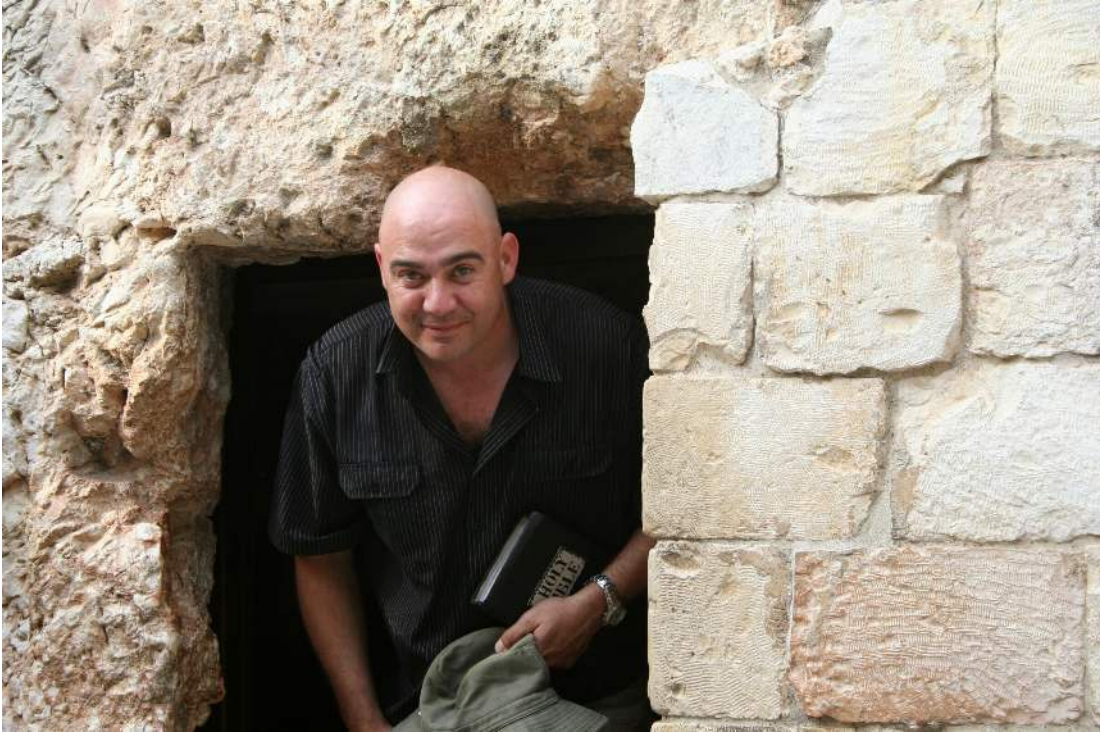
Identity formation is not another ministry strategy. It is not a leadership hack. It is not a program to grow attendance. It is the slow, grace-filled work of allowing Christ to form Himself within us. Over the past years, I have learned something difficult but freeing: Sometimes our church systems unintentionally train people to perform instead of to be transformed.

We celebrate productivity. We measure participation. We praise faithfulness — but often define it by visible output. Grace says something different.



Grace says: You do not need to earn belonging. You do not need to impress your pastor. You do not need to perform well enough to stay loved. And brother or sister... neither do you. This Companion is not a curriculum.

It is an invitation.



CHAPTER 2 – When Ministry Becomes Performance

There is a subtle shift that happens in ministry. We begin with calling. We begin with surrender. We begin barefoot in identity, standing on nothing but grace.

But slowly... Expectations grow. Visibility increases. People depend on us. Metrics creep in. Comparison whispers. Without realizing it, we begin living from our Presentable Self. We curate strength. We manage appearance. We suppress weakness. We preach what we are not yet living. And exhaustion follows. Not because we don't love God. But because we are trying to serve Him from a fragmented identity.

Dear friend, burnout is rarely about workload alone. It is often about misalignment of identity. When we live from the False Self or the Presentable Self too long, our soul quietly begins to fracture.



CHAPTER 3 - The Four Selves – A Simple Mirror

The Four Selves framework is not a diagnosis. It is a mirror. It simply helps you notice which layer of self may be most active.

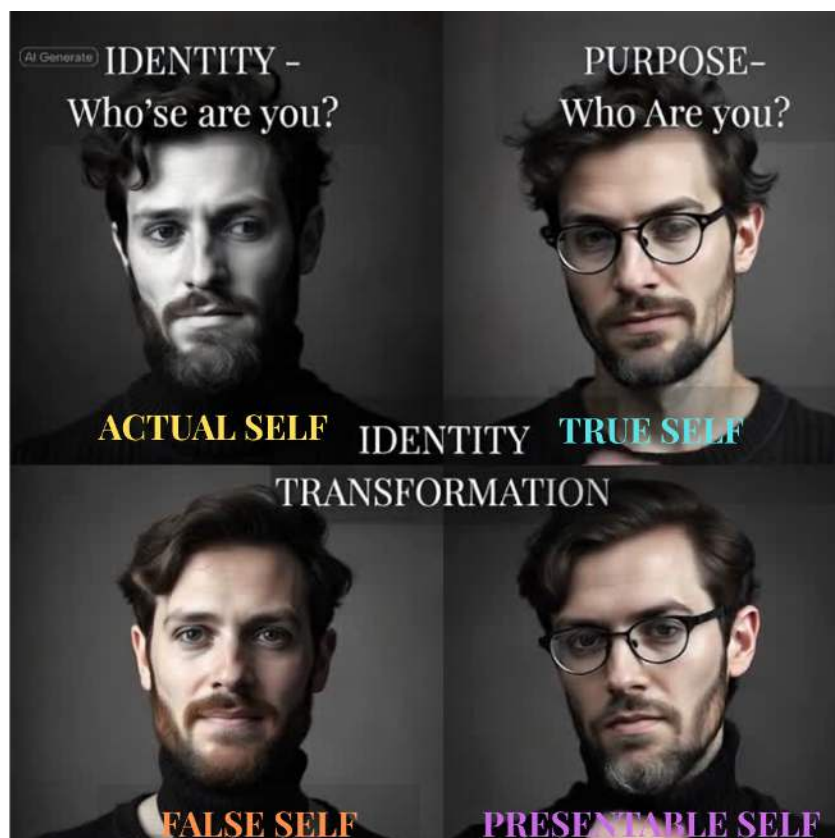
Actual Self Your honest reality — strengths, weaknesses, patterns, habits.

False Self The layer shaped by fear, shame, wounds, and protection.

Presentable Self The image you manage so others feel reassured, impressed, or comfortable.

True Self Your identity in Christ — beloved, secure, chosen, free.

Every pastor moves between these layers. This tool does not judge you. It simply increases awareness. Awareness is where grace begins to work.



CHAPTER 4 – Why Twelve Months?

You may wonder why this Companion speaks in terms of a year.

Not because formation follows a schedule. But because patterns take time to surface.

One powerful conference may inspire you. One sermon may stir you. But deep identity work unfolds slowly. Across seasons. Across fatigue. Across conflict. Across celebration.

Twelve months allows you to notice:

Repeated emotional triggers

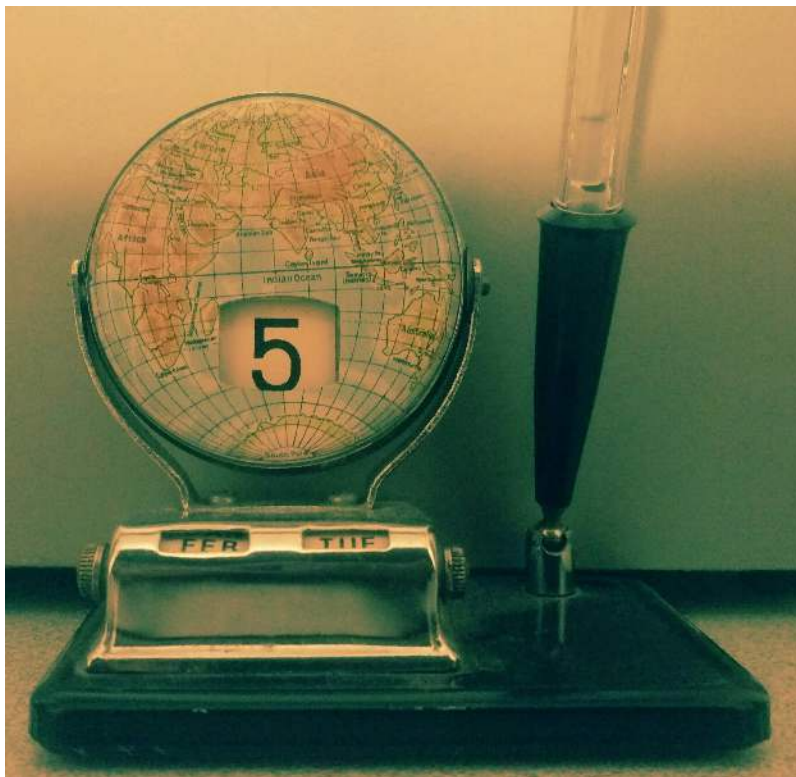
Leadership insecurities

Approval-seeking tendencies

Self-protective reactions

Moments of genuine spiritual security

This is not a mapped program. It is a rhythm of attention.



CHAPTER 5 - You Are Not Working for the Holy Spirit



Let me say this clearly: You are not responsible for sanctifying yourself.
You are not responsible for sanctifying your church.
The Holy Spirit forms Christ within us.

Philippians 1:6 (ESV) “He who began a good work in you will bring it to completion at the day of Jesus Christ.” Sanctification is initiated and completed by God. We did not begin it — and we do not finish it.

Philippians 2:12-13 (ESV) “Work out your own salvation with fear and trembling, for it is God who works in you, both to will and to work for his good pleasure.”

1 Thessalonians 5:23-24 (ESV) “Now may the God of peace himself sanctify you completely... He who calls you is faithful; he will surely do it.”

John 15:4-5 (ESV) “Abide in me... apart from me you can do nothing.”

2 Corinthians 3:18 (ESV) “And we all... are being transformed into the same image from one degree of glory to another. For this comes from the Lord who is the Spirit.”

This tracker is not a formula. It is a trellis. The Spirit grows the vine. The trellis simply gives structure for growth.

If at any point this tool feels like pressure — pause. Return to grace.

Formation is not something you accomplish. It is something you cooperate with.



CHAPTER 6 - How to Use the Four Selves Tracker

The Google Sheet tracker is designed to help you:

Notice which Self is most active

Reflect on habits and emotional patterns

Observe prayer rhythms

Track formation over time

You are not grading yourself. You are observing yourself. Some months your False Self may be louder. Some months your Presentable Self may spike during stress. Some seasons your True Self will feel deeply grounded.

There is no right progression. There is no spiritual ranking. There is only awareness. And awareness invites surrender.



CHAPTER 7 – For Pastors and Leaders

Brother or sister, here is something I learned the hard way, through failure – not success:
You cannot disciple others beyond where you are being formed.
Church programs may keep people busy. But busyness is not formation.

If your leadership flows from the Presentable Self, your church will quietly mirror it. If your leadership flows from insecurity, your church will feel pressure to perform. But if your leadership flows from the True Self, your church will slowly breathe differently. Grace spreads. Security spreads. Authenticity spreads.

This Companion is first for you. Not for your congregation. Not for your staff. For you.



CHAPTER 8 - Gentle Church Integration (Without Pressure)

If you choose to integrate identity formation into your church, do so slowly.

Consider:

Inviting staff to privately use the tracker.

Holding quarterly reflection conversations.

Using Who Am Eye? in a small group setting.

Hosting a simple Identity Formation gathering. Not as a mandate. As an invitation.

Remember: Formation cannot be forced. It must be welcomed.



CHAPTER 9 – When the False Self Surfaces

If over the year you discover:

You fear disappointing people.

You hide weakness.

You over-function.

You avoid emotional risk.

Do not panic. The False Self is not your enemy. It is a wounded protector – your overprotective bodyguard.

Bring it gently before Christ. He does not shame it. He heals it.



CHAPTER 10 - The True Self Is Already Secure

Your True Self is not something you manufacture. It already exists in Christ. Beloved. Chosen. Secure. Free.

Formation is the gradual alignment of your lived identity with your eternal identity. You are not becoming someone new. You are becoming who you already are in Him.



CHAPTER 11 – A Brother’s Invitation

If you sense I speak firmly at moments, it is only because I care. But please hear this clearly: I am still being formed. I am still learning. Still surrendering. Still discovering where my False Self tries to take control.

This Companion is not a map from a finished man. It is a reflection from someone still under construction.

If this stirred something deeper in you — if you sense that identity formation is not just personal, but may shape how you lead —

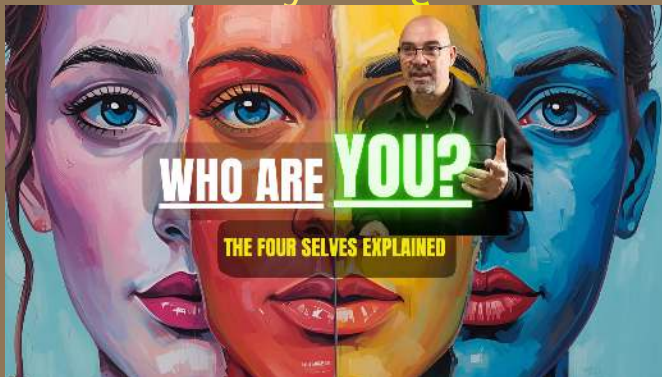
There is a pathway to explore facilitation and deeper formation work. Not as pressure. As discernment.

But first... Let the work begin in you. Let grace form you. Let Christ reshape your leadership from the inside out. You do not need to perform to belong. You do not need to impress to remain loved. You do not need to carry this alone. With grace, Dr. Johan Green



The Four Selves
Discovery Journey

A One-Year Reflective
Workbook & Spiritual
Formation
Questionnaire



This guided workbook helps you practice the Four Selves (Actual, False, Presentable, True) with simple daily/weekly reflections—all in Google Sheets. Orange fields are the only places you type.

Everything else is auto-calculated and summarized on the Dashboard. Click the button to create your own private copy (not shared with others).

[Download My Reflective Workbook](#)

Welcome to the Four Selves Discovery Exercise, a personal growth and spiritual formation tool created by Dr. Johan Green. This model helps you reflect on your daily habits, emotional patterns, and spiritual practices to deepen your understanding of your identity in Christ.


How It Works

- The framework explores four key dimensions of self:
Actual Self, False Self, Presentable Self, and True Self.
- Each worksheet helps you track and interpret your growth through prayer, reflection, and awareness of God's work in your daily life.
- The **Dashboard** visually summarizes your progress for easy reflection and motivation.

Using the Worksheets

 Only fill in the orange-highlighted areas.

These are the fields where your personal reflections or ratings are required.

 All other cells are automatically populated and calculated — including all dates, weekly averages, and overall scores.

You do not need to edit any other parts of the sheets.

Tabs Overview

- **Weekly Exercise – To Complete:** Enter your *Start Date (B2)* in the orange cell. This sets your yearlong calendar automatically.
- **Habit Log:** Record your daily practices such as prayer, Scripture, gratitude, service, and reflection.
- **Reflection Tracker:** Capture a few key insights or themes from each day.
- **FS vs TS Log:** Reflect on situations where your *False Self* reactions differed from your *True Self* identity in Christ.
- **Weekly Log & Dashboard:** Review your consistency, track long-term growth, and celebrate progress in your journey.

Understanding the Dashboard

- **Daily Score Chart:** Displays consistency in your habits.
- **7-Day Average:** Measures short-term growth.
- **Weekly Average Chart:** Shows long-term patterns — look for steady improvement, not perfection.
- **Highlight Colors:** Orange or gold highlight your best growth weeks.

After You See Your Scores

Before you interpret anything too quickly, pause. Take a breath. These numbers are not a verdict. They are not a label. They are not your identity. They are simply a snapshot. And snapshots capture a moment — not a destiny.

If You Feel Encouraged - If your True Self scored high, give thanks. If your Actual Self shows healthy awareness, celebrate. But remember: Growth is not something you achieved alone.

The Holy Spirit has been quietly at work. Formation is always grace before effort.

If You Feel Exposed - If your False Self scored high, or your Presentable Self feels dominant, do not panic. Awareness is not failure. In fact, awareness is often the first evidence of grace. The False Self loses power the moment it is brought into light. The Spirit does not expose to shame. He exposes to heal.

This Is Not a Twelve-Month Contract - You may notice this companion speaks of a year. But this is not a fixed program you must complete on schedule. Identity formation is deeply personal. The Spirit shapes each of us differently. Some areas may shift quickly. Others may take years. Some wounds unfold slowly. Some truths land in a single prayer. Do not try to “finish” formation. Let it form you.

Move With the Spirit, Not Ahead of Him - You are not working for God, you are working with Him, you are walking with Him. If a month feels dry, stay present. If a season feels intense, slow down. If something surfaces that feels too heavy, seek wise counsel.

You are allowed to move at the speed of grace. The Holy Spirit is not grading you. He is forming Christ within you.

From One Pilgrim to Another. I have misread my own scores before. I have overanalyzed. I have judged myself too harshly. I have tried to fix what only God could heal.

Over time, I learned something simple: The Spirit is more patient with me than I am with myself. And He will be patient with you.

This tool is not your transformation. It is a mirror. Christ is your transformation. Stay close to Him. That is enough for today.



A Pathway for Those Who Sense a Call

For some, this reflection will remain personal. For others, it may awaken something deeper.

If you find yourself thinking:

“Our church needs this.”

“Pastors around me are exhausted.”

“I want to help others walk this path.”

There is a discernment conversation available. Not an application. Not a pressure commitment. A conversation.

The Identity Formation Coach Certification is designed for leaders who sense a call to facilitate this work in churches and fellowships — at a Spirit-led pace.

You can learn more at: [Coach Certification](#)

Begin with prayer. Then begin with conversation.



Disclaimer

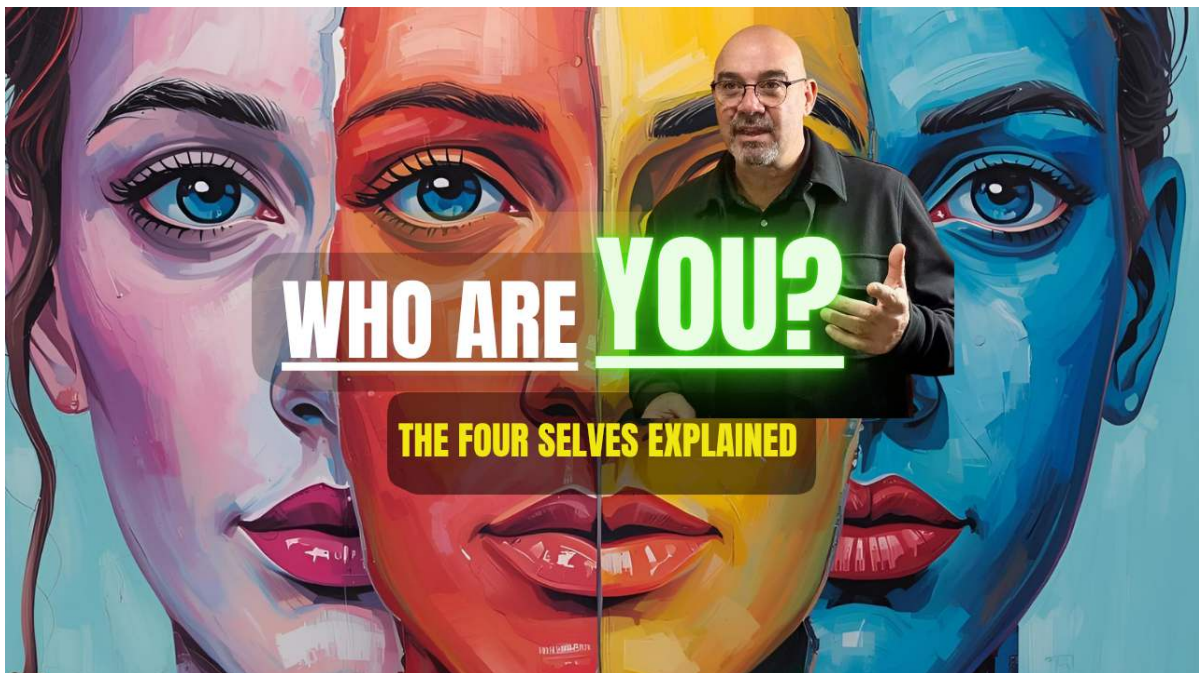
The Four Selves Discovery Exercise is a spiritual formation and self-reflection tool, not a psychological test or diagnostic instrument. It is designed to support your spiritual and personal growth in Christ, not to replace professional counseling, therapy, or prescribed mental-health treatment.

If you are facing anxiety, depression, trauma, or emotional distress, please consult a licensed counselor, therapist, or medical professional.



Discover the transformative power of the Four Selves Discovery Exercise, a personal growth tool by Dr. Johan Green designed to deepen your understanding of your identity in Christ. Explore the Actual Self, False Self, Presentable Self, and True Self through reflective worksheets that track your spiritual journey. This engaging framework empowers you to cultivate daily habits, emotional awareness, and a closer connection with God, guiding you toward lasting personal and spiritual growth.

How to Use the Four Selves Discovery Exercise



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