



Divine Solutions for Life, Inc.

Holistic Solutions for Your Mental, Spiritual, and Physical Well-being

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IDENTITY IN CHRIST GUIDE & WORKSHEET

INTRODUCTION: WHY IDENTITY MATTERS

Your identity shapes everything—how you think, feel, relate to others, and respond to life's challenges. When your sense of self is rooted in insecurity, rejection, or performance, you may find yourself stuck in cycles of self-doubt, anxiety, or perfectionism. But when your identity is rooted in Christ, your life becomes anchored in unshakable truth.

Spiritual growth begins with **knowing who you are in God**—not based on your past, your title, or your achievements, but in the truth that you are **loved, chosen, redeemed, and called**. When you embrace your identity in Christ, it becomes the foundation for healing, freedom, and confidence in every area of life.

WHAT DOES IT MEAN TO HAVE IDENTITY IN CHRIST?

To have your identity in Christ means you define yourself by who God says you are, not by what others say or what you've been through. It's an identity rooted in grace, not performance.

Here's what Scripture says about you:

Truth in Christ

You are loved

You are forgiven

You are chosen

Scripture Reference

Romans 8:38–39

Ephesians 1:7

1 Peter 2:9

You are redeemed	Galatians 3:13
You are a new creation	2 Corinthians 5:17
You are God's masterpiece	Ephesians 2:10
You are a child of God	John 1:12
You are not condemned	Romans 8:1

These are not just religious phrases—they are spiritual realities meant to rewire your thinking and reframe how you show up in the world.

WHAT CAN HINDER OUR IDENTITY IN CHRIST?

Many of us unknowingly operate from an identity shaped by pain, trauma, or unhealthy patterns.

Here are some common sources of distortion:

- **Words spoken over us** (e.g., “You’re not good enough,” “You’re too much,” “You’ll never change”)
- **Past sin or shame** (we begin to define ourselves by our mistakes)
- **Performance-based living** (believing “I am only valuable if I succeed”)
- **Comparisons** (measuring our worth by what others have or do)
- **Cultural or family expectations** that overshadow spiritual truth

Over time, these influences create internal narratives that shape our identity—often in ways that are harmful or limiting.

SPIRITUAL IDENTITY VS. WORLDLY IDENTITY

Worldly Identity Says...

I am what I do
I am what others think of me
I am my trauma or past mistakes
I need to prove my worth
I don’t belong

Spiritual Identity Says...

I am who God says I am
I am fearfully and wonderfully made (Psalm 139)
I am redeemed and forgiven
I am already accepted in Christ
I am a citizen of heaven (Philippians 3:20)

Question for reflection: Which voice do you listen to more—the world’s, your own inner critic, or God’s?

LIVING FROM IDENTITY IN CHRIST

When you truly believe you are who God says you are, everything changes:

- You begin making decisions from a place of **confidence**, not fear.
- You treat yourself with **compassion**, not condemnation.
- You show up in relationships with **clarity**, not codependency.
- You're able to **break free** from people-pleasing, perfectionism, and shame.
- You walk in your God-given **purpose** without striving.

This is not just head knowledge—it's a spiritual posture. And it grows as you abide in Christ through prayer, scripture, worship, and surrender.

SPIRITUAL GROWTH TIP

Ask the Holy Spirit daily to remind you of your identity.

“Holy Spirit, help me see myself the way You see me today.”

PRACTICAL STEPS TO EMBRACE IDENTITY IN CHRIST

1. **Identify the Lies** – Pay attention to negative labels or self-talk that weigh you down.
2. **Replace with Scripture** – Counter each lie with God's truth.
3. **Declare the Truth Daily** – Speak scripture-based affirmations over yourself.
4. **Live It Out** – Let your choices reflect your true identity: loved, chosen, forgiven.

IDENTITY IN CHRIST WORKSHEET

Step 1: Lies I've Believed

List 3 negative labels, lies, or doubts you've carried:

1. _____
2. _____
3. _____

Step 2: God's Truth

Now replace them with what Scripture says:

(e.g., "Unworthy" → "I am chosen and dearly loved – Colossians 3:12")

1. _____
2. _____
3. _____

Step 3: My Identity in Christ Affirmations

Write 3 personal "I am" statements based on scripture (example: "I am a child of God – John 1:12"):

1. _____
2. _____
3. _____

Step 4: Reflection

Journal briefly: “When I believe my identity in Christ, I feel...”

Closing Scripture Prayer

“Lord, thank You that my true identity is in You, not in the opinions of others or my past mistakes. Help me to walk in the freedom of being Your beloved child, chosen and set apart. Amen.”