## **Identity Crisis-Week 1: The Biblical Basis for Identity January 20-24**

There is much confusion around identity in modern culture. Human beings are created by God in His image. Our identity is embodied, meaning our physical bodies are integral to our identity. We are created with purpose and are morally accountable to God, not autonomous beings. Sin has marred our understanding of identity, but through Jesus Christ, we can be restored to our true identity as image-bearers of God. We need God’s help understanding and living out this true identity.

**Put It into Practice**: Being made in God’s image includes the truth that we are made for relationships. Find a mentor or accountability partner who can help you stay grounded in your identity in Christ and encourage you to live according to biblical principles.

**Day 1**  [Genesis 1:26-28](https://www.biblegateway.com/passage/?search=Genesis%201%3A26-28&version=NIV); [Genesis 2:7-9](https://www.biblegateway.com/passage/?search=Genesis%202%3A7-9&version=NIV);[15-17](https://www.biblegateway.com/passage/?search=Genesis%202%3A15-17&version=NIV)

**Reflect:** What does it mean to be created in the image of God? How does this shape your understanding of human dignity and worth? How does v. 2:9 play into this identity truth?

**Apply:**  As God’s image-bearer, how can you honor Him in your daily life? Consider how you treat others and yourself. Have you ever wanted God to take away your free will? Why?

**Pray:**  Lord, may I live and breathe the breath You breathed into me, seeking to represent Your majesty, might, and mercy for the world and to understand my role in Your divine plan.

**Day 2**  [2 Corinthians 5:17](https://www.biblegateway.com/passage/?search=2%20Corinthians%205%3A17&version=NIV); [Colossians 3:9-10](https://www.biblegateway.com/passage/?search=Colossians%203%3A9-10&version=NIV)

**Reflect:** According to these passages, how does transformation into the image of Christ occur? What role does the Holy Spirit play? What role are we to play?

**Apply:** In what areas of your life do you need transformation? You must know God to become more like Him. How well do you know Him? How closely do you identify with Him?

**Pray:**  Creator God, help me to let go of my old ways and embrace the newness that You offer. I submit to the working of the Holy Spirit so that, day by day, I come to know You more and love You better.

**Day 3** [Acts 17:24-28](https://www.biblegateway.com/passage/?search=Acts%2017%3A24-28&version=NIV)

**Reflect:** What do you learn about God from this text? What does this say about the kind of relationship we are to have with Him? How does this impact your understanding of identity?

**Apply:** How do you relate to verse 28? What images does it bring up to you? Any memories stirred by this verse? What would need to change in order for you to claim this as true for you?

**Pray:** You are Father God who loves me, seeks me, and longs for me to come near to You. Open my heart to truly understand Your presence and provision in my life and experience the fullness of Your love and grace.

**Day 4**  [Ephesians 4:21-24](https://www.biblegateway.com/passage/?search=Ephesians%204%3A21-24&version=NIV)

**Reflect:** Describe the qualities of God mentioned here. Through Christ, we are made new. Reflect on how Jesus restores our identity and helps us become who God created us to be.

**Apply:** Based on this text, consider what it means to you to be created in God’s image and what needs to happen for you to walk in that identity. How have others seen your new nature?

**Pray:** God, help me to shed my old self that’s corrupted by worldly desires. By Holy Spirit, transform me to live a life, that in every aspect, reflects Your goodness and truth.

**Day 5**  [1 Corinthians 6:19-20](https://www.biblegateway.com/passage/?search=1%20Corinthians%206%3A19-20&version=NIV)

**Reflect:** Spirit, soul, and body. What do each of these parts mean to you? How does knowing your body as a temple of the Holy Spirit influence your view of physical and spiritual health?

**Apply:**  From God’s perspective, what role does your body play in your identity? What steps can you take to honor God with your body? Consider aspects of health, purity, and stewardship.

**Pray:** Father, sometimes I lose sight of how precious my body is to You. You not only created me, but have purchased me, body, soul and spirit to glorify You.

## **Identity Crisis-Week 2: Known by God: The Foundation for Identity January 27-31**

There is a profound relationship between our identity and God’s intimate knowledge of us. God is omniscient; He knows every detail of our lives, from mundane actions to our innermost thoughts. We must be reassured that God loves us with an immeasurable, covenantal, saving love. We should place our identity in God’s understanding and love, finding security in our relationship with Him through Jesus Christ, which is the foundation of true self-knowledge and significance.

**Put It into Practice:** Look back on your life and see where God was preparing you for something He knew was coming in the future (Hind sight is 20/20). How was/is He shaping your identity through it?

**Day 1**  [Psalm 139:1-6](https://www.biblegateway.com/passage/?search=%C2%A0Psalm%20139%3A1-6&version=NIV)

**Reflect:** How does it make you feel to know that God knows you so intimately? What are aspects of your life do you think God knows better than you do?

**Apply:** Think of a time when you felt misunderstood by others but found comfort in knowing that God understands you? How did that affect your situation?

**Pray:** Father, what joy it is to know that You know everything about me. Help me to live out this truth in my life and to cast all my cares upon You, doing what is pleasing in Your sight.

**Day 2** [Psalm 139:7-12](https://www.biblegateway.com/passage/?search=Psalm%20139%3A7-12&version=NIV)

**Reflect:** Have there been times when you tried to hide from God or felt distant from Him? How does the knowledge of God’s omnipresence bring comfort or challenge to you?

**Apply:** In what areas of your life might you be trying to hide from God? Confess these to Him and seek His presence. Meditate on the assurance that you are never invisible to God.

**Pray:** Lord, thank You that no matter how far I am from You, Your love and grace can reach every hidden corner of my heart. I find comfort knowing that I cannot escape Your loving gaze and that You are in charge.

**Day 3**  [Psalm 139:13-18](about:blank)

**Reflect:** What does it mean to you that you are “fearfully and wonderfully made”? How does understanding that God uniquely created you impact your view of yourself and others?

**Apply:** What specific attributes or talents are you grateful for? How you can honor God with the unique gifts and abilities He has given you? How do they impact your identity?

**Pray:** Personalize the words of Psalm 139:13-18, in worship and praise of God who fearfully and wonderfully created you. Rest in Him alone.

**Day 4** [Psalm 8:1-9](https://www.biblegateway.com/passage/?search=Psalm%208%3A1-9&version=NIV)

**Reflect:** What is David’s perspective about God and about humans? What aspects about our identity are being revealed in this psalm? How should this affect our view of ourselves?

**Apply:** What new insights have you gained? What is David’s main point in verses 5-8? How could you use this passage to encourage those who are struggling with identity or feeling low?

**Pray:** Father, may our lives be a testament to Your majesty and grace, and may we always remember the incredible value You have placed in each of us.

**Day 5**  [Luke 22:31-34](https://www.biblegateway.com/passage/?search=Luke%2022%3A31-34&version=NIV)

**Reflect:** What does this text teach us about God’s omniscience? How should Peter’s encounter with Jesus here impact our view of the future? How was Peter’s identity being transformed?

**Apply:** How does knowing that God sees what is coming down the road impact your view of the future? Looking back, how has God prepared you for something you have experienced?

**Pray:** Father, I humbly acknowledge that You know and understand every detail of my life. Help me to trust in Your divine wisdom and to align my actions with Your will, for You are the ultimate planner and my faithful guide.

## **Identity Crisis-Week 3: Identity and Idolatry February 3-7**

Idolatry significantly shapes and impacts identity; causing individuals to become like what they worship. Worshiping created things over the Creator distorts our sense of self. Scripture tells many stories that illustrate how idolatry leads to spiritual blindness and the loss of true identity as image bearers of God. What is essential? Return to God, seek identity and purpose in Him, and submit to Christ’s transformative work in your life.

**Put It into Practice:** Use these questions to help identify any idols—What fills your imagination? How do you spend your money? What do you trust as your functional savior? What are your deepest emotions? Confess any idols to God, acknowledging how they have taken precedence over Him.

**Day 1** [Romans 1:18-25](https://www.biblegateway.com/passage/?search=%C2%A0Romans%201%3A18-25&version=NIV)

**Reflect:** What does this passage say about the nature of idolatry? How does idolatry affect our relationship with God and our understanding of truth?

**Apply:** Identify any “idols” in your life—things you might be placing above God. Pray for the Lord to reveal areas where you might be suppressing the truth about God in favor of other desires.

**Pray:**  God, forgive me. I repent of trusting in my own wisdom, in denial of Your righteous claim on my life. I belong to You, for You have created me and redeemed me.

**Day 2**  [Exodus 32:1-10](https://www.biblegateway.com/passage/?search=Exodus%2032%3A1-10&version=NIV)

**Reflect:** How does being made in the image of God contrast with the creation of idols? What were the consequences for creating the golden calf? Why are idols so often sought out?

**Apply:** In what ways might you be creating “golden calves” in your life—things you turn to for security or identity instead of God? Equate your false identities with your idols.

**Pray:** Jesus, reveal to me the areas where I have been worshipping false gods, whether it be through material possessions, relationships, achievements, or my own pride. Help me tear down these idols in my life and be fully devoted to You.

**Day 3**  [Jeremiah 2:5-13](https://www.biblegateway.com/passage/?search=Jeremiah%202%3A5-13&version=NIV)

**Reflect:**  What does this passage reveal about the futility of idols? How do idols lead to a loss of true identity and purpose? How would you describe the two evils mentioned in verse 13?

**Apply:** Examine areas in your life where you might be experiencing “spiritual blindness” or “deafness” due to misplaced priorities. Ask God to help you see and hear Him clearly.

**Pray:**  Lord, help me see the deceptiveness of every false source of identity and satisfaction and find my thirst fully satisfied in You, the Living Water of my soul.

**Day 4**  [Psalm 115:1-8](https://www.biblegateway.com/passage/?search=Psalm%20115%3A1-8&version=NIV)

**Reflect:**  What speaks loudest to you in this psalm? What would be different in you declared verse 1 at the beginning of each day? What do you think is the meaning behind verses 2 and 3?

**Apply:** How have you seen the phrase “Becoming like what you worship” true in your life and/or in others (verse 8)? How have you prioritized the desires of your idol over God’s will?

**Pray:** God, You are my Creator with power to redeem, restore, and sustain me. Idols are powerless to do anything. I worship You. I trust You.

**Day 5**  [1 John 5:18-21](https://www.biblegateway.com/passage/?search=%C2%A01%20John%205%3A18-21&version=NIV)

**Reflect:** How does knowing that we are “born of God” provide assurance against the power of the evil one? How do you keep away from anything that might take God’s place in your heart?

**Apply:** Describe the enemy’s mission and how it impacts identity. How can you discern between true Christian teaching and false doctrines that could be considered “idols” in the world?

**Pray:** Help me to stay ever close to You, walking in truth, knowing that only as You are lifted up on the throne of my life, will the things of this world take their proper, subordinate place.

## **Identity Crisis Week 4: How Christ Transforms Identity February 10-14**

The biblical story of Saul’s encounter with Christ on the road to Damascus demonstrates the transformative power of conversion. Before Paul’s encounter with Jesus, he over-identified with his Jewish heritage, his education, and his zealous but misguided religious fervor, positioning himself in opposition to Christ. This reflects a common human tendency to over-identify with certain aspects of life, leading to a distorted sense of self. After meeting Jesus, Saul received a new and true identity.

**Put It into Practice:** Confront the truth about yourself. Honestly assess your life and recognize areas of sin and brokenness. Confess these to God and seek His forgiveness and transformation.

**Day 1**  [Acts 22:1-5](https://www.biblegateway.com/passage/?search=%C2%A0Acts%2022%3A1-5&version=NIV); [Philippians 3:4-6](https://www.biblegateway.com/passage/?search=Philippians%203%3A4-6&version=NIV)

**Reflect:** What aspects of Saul’s identity were most important to him before he met Christ? How did these aspects of his identity lead him to oppose Jesus and His followers?

**Apply:** Before you knew Christ, what aspects of your identity were most central to you? Are there areas in your life where you might be over-identifying with something other than Christ?

**Pray:** God, like Paul, I have a story of how You met me. Help me to always remember that there is no lasting value and importance in the things that are so esteemed by the world, in comparison with having Jesus as my portion and living for You.

**Day 2** [Acts 9:1-9](https://www.biblegateway.com/passage/?search=Acts%209%3A1-9&version=NIV) [Acts 26:12-18](https://www.biblegateway.com/passage/?search=Acts%2026%3A12-18&version=NIV)

**Reflect:** What truths did Saul have to confront about himself? About Jesus? What does this teach us about the nature of God’s grace? How does the light of Christ reveal truth in our lives?

**Apply:** In what ways has your identity changed since coming to know Christ? Are there “goads” or signs in your life that God is using to draw you closer to Him?

**Pray:** Jesus, before I was born, You knew me and called me by name to serve You. Everything You have done in my life has prepared me to meet the challenges of this day. Fill me with Your Spirit, that I may faithfully follow You.

**Day 3** [Matthew 16:15–18](https://www.biblegateway.com/passage/?search=Matthew%2016%3A15%E2%80%9318&version=NIV)

**Reflect:** Why do you think Jesus choose this time to give Peter a new name? Based on this, what is our role in transformation and receiving a new identity? How is our identity and role linked?

**Apply:** If Jesus were to give you a new name, what do you think it would be and why? What are the repercussions of the current day sinful proclamation, “I will define myself”?

**Pray:** Lord, just as You asked Your disciples, “But who do you say that I am?” I pray that I may always have a clear and unwavering answer to that question. Help me to see You as my Savior, my Redeemer, and my Friend and see myself as Your faithful witness.

**Day 4**  [John 4:1-30](https://www.biblegateway.com/passage/?search=John%204%3A1-30&version=NIV); [39-42](https://www.biblegateway.com/passage/?search=John%204%3A39-42&version=NIV)

**Reflect:** Describe the change in identity for the woman at the well after her encounter with Jesus. What had to happen in order for her to be made new and to share her testimony? **Apply:** How has your new identity in Christ changed your relationships? Choose three words to describe your “old” identity and three for your “new” identity and share that with someone.

**Pray:** Father, I come thirsty for You and the living water that only You can provide. Do Your work so mightily in my life that I can’t help but share with others what You have done.

**Day 5** [Romans 6:1-18](https://www.biblegateway.com/passage/?search=Romans%206%3A1-18&version=NIV)

**Reflect:** What does it mean to be crucified with Christ? Baptism symbolizes our new story in Christ. How does your life tell the story of Jesus’ death and resurrection? Of His love and grace?

**Apply:** What words of Paul are speaking to you now? How does being a new creation in Christ redefine your identity? What currently is sin’s place and/or role in your life? Why?

**Pray:** Thank you for setting me free from sin that I might become a slave of righteousness. And thank You for identifying with my death so that I may be identified with Your life, my new life in Christ. Draw me into a closer intimacy with You.

## **Identity Crisis- Week 5: Identity in Christ February 17-21**

Jesus Christ alone holds the right and authority to define our identity. We are His children, made in His image, and His divine presence is actively at work within us. Discovering our true identity begins with developing an intimate relationship with Him. Our identity in Christ is rooted in God’s grace, not our achievements or failures. Our identity is meant to glorify God, not to promote ourselves.

**Put It into Practice:** Reflect on these four aspects of your identity in Christ: being chosen, adopted, forgiven, and secure. Consider if and how these truths impact your daily life and decisions.

**Day 1**  [Ephesians 1:1-8](https://www.biblegateway.com/passage/?search=%C2%A0Ephesians%201%3A1-8&version=NIV)

**Reflect:** What does it mean to be “in Christ” according to this passage? What are the implications of being adopted and how does this adoption change your relationship with God and others?

**Apply:** How does understanding forgiveness shape your identity and freedom in Christ? How can you demonstrate the love and acceptance of God’s family to someone this week?

**Pray:** Lord, thank You for the riches of Your wisdom and insight that You have lavished on all who are positioned in Christ. Help me to confidently surrender all my own plans and purposes into Your hands, for Your will is perfect and Your wisdom is without bounds.

**Day 2**  [Ephesians 1:9-14](https://www.biblegateway.com/passage/?search=Ephesians%201%3A9-14&version=NIV)

**Reflect:** How can understanding our inheritance and unity in Christ shape our identity and purpose? What do you think being chosen by God? How is your identity for the praise of God’s glory?

**Apply:** What does it mean to you to be sealed with the Holy Spirit? How does this security in Christ affect your confidence in your salvation? How aware are you of the Spirit’s guidance?

**Pray:** Jesus, thank You that You have placed Your seal of ownership on me so that none can pluck me out of Your hand. Help me to live in the power of the Spirit, to Your praise and glory.

**Day 3** [Romans 8:12-17](https://www.biblegateway.com/passage/?search=Romans%208%3A12-17&version=NIV)

**Reflect:** How would you summarize Paul’s main point in this text? Why is adoption seen as a higher privilege than justification? How does suffering for Christ impact our identity?

**Apply:** Consider our triune God. How have you experienced God as your heavenly Father? Jesus as you Savior and Friend? Holy Spirit as your Teacher, Counsellor, and Empowerment?

**Pray:** One God, in three Persons. I draw close to You, rejoicing that You chose me to be a part of Your family, to dwell with You for all eternity.

**Day 4** [Romans 8:31-39](https://www.biblegateway.com/passage/?search=Romans%208%3A31-39&version=NIV)

**Reflect:** Which of Paul’s questions resonated most strongly with you? Paul wants us to understand the immensity of God’s love. How does not believing it negatively impact our identity?

**Apply:** How have accusations from the enemy impacted your understanding of God’s love? How has your identity been impacted by his lies, condemning words and/or accusations?

**Pray:** Jesus, forgive me for believing the enemy’s lies and for the times I’ve willingly turned away from You. Soften my heart and teach me to believe and receive Your perfect love.

**Day 5** [Colossians 1:11-23](https://www.biblegateway.com/passage/?search=Colossians%201%3A11-23&version=NIV)

**Reflect:** What does redemption through Christ’s blood mean for your past sins and failures? How do the concepts of darkness and light, and slavery and freedom play into a person’s identity?

**Apply:** Consider the identity of Christ described in verses 15-20. How do these words impact your knowledge of and relationship with Him? Your fears or doubts you have about your faith?

**Pray:** . Father God, may I never forget the tremendous and terrible price that it cost You to reconcile the world back to Yourself through the death of Jesus, and to forgive my sin so that I may be clothed in Christ’s righteousness. May the wonder of this glorious truth never be exhausted in my life.

## **Identity Crisis- Week 6: Keeping Your Identity in Christ February 24-28**

Once you claim to be a Christian and know what it means to follow Jesus, how do you maintain that identity? How do we prevent deconstructing our faith to the point that we walk away from Christ, as others have? When we cease to believe what we once believed and are trying to figure out where we stand, it is part of the current issue of identity. Paul and others give us a series of commands and exhortations to help us continue our walk with Christ and be stable and steadfast in the faith.

**Put It into Practice:** When we have a negative or sinful thought this week, interrogate it: Who sent you? Why are you here? Find a truth in Scripture to declare and overcome it.

**Day 1** [Colossians 3:1-11](https://www.biblegateway.com/passage/?search=Colossians%203%3A1-11&version=NIV)

**Reflect:** What does it mean to “put on the new self” in Christ? How does finding your identity in Christ impact your response to daily temptations? How do you manage your thought life?

**Apply:** How can setting your mind on things above transform your daily life and protect your identity? In what areas do you still need to “put off” the old self and “put on” the new self?

Pray: Lord, keep my mind focused on the “things above” today. Give me an eternal view in my priorities and attitude as I seek after what is good and pleasing to You.

**Day 2** [Colossians 3:12-17](https://www.biblegateway.com/passage/?search=Colossians%203%3A12-17&version=NIV)

**Reflect:** How do these virtues here affect our relationships within the body of Christ? How are you doing at letting the word of Christ dwell richly in you? Rate yourself on God’s love scale.

**Apply:** How does your treatment of others reflect both your true identity and theirs? Are there areas where you struggled to live for the name of Christ? How can you improve?

**Pray:** Jesus, I reach into the closet of the gospel for these garments of grace. I’m not called to fix anyone, but to love everyone as You love me. Grant me Your humility and gentleness as I see with Your eyes and seek to extend Your grace.

**Day 3** [Hebrews 3:12-19](https://www.biblegateway.com/passage/?search=Hebrews%203%3A12-19&version=NIV)

**Reflect:** How are you doing at hearing God’s voice? At responding when you do? What kinds of experiences have caused your heart to begin to harden or diminish your trust in God?

**Apply:** Who is your biggest encourager in the faith? Through whom do you hear God most? How has God used you to help someone overcome unbelief or disobedience? What resulted?

**Pray:** Father, open my eyes to the dangers of the hardened heart and to the importance of actively listening to Your voice each day. Guard me against spiritual complacency and may I never grow weary in my pursuit of You.

**Day 4** [Hebrews 6:1-12](https://www.biblegateway.com/passage/?search=Hebrews%206%3A1-12&version=NIV); [2 Timothy 4:9-11](https://www.biblegateway.com/passage/?search=2%20Timothy%204%3A9-11&version=NIV)

**Reflect:** What is the main point of the Hebrews text? How does the imagery in verses 7-8 speak to the potential danger of apostasy? How does this text encourage perseverance in faith?

**Apply:** How would you describe spiritual maturity? How does maturity impact a person’s identity? Who do you know that has walked away from Christ? What was their reason?

**Pray:** Help me to move beyond the basics and to grow in Christ, actively living out my faith in every aspect of my life. As a testament to Your love and grace, may I be found faithful in fulfilling Your purpose.

**Day 5** [Hebrews 10:23-25](https://www.biblegateway.com/passage/?search=Hebrews%2010%3A23-25&version=NIV)

**Reflect:** Reflect on the importance of community and worship in maintaining a person’s faith. How can you deepen your commitment to the church and engage more fully in worship?

**Apply:** What role does the church community play in helping us maintain our Christian identity? In what ways can corporate worship and spiritual songs reinforce your identity in Christ?

**Pray:** Jesus, let none of us fall into the trap of becoming isolated in our Christian walk. Underscore the importance of meeting together for sound teaching and mutual encouragement to grow in faith and love as witnesses for You!