

Who Am I in Christ? A Guided Reflection on Identity

This worksheet is designed to help you explore your identity through the lens of Christian psychology and biblical truth. Set aside time in a quiet place and invite God into this reflective process. Use the space below to write openly and honestly.

1. What false identities have I worn?

Think about roles or labels you've adopted that feel more like masks than reflections of your true self. e.g., The Performer, The People-Pleaser.

2. In what ways have I been shaped by others' expectations?

Consider how family, culture, social media, or church have influenced your self-image.

3. What lies have I believed about myself?

Write down common inner thoughts or messages that do not align with God's truth.

4. What does God say about who I am?

Reflect on Scriptures like John 15:16, Romans 8:39, 2 Corinthians 5:17. What stands out to you as truth you want to embrace?

5. How can I begin to live from my Christ-defined identity today?

What is one step you can take this week to act from your true, God-given identity?

Closing Prayer

Father, You know my heart and every hidden part of me. I lay down the masks and false names I've carried. Help me believe what You say is true—that I am chosen, loved, redeemed, and made new. Teach me to walk in the truth of who I am in Christ. Amen.