

Finding Identity in Christ – Daily Exercises

Thoughts and questions for reflection, writing, and prayer to enhance personal growth.

Day 1

When we start thinking about it, we realize that the reasons people often do many of the things they do is because they get a sense of identity from it, or a feeling of well being from it. Write out a few things you do that cause you to feel good about yourself.

Day 2

For some people, changing where they get their sense of identity from is a very difficult process that is pretty uncomfortable. As you reflect on your life before and after becoming a Christian, what parts of your lifestyle need to change from the way you lived before becoming a Christian. How does your identity as a follower of Christ help you in determining what changes need to be made in your life?

Day 3

Memorize

EPHESIANS 1:4-5 (NIV)

⁴For he chose us in him before the creation of the world to be holy and blameless in his sight. In love ⁵he predestined us to be adopted as his sons through Jesus Christ, in accordance with his pleasure and will—

Day 4

Look up the following verses and read them out loud to yourself. Then write down the significance of being “in Christ” in relation to what each verse is saying.

ROMANS 8:1

ROMANS 12:5

1 CORINTHIANS 1:2

2 CORINTHIANS 1:20

GALATIANS 3:28

PHILIPPIANS 3:14

Day 5

One of the basic foundation blocks of building a new identity in Christ is remembering every day that He loves you and has adopted you into His family. With this new identity, we need to put new boundaries in place to demonstrate our commitment to Jesus. We may face a variety of temptations to take us back into our old identity. Make a list of the boundaries you need to develop and reinforce in your life to deepen your identity in Christ.