



Finding Identity and Peace in Christ



Explore how God's Word addresses mental health struggles, especially Borderline Personality Disorder and identity confusion, to find hope and healing.



Table of contents

<u>Introduction</u>	3
<u>Day 1: 🌱 Rooted in God's Love</u>	4
<u>Day 2: 🛡️ God as Our Refuge in Storms</u>	10
<u>Day 3: 🌸 Renewing the Mind and Heart</u>	16
<u>Day 4: 💖 Embracing God's Grace and Forgiveness</u>	22
<u>Day 5: 🌈 Hope and New Identity in Christ</u>	28



Introduction

Mental health is an important aspect of our overall well-being, yet it often feels deeply complex, especially for those living with Borderline Personality Disorder (BPD) and experiencing identity confusion. These realities can bring intense emotions, uncertainty about self, and overwhelming thoughts. *God sees you, understands your pain, and offers a path to lasting peace and identity beyond your struggles.* In this 5-day study, we will explore Scripture that speaks to the heart's deep questions about who we are, how God views us, and how His truth can anchor us amid emotional storms.

We will journey together through passages that assure us of God's love when our minds feel chaotic, remind us that our value is rooted in Him, and encourage us to embrace the identity He lovingly crafts in each of us. Mental health difficulties do not define your worth or your future. God's Word offers **hope, healing, and identity that cannot be shaken.**

Each day includes scripture, a devotional to encourage your spirit, reflection questions to deepen your understanding, journaling prompts for personal growth, and a prayer to connect you more deeply to God's grace. Whether you live with BPD or face identity confusion, this time with God's Word can help you rest in His love and find clarity amid the confusion.

Let's open our hearts to God's truth, gaining renewed perspective, peace, and the affirmation that our true identity is found only in Him.





Day 1: Rooted in God's Love



Day 1: 🌱 Rooted in God's Love

Your Verse

Psalm 139:13 – “For you created my inmost being; you knit me together in my mother’s womb.”

Supporting Scriptures

- *Jeremiah 1:5 – “Before I formed you in the womb I knew you.”*
- *Romans 8:38–39 – “Nothing can separate us from the love of God.”*



Day 1: 🌱 Rooted in God's Love

Devotional: Anchored in God's Love and Purpose

Identity confusion can feel like being lost in a fog, wondering who you truly are beneath the noise of emotions and thoughts. But Scripture begins with a beautifully clear truth: God created you intentionally and loves you deeply, even before you were born. Psalm 139:13 shows us that our existence is deliberate and crafted with care by God.

When mental health challenges whisper lies that you are unlovable or fractured, remind yourself that your identity is anchored in God's unfailing love. Jeremiah 1:5 confirms that long before the world knew you, God knew you intimately. Your worth does not depend on how you feel or what you endure; it depends on God's perfect knowledge and love for you.

Romans 8:38-39 assures us that nothing, not even the toughest struggles with mental health, can sever God's love. As you face the complexities of BPD and identity confusion, hold firmly to this truth. You are deeply loved, knitted together with purpose, and never forgotten. This is the root on which your true identity grows.



Reflect and Apply

1. How does knowing God created you intentionally change your view of yourself?

2. What lies about your identity do you need to challenge with God's truth?

3. In moments of confusion or pain, how can you remind yourself of God's constant love?



Journaling Prompts

1. Write about a time when you felt God's love despite your struggles.

2. List qualities God has given you that reflect His intentional creation.

3. Describe what it feels like to be 'knitted together' by God.



Day 1: 🌱 Rooted in God's Love

Prayer for Today

Heavenly Father, thank You for creating me with intention and love. When my mind feels confused and my emotions overwhelm me, help me remember that I am fearfully and wonderfully made. Remind me that Your love never fails or fades, even in my darkest moments. Anchor my identity in You alone. Teach me to embrace who I am in Your eyes and find peace in Your unchanging love. *Help me walk forward with hope and confidence.*





Day 2: God as Our Refuge in Storms



Your Verse

Psalm 34:18 – “The LORD is close to the brokenhearted and saves those who are crushed in spirit.”

Supporting Scriptures

- *Isaiah 41:10 – “I will strengthen you and help you; I will uphold you with my righteous right hand.”*
- *Matthew 11:28 – “Come to me, all you who are weary and burdened, and I will give you rest.”*



Devotional: Finding Refuge and Strength in God

Living with BPD often means emotional storms swirl unexpectedly, leaving you feeling shattered or overwhelmed. In these moments, it's vital to know that God draws near to brokenhearted souls. Psalm 34:18 assures us that when your spirit feels crushed, the Lord is not distant but intimately close, offering healing and refuge.

God's promise in Isaiah 41:10 reminds us He will strengthen and uphold us. You don't have to carry the weight of confusion or pain alone. When emotions feel overwhelming or your inner self seems unstable, God invites you to lean on His everlasting arms.

Jesus' words in Matthew 11:28 extend a personal invitation: come with your burdens and receive rest for your soul. This rest is more than physical—it is deep peace that surpasses your feelings and circumstances. The mental health struggles you face may be fierce, but your refuge is unshakeable when you run to God.



Reflect and Apply

1. How have you experienced God's nearness during difficult emotional times?

2. What does it mean to you to find rest in Jesus amid mental health struggles?

3. In what ways can you practically invite God to uphold you daily?



Journaling Prompts

1. Write about a moment when you felt God's strength during emotional pain.

2. Describe what 'rest' in Jesus looks like for you personally.

3. List ways to remind yourself of God's presence when feelings overwhelm.



Day 2: 🛡️ God as Our Refuge in Storms

Prayer for Today

Gracious God, when my heart is broken and my spirit feels crushed, thank You for drawing near. Help me to find refuge in You when emotional storms rage inside me. Strengthen my weary soul and uphold me by Your right hand. Teach me to come to Jesus with my burdens and receive the rest only He can give. In times of struggle, remind me that I am never alone and that Your peace is greater than my pain. *Hold me close and renew my strength daily.*





Day 3: 🌸 Renewing the Mind and Heart



Day 3: 🌸 Renewing the Mind and Heart

Your Verse

Romans 12:2 – “Be transformed by the renewing of your mind.”

Supporting Scriptures

- *2 Corinthians 10:5 – “Take captive every thought to make it obedient to Christ.”*
- *Philippians 4:8 – “Think about things that are true, noble, right, pure, lovely, and admirable.”*



Devotional: Embracing Mind Renewal Through God's Truth

One of the most challenging aspects of living with BPD and identity confusion is managing the flood of emotions and thoughts that can feel uncontrollable. **Romans 12:2** calls believers to transformation through the renewing of the mind. This process is not about ignoring struggles but inviting God's Spirit to reshape how we think and perceive ourselves.

2 Corinthians 10:5 instructs us to take every thought captive and make it obedient to Christ. This means intentionally recognizing lies or negative self-talk and replacing them with God's truth. It is a daily surrender, choosing to align your mind with His Word rather than your fluctuating feelings.

Philippians 4:8 encourages filling the mind with things that are true, pure, and lovely. As you renew your mind, cultivate habits that focus on God's promises, goodness, and beauty. Over time, this renewal brings greater clarity to your identity as God's child, helping to counteract confusion and despair with hope and strength.



Reflect and Apply

1. What are some negative thoughts you need to bring captive to Christ?

2. How can focusing on Philippians 4:8 help renew your perspective?

3. What practical steps can you take to renew your mind daily?



Journaling Prompts

1. List common negative thoughts you experience and rewrite them with God's truth.

2. Write about the difference between feeling your identity and knowing your identity in Christ.

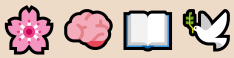
3. Create a short list of Scriptures or affirmations to recall in moments of confusion.



Day 3: 🌸 Renewing the Mind and Heart

Prayer for Today

Lord Jesus, I surrender my thoughts and mind to You. Help me recognize the lies and fears that cloud my identity and replace them with Your truth. Renew my mind each day according to Your Word, that I may think on what is lovely and pure. Teach me to take captive every thought and make it obedient to You. In moments of confusion and chaos within, anchor me securely in who I am in You. *Transform me by Your Spirit and fill me with peace.*





Day 4: 💖 Embracing God's Grace and Forgiveness



Your Verse

Ephesians 2:8-9 – “For it is by grace you have been saved, through faith—and this is not from yourselves, it is the gift of God.”

Supporting Scriptures

- *1 John 1:9 – “If we confess our sins, he is faithful and just to forgive us.”*
- *Psalms 103:12 – “As far as the east is from the west, so far has he removed our transgressions from us.”*



Day 4: ❤️ Embracing God's Grace and Forgiveness

Devotional: Resting in Grace and Forgiveness

Mental health struggles including BPD often bring guilt, shame, and harsh self-judgment, especially when identity feels unstable. The good news is found in **Ephesians 2:8–9**: salvation and worth are not earned by perfection or effort but are gifts of God's grace.

God's forgiveness is complete and freeing. 1 John 1:9 provides assurance that when we confess our sins and weaknesses, God is faithful to forgive perfectly and restore us. Shame has no hold over those who accept God's grace.

Psalms 103:12 paints a beautiful picture of how far God removes our wrongs from us—completely and eternally. Embracing this grace and forgiveness renews your value and identity as someone fully loved and accepted by God, beyond any mental health symptom or identity struggle.



Reflect and Apply

1. How have shame or guilt affected your view of yourself?

2. What does God's grace mean to you in the context of your struggles?

3. In what ways can you extend grace and forgiveness to yourself?



Day 4: ❤️ Embracing God's Grace and Forgiveness

Journaling Prompts

1. Write about moments when you have felt weighed down by shame and how God's grace speaks to that.

2. Reflect on the difference between self-condemnation and God's forgiveness.

3. List ways you can practice self-compassion rooted in God's love.



Day 4: ❤️ Embracing God's Grace and Forgiveness

Prayer for Today

Father God, thank You for the gift of grace that is not based on my performance but on Your unfailing love. When I am weighed down by guilt or shame, remind me of Your forgiveness and mercy. Help me accept Your cleansing and walk in freedom from condemnation. Teach me to extend that same grace to myself, knowing that Your love covers all my flaws and fears. *Thank You for removing my transgressions as far as the east is from the west.*





Day 5: 🌈 Hope and New Identity in Christ



Your Verse

2 Corinthians 5:17 – “If anyone is in Christ, the new creation has come: The old has gone, the new is here!”

Supporting Scriptures

- *Galatians 2:20 – “I have been crucified with Christ and I no longer live, but Christ lives in me.”*
- *John 15:5 – “I am the vine; you are the branches.”*



Day 5: 🌈 Hope and New Identity in Christ

Devotional: Living as a New Creation with Hope

Though mental health symptoms and identity confusion can feel permanent and defining, the Bible declares a powerful truth: in Christ, you are a new creation (2 Corinthians 5:17). The old—your past pain, confusion, or self-doubt—does not have the final word.

Galatians 2:20 shows the profound exchange — your old self was crucified with Christ so that His life now lives through you. This means your identity is no longer anchored in struggles but in Jesus' victorious life within you. You are not defined by BPD or fluctuating emotions, but by the presence of Christ.

John 15:5 illustrates the ongoing connection to Jesus, the true source of life and identity. Staying connected to Him, daily abiding in His love, is the pathway to sustained peace, purpose, and clarity in who you are.

Hope rises in knowing your identity is secure, alive, and continually renewed by God's Spirit. Whatever your mental health journey looks like, you belong to Christ and your story is being rewritten with grace.



Reflect and Apply

1. How does embracing your identity as a new creation affect your view of challenges?

2. What does abiding in Christ look like in your daily life?

3. How can hope in Christ change your experience of mental health struggles?



Journaling Prompts

1. Describe what it means for you to be a 'new creation' in Christ.

2. Reflect on how Christ's life within you brings strength during confusion.

3. Write a letter from Jesus to your 'old self' offering hope and renewal.



Day 5: 🌈 Hope and New Identity in Christ

Prayer for Today

Loving Savior, thank You that in You I am made new—my past no longer defines me. Help me to live fully in the reality of who I am in Christ, connected to You as the true source of my life and identity. Give me hope when mental health struggles try to convince me otherwise. Teach me to abide in Your love daily, so my heart and mind are anchored in Your truth. *Fill me with peace that transcends understanding and joy in my renewed identity.*





Where God's Word Meets Your Daily Life

A Personal Invitation from HolyJot

We pray this Bible Study has blessed you and drawn you closer to the heart of God. If you enjoyed this study, we'd love for you to join our growing HolyJot community online.





What you'll discover when you visit [HolyJot.com](https://www.holyjot.com):




 100k+ Bible Study Plans on every topic of life

 Access studies anytime on your phone, tablet, or computer

 Studies for individuals, families, small groups, and churches

 Secure online journaling — or keep using print for privacy


 A place to grow your faith alongside believers worldwide

Bonus for You:


Download exclusive study bundles and resources when you create a [free HolyJot account](#). No spam. No gimmicks. Just God's Word.

Visit Now:

 [www.HolyJot.com](https://www.holyjot.com)

 Scan this QR code to start your next Bible Study today:



 We'd love to hear your story.
Email us at info@holyjot.com.

 Connect with us at:

[Facebook](#) • [Instagram](#) • [YouTube](#) • [TikTok](#)



You are welcome to share this PDF with others.
Please keep it intact so the full study and credits remain.

© 2025 HolyJot LLC. All Rights Reserved.