



# Guiding Kids to Discover Their God-Given Identity



A 7-day journey to help children understand and embrace their true identity in Christ through Scripture and loving guidance.

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## Introduction

**Family** is the first place where children begin to make sense of who they are and what they believe. As parents and guardians, we have a sacred responsibility to nurture our kids' understanding of their God-given identity—a truth that stands firm against the confusion and challenges the world may present. *In Christ, our children are deeply loved, uniquely made, and purposefully created.* This Bible study plan is designed to help you guide your children to see themselves through God's eyes and to build their confidence rooted in faith rather than the shifting values of society.

Throughout these seven days, we will explore Scripture that highlights God's intentional design for each person, His promise of unwavering love, and the power of living as His beloved children. You'll find carefully selected verses, devotional reflections, and questions to encourage meaningful family discussions. Journaling prompts will invite personal application and deeper meditation, while prayers offer spiritual support for both you and your kids in this journey.

**Helping kids develop their identity in Christ** is not a one-time conversation but a continual process of teaching, example, and encouragement. Children need to hear repeatedly that their worth and purpose come from God—not from appearance, friends, achievements, or the world's standards. Together, let's guide them to embrace the freedom and joy of living as God's cherished sons and daughters.



Get ready to embark on this enriching journey, holding onto hope and love. The next week promises moments of discovery, growth, and blessing as your family anchors itself in the eternal truth of God's Word. 🙏





## Day 1: ✨ Created in God's Image



Day 1: ✨ Created in God's Image

## Your Verse

*Genesis 1:27 – So God created mankind in his own image, in the image of God he created them; male and female he created them.*

## Supporting Scriptures

- *Psalm 139:14 – I praise you because I am fearfully and wonderfully made.*
- *Ephesians 2:10 – For we are God's handiwork, created in Christ Jesus to do good works.*



Day 1: ✨ Created in God's Image

## Devotional: Understanding Our Divine Design

**Every child is a masterpiece handcrafted by God.** Genesis 1:27 reminds us that each of us is created in the very image of God, which means that there is something sacred and valuable in every person—including your child. This truth is the foundation of their identity, far beyond appearances or abilities.

Psalms 139:14 beautifully reinforces this by celebrating the wonder with which God made us. When children understand they are wonderfully made, they begin to appreciate their uniqueness and worth in God's eyes.

*As parents, reminding your kids of this often helps shield them from the world's pressures to conform or feel less than enough.* Ephesians 2:10 encourages us to see ourselves as God's work, designed for good purposes. You can guide your children by encouraging them to explore their talents and gifts, affirming their intrinsic value, and helping them see God's image in themselves and others.

**Help your children repeat these truths back to themselves—"I am created in God's image, and I am wonderfully made."** This is the first step in embracing their God-given identity.



Day 1: ✨ Created in God's Image

## Reflect and Apply

1. How can understanding that we are created in God's image affect a child's self-esteem?

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2. What are some ways you can remind your children daily that they are wonderfully made?

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3. Why is it important for kids to know their worth comes from God and not the world around them?

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Day 1: ✨ Created in God's Image

## Journaling Prompts

1. Write about a time when you felt especially unique or special—how does that relate to being made in God's image?

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2. List five qualities God might have put in you that reflect His image.

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3. Write a short letter to your child affirming their God-given worth.

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Day 1: ✨ Created in God's Image

## Prayer for Today

**Dear Lord**, thank You for creating each of us in Your perfect image. Help us to see ourselves and our children the way You see us—fearfully and wonderfully made with unique gifts and great purpose. Guard our hearts from the world's lies and fill us with Your truth. Teach us to nurture our children's faith and confidence in who You have made them to be. May Your love be the foundation of their identity today and always. *In Jesus' name, Amen.* 🙏❤️





## Day 2: Loved Unconditionally



Day 2: ❤️ Loved Unconditionally

## Your Verse

*Romans 8:38-39 - Nothing can separate us from the love of God that is in Christ Jesus our Lord.*

## Supporting Scriptures

- *1 John 3:1 - See what great love the Father has lavished on us, that we should be called children of God!*
- *Zephaniah 3:17 - The Lord your God is with you... He will take great delight in you.*



Day 2: ❤️ Loved Unconditionally

## Devotional: Anchored in God's Unfailing Love

The world can sometimes make children feel unloved or unworthy, but **the truth of God's unconditional love is a secure anchor** in any storm. Romans 8:38-39 assures us that nothing—no fear, rejection, or failure—can ever separate us from God's love.

*For kids growing up in a culture full of mixed messages about acceptance, knowing they are deeply loved by God is life-changing.* This love is not earned by behavior or achievement but given freely because they are His precious children. 1 John 3:1 invites children to grasp the incredible truth that they belong to God and are cherished as His own.

Zephaniah 3:17 paints a picture of God delighting over His children. Imagine sharing that joy with your child—reminding them daily that God takes great delight in who they are.

**How your family embraces and speaks out God's love profoundly shapes how your kids view themselves.** This day encourages you to model, speak, and live out God's love with your children, so they grow rooted and secure in His affection.



Day 2:  Loved Unconditionally

## Reflect and Apply

1. What fears or doubts might keep children from believing they are fully loved by God?

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2. How can you demonstrate unconditional love to your children so they can experience the Father's love more deeply?

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3. In what ways can you help your children understand that God's love doesn't depend on their actions or performance?

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Day 2: ❤️ Loved Unconditionally

## Journaling Prompts

1. Recall a moment when you deeply felt God's love—describe the experience and how it affected you.

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2. Write three affirmations you can say daily to your children about God's love.

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3. Reflect on how God's delight in you might affect your view of your worth.

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Day 2: ❤️ Loved Unconditionally

## Prayer for Today

**Heavenly Father**, thank You for Your unfailing love that never gives up on us. Help our children to grasp how deeply You love them and that no circumstance can change that. May their hearts be filled with the confidence that they are Your beloved sons and daughters. Teach us as parents to reflect Your love in all our words and actions. Guard their hearts against doubts and insecurities, and let Your love be a firm foundation for their identity. *In Jesus' name, Amen.* ❤️ 🙏 🌈





## Day 3: Identity in Christ



## Day 3: ♡ Identity in Christ

## Your Verse

*2 Corinthians 5:17 – Therefore, 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.*
- *Colossians 3:12 – Clothe yourselves with compassion, kindness, humility, gentleness and patience.*



## Day 3: ♡ Identity in Christ

## Devotional: Living as a New Creation

**Discovering identity in Christ** transforms how children see themselves and their purpose. 2 Corinthians 5:17 announces a powerful truth—when we accept Christ, we become new creations. The old ways of shame, doubt, and fear no longer define us.

Galatians 2:20 invites us to live with Christ as our center, holding onto His strength and grace. Teaching children this encourages them to rely not on their own ability to measure up but on God's power in their lives.

*When kids understand that their worth is rooted in Christ's sacrifice and resurrection, it changes their self-talk and behavior.* Colossians 3:12 provides practical ways to embody this new identity by choosing kindness, humility, and patience—traits that reflect who God created them to be.

**Guide your children each day to put on these Christ-like qualities and leave behind the false stories about who they are.** Encouraging this mindset builds a strong spiritual foundation that carries into their friendships, school life, and beyond.



Day 3: ♡ Identity in Christ

## Reflect and Apply

1. What does it mean for a child to be a 'new creation' in Christ?

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2. How can embracing a new identity in Christ affect the way children handle mistakes or failures?

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3. What are practical ways your children can 'put on' Christ-like qualities daily?

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Day 3: ♡ Identity in Christ

# Journaling Prompts

1. Write about one old habit or thought you'd like to let go, trusting Christ to help you change.

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2. List Christ-like qualities you want to develop in your life and why.

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3. Describe what being a 'new creation' means to you personally.

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## Day 3: ♡ Identity in Christ

## Prayer for Today

**Lord Jesus**, thank You for making us new creations through Your sacrifice. Help our children to embrace their identity in You—not as their performance or what the world says, but as Your beloved followers. Teach them to live out kindness, humility, and patience every day. Give us the wisdom to guide them gently into this new life and the courage to walk it with them. *In Your holy name, Amen.* 🙏 ✨ 💙





## Day 4: Speaking Truth



Day 4:  Speaking Truth

## Your Verse

*Proverbs 18:21 – The tongue has the power of life and death...*

## Supporting Scriptures

- *Ephesians 4:29 – Do not let any unwholesome talk come out of your mouths...*
- *Psalms 19:14 – May these words of my mouth and this meditation of my heart be pleasing to you.*



Day 4:  Speaking Truth

## Devotional: The Power of Words in Shaping Identity

**Words are powerful tools that shape the way children see themselves and the world.** Proverbs 18:21 warns us that our words carry life or death—they can build up or tear down. As family members, the words we choose directly influence how our children perceive their worth and identity.

Ephesians 4:29 encourages us to speak words that uplift, encourage, and give grace. Nothing strengthens a child's faith like hearing positive, truthful words regularly spoken over them.

*Conversely, careless or negative words can implant harmful doubts and insecurities.* Psalm 19:14 reminds us to consider the words and meditations of our hearts, asking God to make them pleasing and life-giving. When you speak blessings and affirmations, you actively breathe life into your children's understanding of who they are in Christ.

**Today, be intentional in watching your language around your kids—turn every moment into an opportunity to speak truth and love.**



Day 4:  Speaking Truth

## Reflect and Apply

1. How have words from family or authority figures impacted your identity, positively or negatively?

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2. What kinds of affirming statements can you commit to speaking over your children daily?

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3. How can your family create an environment where uplifting words thrive?

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Day 4:  Speaking Truth

## Journaling Prompts

1. List 5 affirming statements or Bible promises you want to speak to your children regularly.

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2. Reflect on how your words have shaped your own identity—write honestly about this.

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3. Write a prayer asking God to guide your speech and heart in your family.

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Day 4: 📝 Speaking Truth

## Prayer for Today

**God of Truth**, help us to use our words wisely and lovingly. Teach us to speak life into the hearts of our children, reminding them of their worth in You. Guard our tongues from careless or hurtful speech, and fill our homes with encouragement and grace. May our words plant seeds of faith that grow strong in their hearts. *In Jesus' name, Amen.* 🙏💬❤️





## Day 5: Walking by Faith



Day 5: 🏞️ Walking by Faith

## Your Verse

*2 Timothy 1:7 – For God gave us a spirit not of fear but of power and love and self-control.*

## Supporting Scriptures

- *Hebrews 11:1 – Faith is confidence in what we hope for and assurance about what we do not see.*
- *Joshua 1:9 – Be strong and courageous... The Lord your God will be with you wherever you go.*



Day 5: 🏞️ Walking by Faith

## Devotional: Instilling Courage and Confidence in Children

**Helping children walk by faith means encouraging them to trust God even when they face unknowns or fears.** 2 Timothy 1:7 reminds us that God gives His Spirit to empower us with love, power, and self-control—not fear.

Hebrews 11:1 defines faith as confidence and assurance beyond what is visible, laying a foundation for courageous living. Children learn faith by watching and practicing it; parents, therefore, play a vital role in modeling reliance on God.

*Joshua 1:9 offers a timeless promise of God's presence and strength during challenges.* Use these verses to encourage your children to face their fears with courage rooted in God's power rather than their own strength.

**Faith-filled families build confident children who don't live by the world's anxieties but by God's promises and power.**



Day 5:  Walking by Faith

## Reflect and Apply

1. What fears or doubts might your children face that challenge their identity in Christ?

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2. How can you model faith and courage so your children learn to trust God?

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3. What does walking by faith look like in your family's daily life?

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Day 5:  Walking by Faith

## Journaling Prompts

1. Write about a time when you had to trust God through fear or uncertainty.

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2. List ways you can encourage your children to walk courageously in faith.

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3. Journal a prayer asking God to replace fear with His spirit of power and love.

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Day 5: 🏠 Walking by Faith

## Prayer for Today

**Lord**, grant our children the courage to live boldly for You. Replace their fears with Your Spirit of power, love, and self-control. Help us as parents to lead them by example, walking in faith and trusting Your promises. Keep our family steady and strong in Your presence, always confident of Your guiding hand. *In Jesus' name, Amen.* 💪 🙏 🕊





## Day 6: Serving with Purpose



Day 6: 🧡 Serving with Purpose

## Your Verse

*1 Peter 4:10 – Each of you should use whatever gift you have received to serve others.*

## Supporting Scriptures

- *Mark 10:45 – The Son of Man came to serve, not to be served.*
- *Galatians 5:13 – Serve one another humbly in love.*



Day 6: 🧡 Serving with Purpose

## Devotional: Helping Kids Discover Purpose Through Service

One of the clearest ways children can live out their God-given identity is by **serving others**. 1 Peter 4:10 reminds us that God has given everyone gifts to be used in loving service. When children understand that their unique abilities are meant to bless others, they find joy and purpose beyond themselves.

Mark 10:45 shows Jesus as our ultimate example of humble service. Teaching children to follow His footsteps helps root their self-worth in actions that honor God and benefit others.

*Galatians 5:13 encourages serving in love, emphasizing humility as the heart behind true service.* Show your children practical ways to serve family, friends, and community to cultivate a lifestyle of loving action.

**When kids serve, they grow in confidence, compassion, and discover the meaningful role they play in God's plan.**



Day 6: 🧡 Serving with Purpose

## Reflect and Apply

1. How can serving others help children understand their God-given purpose?

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2. What gifts has God given your children that you see used in service already?

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3. How can your family practice serving others together this week?

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Day 6: 🧡 Serving with Purpose

## Journaling Prompts

1. Write about a time you served someone and what you learned from the experience.

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2. List your talents and how you might use them to help others.

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3. Create a faith-based plan for your family to serve someone in need.

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Day 6: 🧡 Serving with Purpose

## Prayer for Today

**Gracious God**, thank You for the unique gifts You've given each of us. Help our children recognize their abilities as tools for serving and loving others. Teach us to be humble servants, following Jesus' example. Inspire our family to serve joyfully and grow closer to You through these acts. *In Jesus' name, Amen.* 🙌❤️✨





## Day 7: 🏠 Building a Faithful Family



## Day 7: 🏠 Building a Faithful Family

## Your Verse

*Joshua 24:15 – But as for me and my household, we will serve the Lord.*

## Supporting Scriptures

- *Deuteronomy 6:6-7 – Impress them on your children. Talk about them when you sit at home.*
- *Psalms 127:3 – Children are a heritage from the Lord.*



## Day 7: 🏠 Building a Faithful Family

## Devotional: Creating a Legacy of Faith

**Our families are the primary place where faith and identity are nurtured and passed on.** Joshua 24:15 calls us to choose daily the path of serving the Lord as a household. This decision shapes not only the present but also the legacy we leave for our children and generations to come.

Deuteronomy 6:6–7 shows the importance of intentionally teaching God’s ways within the rhythm of daily life—through conversations, actions, and routine. This daily discipleship helps children internalize their identity in Christ more deeply.

*Psalm 127:3 reminds us that children are gifts from God entrusted to our care and spiritual guidance.* Creating a home that centers on God’s truth encourages children to grow in confidence, purpose, and love.

**As you conclude this study, commit to building a family culture where God’s Word is treasured and lived out, helping your kids fully embrace who they are in Christ.**



## Day 7: 🏠 Building a Faithful Family

## Reflect and Apply

1. What commitments can your family make to serve and honor God together?

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2. How can faith be woven naturally into your daily family routines?

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3. What legacy of faith do you desire to leave for your children?

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Day 7: 🏠 Building a Faithful Family

# Journaling Prompts

1. Write a family mission statement focused on serving God and each other.

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2. Describe daily habits you can start to help nurture faith in your household.

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3. Reflect on the blessing children are and how you want to guide them spiritually.

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## Day 7: 🏠 Building a Faithful Family

## Prayer for Today

**Lord God**, help us build a home where Your love, truth, and grace reign. May our family choose to serve You each day and pass on Your faith to our children through teaching, example, and love. Bless our household and make it a sanctuary where Your identity is celebrated in all we do. *In Jesus' name, Amen.* 🏠 🙏 📖 ❤️





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