Who Am I in Christ? A Teen's Journey to Identity



Discover your true identity in Christ through scripture and reflection over seven days designed specifically for teens seeking purpose and confidence.





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Introduction

Who am I in Christ? This question is one of the most important for any teen navigating the challenges of growing up in today's world. With so many voices telling you who to be, where to fit in, and what to value, it can be confusing to know your true worth and identity. Yet, the Bible offers clear and encouraging answers that can transform how you see yourself and your future.

Throughout this 7-day study, you will explore key Scriptures that reveal who you are in Christ—loved, chosen, forgiven, and empowered. You will learn that your identity is not based on your achievements, appearance, popularity, or mistakes, but on the unchanging love of God. Embrace the truth that you are wonderfully made (Psalm 139:14), adopted into God's family (Ephesians 1:5), and equipped with purpose and hope!

Each day will guide you with a primary passage to meditate on, supporting verses that deepen your understanding, and devotional reflections to apply the truth in everyday life. You'll also find thoughtful questions to help you reflect and journaling prompts to capture what God is teaching your heart. By the end of this study, you will walk away with greater confidence and peace, knowing your identity is secure in Christ.

Remember, your true worth comes from who God says you are, not what the world tells you to be. Let's begin this exciting journey of discovering your amazing identity in Jesus Christ!









Day 1: 🎇 Created to be Unique









Your Verse

Psalm 139:14 – "I praise you because I am fearfully and wonderfully made; your works are wonderful, I know that full well."

Supporting Scriptures

- Jeremiah 1:5 "Before I formed you in the womb I knew you, before you were born I set you apart;"
- Ephesians 2:10 "For we are God's handiwork, created in Christ Jesus to do good works,"







Devotional: Embrace Your Unique God-Given Design

Have you ever felt like you don't quite fit in or wondered if you matter? Psalm 139 reminds us that God created you intentionally—wonderfully and uniquely. You are not an accident or a copy of someone else. Long before you were born, God knew you and planned a special purpose just for you. This means your identity starts as a beloved creation of God, made with care and love.

As a teen, it's easy to compare yourself to others or feel pressure to be like someone else. But your true worth isn't found in fitting a mold—it's in the fact that you are God's masterpiece. Remember, being a unique creation means you have gifts and qualities that only you can bring to the world.

Take a moment today to thank God for making you just the way you are, and ask Him to help you see yourself through His eyes—as His wonderfully made child.







Reflect and Apply

	What parts of yourself do you sometimes wish were different, and how does knowing God made you wonderfully help with those feelings?
	How can understanding that God created you uniquely change how you view yourself and others?
	What good works do you think God might be preparing you to do as His handiwork?







Journaling Prompts

1.	Write about a time you felt different or out of place. How might God's unique design for you give those moments new meaning?
2.	List three qualities or gifts you believe God gave you that make you unique.
3.	How can you celebrate your God-given uniqueness this week?







Prayer for Today

Dear God, thank You for creating me fearfully and wonderfully. Help me to see myself as You see me: special, valuable, and loved. Teach me to embrace the uniqueness You've given me without comparison or doubt. Guide me to walk confidently in Your purpose for my life. *In Jesus' name, Amen.* \bigwedge









Day 2: V Loved Beyond Measure









Day 2: W Loved Beyond Measure

Your Verse

Romans 5:8 - "But God demonstrates his own love for us in this: While we were still sinners, Christ died for us."

Supporting Scriptures

- 1 John 3:1 "See what great love the Father has lavished on us, that we should be called children of God!"
- John 15:9 "As the Father has loved me, so have I loved you. Now remain in my love."







Day 2: V Loved Beyond Measure

Devotional: Receiving God's Unconditional Love

When we think about love—especially as a teen—it can feel complicated or conditional. But God's love is different. Romans 5:8 powerfully states that God loved us even when we were far from Him, imperfect and flawed. This kind of love is unconditional and sacrificial.

Imagine being accepted not because you are perfect or popular, but just because you are God's child. You are deeply loved no matter your mistakes or doubts. This love doesn't have limits or expectations—it's a constant source of security and hope.

Today, let God's amazing love sink deep into your heart. Remember that His love is the foundation of who you are and how you can live boldly each day.







Day 2: 🎾 Loved Beyond Measure

Reflect and Apply

	How does knowing God loves you even when you make mistakes affect your self-image?
	In what ways have you experienced or struggled to believe unconditional love from others or God?
3.	How can you show God's love to yourself and to others this week?







Day 2: 🎾 Loved Beyond Measure

Journaling Prompts

Write about what it feels like to be loved just as you are by God.
Describe a situation where you found it hard to accept love and how God's ove can change that.
List practical ways you can remind yourself daily that God loves you leeply.







Day 2: W Loved Beyond Measure

Prayer for Today

Lord Jesus, thank You for loving me even when I don't deserve it. Help me to accept Your love fully and let it heal any areas where I feel unworthy. Teach me to love myself and those around me the way You do—with grace and compassion. *In Your precious name, Amen.* > \(\bigcirc\)

















Your Verse

1 John 1:9 – "If we confess our sins, he is faithful and just and will forgive us our sins and purify us from all unrighteousness."

Supporting Scriptures

- Psalm 103:12 "As far as the east is from the west, so far has he removed our transgressions from us."
- Isaiah 1:18 "Though your sins are like scarlet, they shall be as white as snow;"







Devotional: Freedom Through God's Forgiveness

Do you ever feel weighed down by mistakes or guilt? It's common to carry burdens from wrong choices or things you regret. But God offers something amazing: forgiveness that sets you free from those chains.

1 John 1:9 promises that when we confess our sins, God is always ready to forgive and cleanse us completely. Our past doesn't define us because God's grace is bigger than any failure. Imagine the relief of knowing you don't have to carry guilt alone—or try to earn God's favor through your own efforts.

Accepting God's forgiveness is key to living confidently in who you are in Christ—freed from shame and fear.







Reflect and Apply

	Are you holding onto guilt or shame about something? How does God's promise of forgiveness speak to that?
	What does it mean to you that God removes your sins as far as the east is from the west?
3.	How can forgiving yourself be part of accepting God's forgiveness?







Journaling Prompts

1.	Write about a time you struggled with guilt and how God's forgiveness can bring healing.
2.	List ways you can remind yourself daily of God's cleansing power.
3.	Describe how freedom from guilt might change your attitude and actions going forward.







Prayer for Today

Father God, thank You for forgiving me when I confess my sins. Help me to accept Your pardon and let go of shame that weighs me down. Cleanse my heart and renew my spirit so I can live free and confident in Your love. Teach me to forgive myself as You forgive me. *In Jesus' name, Amen.* \(\text{\text{P}}\)

















Your Verse

Philippians 4:13 - "I can do all this through him who gives me strength."

Supporting Scriptures

- Isaiah 40:31 "But those who hope in the Lord will renew their strength."
- 2 Corinthians 12:9 "My grace is sufficient for you, for my power is made perfect in weakness."







Devotional: Relying on Christ for True Strength

As a teen, life can bring many challenges—peer pressure, school stress, and self-doubt. It's easy to feel weak or overwhelmed. But Philippians 4:13 assures us that true strength comes from Jesus, who empowers us to face any situation.

When we rely on Christ, we receive strength beyond our own capabilities. Isaiah 40:31 encourages believers that hope in the Lord renews their strength, lifting them when they're weary. Even in our weakness, God's grace is enough to carry us through.

Today, draw on God's power to stand strong. Whatever you face, you don't have to do it alone—Jesus is your source of strength and courage.







Reflect and Apply

1.	What challenges are you facing that feel too big to handle on your own?
2.	How can trusting God's strength over your own change your perspective?
	In moments of weakness, how can you remind yourself of God's grace and power?







Journaling Prompts

1.	Write about a time you felt weak and how God helped you during that time.
2.	List ways you can depend more on Christ's strength daily.
3.	Describe what trusting God's power looks like in your life right now.







Prayer for Today

Jesus, thank You for being my source of strength. When I feel weak or afraid, help me to lean on You and trust Your power. Fill me with courage and hope to face each day. Remind me that Your grace is enough no matter what. *In Your mighty name, Amen.* \$\mathcal{L}\$ \$\lambda\$\$









Day 5: 🛕 Child of God









Day 5: 🛕 Child of God

Your Verse

Ephesians 1:5 - "He predestined us for adoption to sonship through Jesus Christ, in accordance with his pleasure and will."

Supporting Scriptures

- John 1:12 "Yet to all who did receive him, to those who believed in his name, he gave the right to become children of God."
- Galatians 4:7 "So you are no longer a slave, but God's child; and since you are his child, God has made you also an heir."







Day 5: A Child of God

Devotional: Belonging as God's Adopted Child

What does it mean to be a child of God? Ephesians 1:5 tells us God chose to adopt us into His family through Jesus. This means your identity is firmly rooted in God's love and acceptance. You are not just a follower or a fan of Jesus—you are His beloved child and heir.

Being a child of God brings security, belonging, and purpose. No matter what happens around you, God's family is forever. This truth can comfort you in loneliness, give confidence in times of doubt, and inspire you to live reflecting your Heavenly Father's love.

Embrace your new family and the privileges that come with being a beloved child of God.







Day 5: 🛕 Child of God

Reflect and Apply

1.	How does knowing you are God's child influence how you see yourself?
2	What blessings or responsibilities come with being part of God's family?
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2	How can you live to day remembering your identity as Cod's beloved
3.	How can you live today remembering your identity as God's beloved child?







Day 5: 🛕 Child of God

Journaling Prompts

1.	Write about what being a child of God means to you personally.
2.	List ways you can show God's love because you belong to His family.
	Describe how knowing you are an heir to God's promises changes your outlook on life.







Day 5: A Child of God

Prayer for Today

Father, thank You for adopting me into Your family. Help me to walk confidently as Your child, knowing I belong to You forever. Teach me to live in a way that honors You and shares Your love with others. Fill me with peace and joy in my identity as Your son/daughter. *In Jesus' name, Amen.* \bigcirc \bigcirc \bigcirc \bigcirc

















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."
- Romans 6:4 "Just as Christ was raised from the dead through the glory of the Father, we too may live a new life."







Devotional: Living as a Transformed New Creation

The moment you trust in Jesus, something amazing happens—you become a new creation. 2 Corinthians 5:17 reminds us that the old life of mistakes, shame, and failure is gone, and a fresh start begins.

This doesn't mean life is always easy, but God gives you a new heart and the power to live differently. Christ now lives within you, helping guide your choices and shaping your character. You are being transformed every day into someone who reflects God's love more fully.

Today, embrace this new identity and allow the Spirit to lead you into the abundant life God promises.







Reflect and Apply

1.	What old habits or attitudes do you need to let go of to live as a new creation?
2.	How does knowing Christ lives in you impact your daily decisions?
3.	In what ways do you see God transforming you right now?







Journaling Prompts

1.	Write about your life before and after trusting Christ.
2.	List areas where you want God's transformation to continue working.
3.	Describe what living as a new creation means for your hopes and goals.







Prayer for Today

Holy Spirit, thank You for making me a new creation in Christ. Help me to leave behind old ways and walk boldly in the new life You give. Fill me with Your power to grow and reflect Jesus every day. Keep transforming my heart and mind. *In Jesus' name, Amen.* �� 🙏 🍩

















Your Verse

Jeremiah 29:11 – "For I know the plans I have for you,' declares the Lord, 'plans to prosper you and not to harm you, plans to give you hope and a future."

Supporting Scriptures

- Romans 8:28 "And we know that in all things God works for the good of those who love him,"
- Proverbs 3:5-6 "Trust in the Lord with all your heart and lean not on your own understanding; in all your ways submit to him, and he will make your paths straight."







Devotional: Walking Confidently into God's Purpose

As this study comes to a close, it's important to remember that your identity in Christ includes a beautiful future full of purpose and hope. God has good plans for your life, designed to prosper you and give you a hopeful future (Jeremiah 29:11).

Even when things feel uncertain or difficult, trust that God is weaving together every experience for your good (Romans 8:28). You don't have to figure everything out on your own—when you lean on Him and follow His guidance, He will lead you down the right path.

Boldly embrace God's plan for you, knowing that your life has meaning and you are deeply loved. Your journey is just beginning!







Reflect and Apply

1.	What hopes and dreams do you feel God is giving you for your future?
2.	How can trusting God's plan relieve your worries about what lies ahead?
3.	What steps can you take to seek God's direction and follow His path?







Journaling Prompts

1.	Write a letter to your future self about the hope and purpose you have in Christ.
2.	List ways you can trust God more with your plans and dreams.
3.	Describe how you will remind yourself of Jeremiah 29:11 during tough times.







Prayer for Today

Gracious God, thank You for Your perfect plans for my life. Help me to walk in confidence and hope, trusting You with every step. Guide me in Your wisdom and lead me to fulfill the purpose You created me for. Strengthen my faith to rely on You always. *In Jesus' name, Amen.* 🜈 🙏 💸



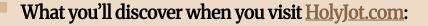




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