

WELCOME

Hi There!

This Workbook Is designed to help you reflect deeply on your God-given Identity. In a world full of labels, opinions, and comparison, It's vital to be anchored In the unchanging truth of who God says you are. Take a deep breath, Invite Holy Spirit In, and write honestly. You got this.

Tiffany

INTRODUCTION

Have you ever felt like you were drifting? Like you're doing all the things—working, loving, trying—but still questioning your worth or direction?

That's what it feels like to live unanchored—tossed around by opinions, comparison, fear, or past mistakes.

But God didn't design you to drift. He created you to be anchored—secure, rooted, and steady.

Key Verse:

“We have this hope as an anchor for the soul, firm and secure.” – Hebrews 6:19

What Does It Mean to Be Anchored?

An anchor holds a boat steady in the middle of wind and waves. It doesn't stop the storm—but it keeps the boat from drifting away.

Spiritually, being anchored means your identity isn't based on:

- Your performance
- Your past
- People's opinions
- Your appearance

It is based on the unchanging truth of who God says you are

Who Does God Say You Are?

Let's anchor ourselves in truth:

You are chosen.

"You did not choose me, but I chose you..."

John 15:16

– You are loved.

"I have loved you with an everlasting love..."

Jeremiah 31:3

– You are His masterpiece.

"For we are God's handiwork..." – Ephesians

2:10

You are redeemed.

"In Him we have redemption through His blood..." – Ephesians 1:7

You are a daughter of the King.

"The Spirit Himself testifies... that we are God's children." – Romans 8:16

Pause and Reflect:

Which of these truths are easiest for you to believe?

Which ones are hardest to receive?

That tension is where God wants to heal you.

Lies That Try to Steal Our Identity

The enemy whispers lies like:

- “You’re not enough.”
- “You’ve messed up too badly.”
- “You’re too broken or too late.”

But the Word of God cuts through those lies.

When you know your identity, you stop striving and start resting.

You stop chasing validation and start walking in confidence

Living Anchored

Here's how you live anchored in your identity:

- Stay in the Word – Fill your mind with truth.
- Stay in prayer – Keep your heart connected to the Father.
- Speak identity statements daily – e.g., “I am loved. I am chosen.”
- Surround yourself with truth-tellers – Community keeps you rooted

Your identity is not fragile—it is firmly rooted in the unchanging character of God.

You are not what happened to you.

You are not your mistakes.

You are not what the world labels you.

WRITE IT OUT

Take time to journal your thoughts and experiences



01

What are some labels you've believed about yourself that do not align with God's word? "Too broken," "Not enough", "Unworthy"

02

What lies has the enemy spoken to you that have shaken your confidence or sense of Identity?

03

What has been a major hurdle for you to get over as it relates to your Identity? (Shame, fear, disappointment?)

SPEAK LIFE

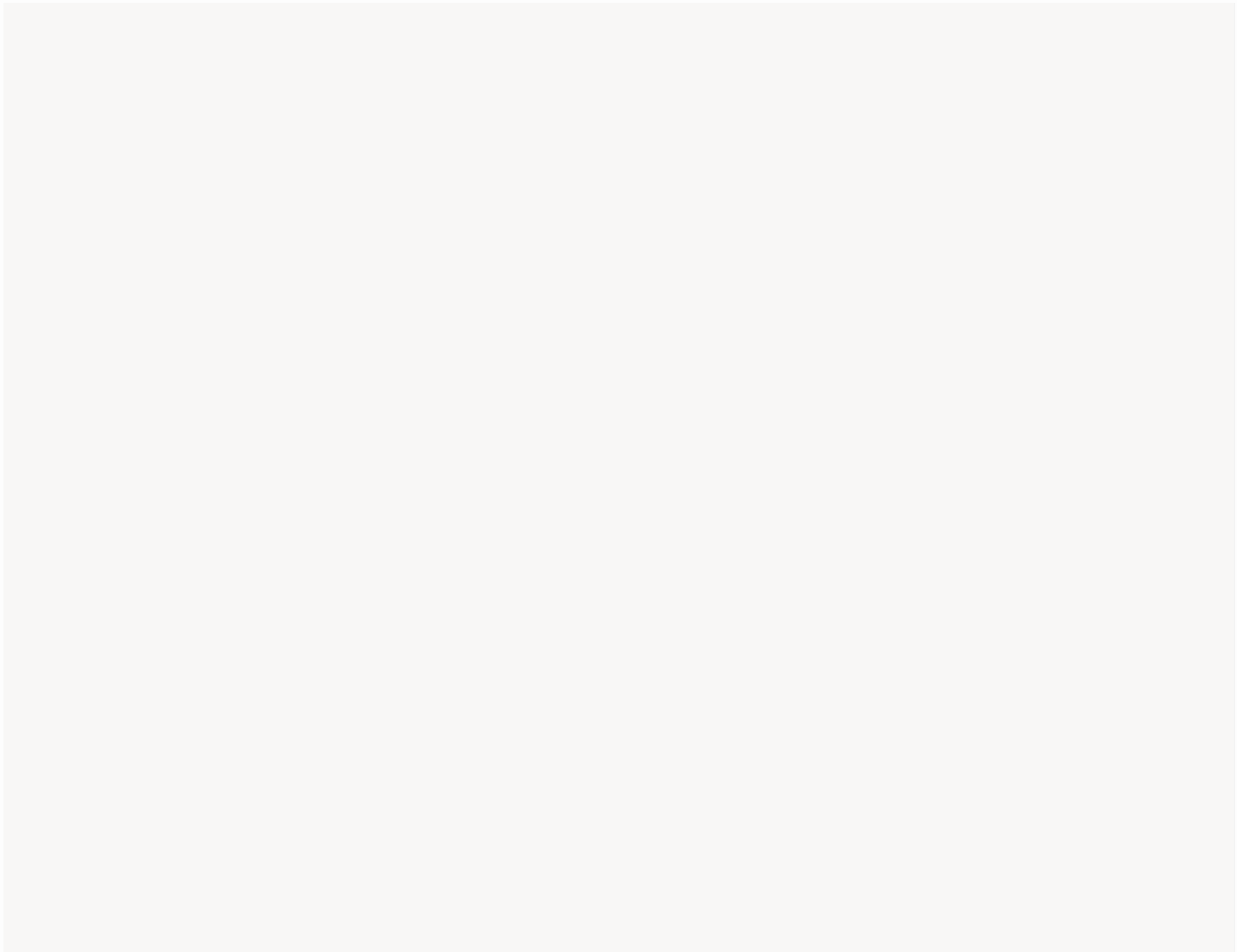
Our words carry power, Today, we're trading lies for truth by creating "I Am" statements rooted In scripture.

Examples:

"I am chosen" (John 15:16) "I am loved" (Jeremiah 31:3)

"I am redeemed" (Ephesians 1:7) "I am God's masterpiece" (Ephesians 2:10)

Now create 3-5 of your own.



Prayer for Identity in Christ

“Father God, thank You that my identity is not in what I do, how I look, or what others think—my identity is in You. Remind me daily that I am chosen, loved, redeemed, and called. Help me to rest in Your truth and silence every voice that says otherwise. Anchor me in Your Word, and let me live with the boldness of someone who knows they belong to the King of Kings. In Jesus’ name, amen.