



ABIDEROOTED

7 Days to Know Who You Are in Christ

A Journey for Youth and Young Adults



YOUTH · 7-DAY JOURNEY · FREE RESOURCE

Begin Here

A 7-day devotional journey for youth and young adults to discover their identity in Christ, addressing issues of comparison, pressure, performance, and approval.

Welcome to a 7-day journey to discover who you truly are in Christ. If you've ever felt lost, pressured, or unsure of your worth, this journey is for you. Each day, we'll explore a truth from Scripture that anchors your identity in Jesus. You'll find practical steps to apply these truths and questions to reflect on with friends or mentors. Let's begin this adventure of knowing who you are in the One who made you.

TEACHING

Day 1: You Are a New Creation

2 Corinthians 5:17

“Therefore if any man be in Christ, he is a new creature: old things are passed away; behold, all things are become new.”

Have you ever felt like you're stuck with the label someone gave you—like 'the shy one,' 'the troublemaker,' or 'the one who always messes up'? Maybe you've tried to change, but it feels like you're still the same person inside. Today's verse brings incredible news: when you are 'in Christ,' you are a new creation. This isn't about trying harder to be good; it's about a radical change that happens when you trust Jesus. The old things—your past mistakes, your old ways of thinking, your old identity—have passed away. God doesn't just patch you up; He makes you new. Think of a caterpillar becoming a butterfly: it doesn't just get a new coat of paint; it becomes a completely different creature. In Christ, you are not a slightly improved version of your old self; you are a brand-new person with a new heart and a new future. This new identity is not based on your performance or what others think of you. It's a gift from God through faith in Jesus. Because of what Jesus did on the cross and through His resurrection, you can be forgiven, cleansed, and made whole. You are not defined by your worst mistake or your greatest achievement. You are defined by Christ. When God looks at you, He sees His beloved child, clothed in the righteousness of Jesus. This truth changes everything. You don't have to live under the weight of your past any longer. You can walk in the freedom of being a new

creation, living each day in the grace and power of the Holy Spirit.

Put It Into Practice

Write down one label or past mistake that you've been carrying. Then, write 'old things are passed away' over it and tear it up as a symbol of letting it go. Thank God for making you new in Christ.

Reflect & Talk Together

1. What old labels or past mistakes have you been believing about yourself?
2. How does knowing you are a new creation in Christ change the way you see yourself today?

Prayer

Father, thank You that in Christ I am a new creation. Help me to truly believe that my old life is gone and that You have given me a fresh start. Teach me to live in the freedom You have won for me. In Jesus' name, Amen.

TEACHING

Day 2: You Are Chosen and Loved

Ephesians 1:4-5

“According as he hath chosen us in him before the foundation of the world, that we should be holy and without blame before him in love: Having predestinated us unto the adoption of children by Jesus Christ to himself, according to the good pleasure of his will.”

Have you ever been the last one picked for a team? Or felt invisible in a crowd? It hurts to feel unwanted. But here's the truth: before the world even began, God chose you. He didn't choose you because you were perfect or talented; He chose you because He loves you. The verse says He chose us 'in Him'—that means because of Jesus, we are brought into God's family. This is not about fate or luck; it's about a personal, loving God who set His affection on you from eternity. He didn't just choose you to be a fan or a servant; He adopted you as His child. In ancient times, adoption was a powerful act that gave a person full rights as a son or daughter. When you trust in Jesus, you are adopted into God's family. You are not a second-class citizen or a distant relative; you are a cherished child of the King. This means you have a secure place, a loving Father, and an inheritance that can never be taken away. You don't have to earn His love or prove your worth. You are loved simply because you are His. When you feel rejected or overlooked, remember that the Creator of the universe knows your name and calls you His own. You are chosen, not because of what you do, but because of who you are in Christ.

Let this truth sink deep into your heart today. You are not an accident or an afterthought. You are a deliberate, loving choice of God.

Put It Into Practice

Look in a mirror and say out loud: 'I am chosen by God. I am loved by God. I am a child of God.' Repeat it until you believe it. Write it on a sticky note and place it where you'll see it often.

Reflect & Talk Together

1. When have you felt rejected or unwanted? How does being chosen by God change that feeling?
2. What does it mean to you that God adopted you as His child?

Prayer

Heavenly Father, thank You for choosing me and loving me before I even knew You. Help me to rest in the security of being Your child. When I feel rejected, remind me that I am accepted in Christ. In Jesus' name, Amen.

TEACHING

Day 3: You Are Forgiven and Free

Colossians 2:13-14

“And you, being dead in your sins and the uncircumcision of your flesh, hath he quickened together with him, having forgiven you all trespasses; Blotting out the handwriting of ordinances that was against us, which was contrary to us, and took it out of the way, nailing it to his cross.”

Guilt can be a heavy burden. Maybe you've done something you're ashamed of, and you can't seem to forgive yourself. You might think, 'If God really knew what I've done, He couldn't love me.' But today's verse reveals the heart of the gospel: God has forgiven you completely. Before you knew Christ, you were dead in your sins—spiritually lifeless, separated from God. But God, in His mercy, made you alive together with Christ. He didn't just forgive some of your sins; He forgave 'all trespasses.' The 'handwriting of ordinances' refers to the list of laws and debts that stood against you. Every wrong thought, word, and deed was recorded. But Jesus took that list and nailed it to the cross. He paid the penalty in full. When Jesus died, He took the punishment you deserved. Now, because of His sacrifice, your debt is canceled. You are not just pardoned; you are free. This means you don't have to live in shame or fear of punishment. God is not holding your past against you. He sees you through the blood of Jesus—clean, forgiven, and righteous. You can confess your sins to Him, and He is faithful to forgive you and cleanse you from all unrighteousness (1 John 1:9). But even more, you can walk in the freedom of

knowing that your identity is not 'sinner' but 'forgiven child of God.' When the enemy tries to remind you of your past, you can remind him of the cross. Jesus paid it all. You are forgiven and free.

Put It Into Practice

Write down a sin or mistake that still makes you feel guilty. Then, write 'Paid in full by Jesus' across it. Thank God for His complete forgiveness and ask Him to help you forgive yourself.

Reflect & Talk Together

1. What past sin or mistake do you still feel guilty about?
2. How does knowing that Jesus nailed your debt to the cross help you accept His forgiveness?

Prayer

Lord Jesus, thank You for dying on the cross to pay for my sins. I receive Your forgiveness today. Help me to let go of guilt and shame and to live in the freedom You purchased for me. In Your name, Amen.

TEACHING

Day 4: You Are God's Workmanship

Ephesians 2:10

“For we are his workmanship, created in Christ Jesus unto good works, which God hath before ordained that we should walk in them.”

In a world of filters and photoshop, it's easy to feel like you don't measure up. You might compare yourself to influencers, athletes, or classmates and think, 'I'm not good enough, smart enough, or attractive enough.' But today's verse tells you something radically different: you are God's workmanship. The Greek word for 'workmanship' is 'poiema,' which means 'masterpiece' or 'work of art.' You are not a mistake or a random accident. You are a carefully crafted creation of God, made with purpose and intentionality. God doesn't make junk. He created you in Christ Jesus for a specific reason: to do good works that He prepared in advance for you. This means your life has meaning and direction. You are not here by chance; you are here on purpose. The good works God has for you are not about earning His favor—they are the natural result of being His masterpiece. When you understand that you are God's workmanship, you can stop comparing yourself to others. You are unique. No one else can fulfill the purpose God has for you. You don't have to copy someone else's life; you just need to be the person God created you to be. He has given you unique gifts, talents, and experiences to serve Him and others. As you abide in Christ, He will guide you to the

good works He has planned. You are not a product of your circumstances or your culture; you are a product of God's creative genius. Embrace your identity as His masterpiece and live out the purpose He has for you.

Put It Into Practice

Make a list of three things you like about yourself that reflect God's creativity (e.g., your sense of humor, your compassion, your musical ability). Thank God for making you uniquely you.

Reflect & Talk Together

1. How do you usually compare yourself to others? How does being God's workmanship change that?
2. What good works do you think God might have prepared for you to do?

Prayer

Creator God, thank You for making me Your masterpiece. Help me to see myself through Your eyes and to embrace the unique purpose You have for me. Guide me to the good works You have prepared. In Jesus' name, Amen.

TEACHING

Day 5: You Are Strong in Christ

Philippians 4:13

“I can do all things through Christ which strengtheneth me.”

Life is full of challenges: exams, relationships, temptations, and tough decisions. Sometimes you feel like you can't go on. You might think, 'I'm not strong enough to handle this.' And you're right—on your own, you aren't. But as a believer, you have access to supernatural strength. Paul wrote this verse from prison, facing possible execution. He wasn't talking about winning a sports game or getting a good grade; he was talking about enduring hardship and finding contentment in every situation. The secret is not self-confidence but Christ-confidence. You can do all things through Christ who strengthens you. This doesn't mean you'll never fail or that every dream will come true. It means that whatever God calls you to face, He will give you the strength to endure and overcome. When you feel weak, His power is made perfect in your weakness (2 Corinthians 12:9). You don't have to rely on your own abilities or willpower. You can draw on the limitless strength of Jesus who lives in you. This strength is available to you right now. When you're tempted to give in to sin, Christ can help you resist. When you're overwhelmed by school or work, Christ can give you peace and perseverance. When you're discouraged, Christ can lift your spirit. Your identity is not 'weak' or 'defeated'; you are an overcomer through Christ. So instead of saying, 'I can't do this,' say, 'I can do all things

through Christ who strengthens me.' And then step out in faith, trusting Him to be your strength.

Put It Into Practice

Identify a challenge you are currently facing. Write down Philippians 4:13 on a card and carry it with you. Whenever you feel weak, read it and pray for Christ's strength.

Reflect & Talk Together

1. What situation in your life makes you feel weak or inadequate?
2. How can you rely on Christ's strength instead of your own this week?

Prayer

Jesus, thank You that I can do all things through You. When I am weak, be my strength. Help me to trust in Your power and not my own. Give me courage to face every challenge with faith. In Your name, Amen.

TEACHING

Day 6: You Are a Citizen of Heaven

Philippians 3:20

“For our conversation is in heaven; from whence also we look for the Saviour, the Lord Jesus Christ:”

Have you ever felt like you don't quite fit in? Like you're on the outside looking in? That's because, as a Christian, you are not ultimately from this world. Your true home is heaven. The word 'conversation' in this verse means 'citizenship' or 'commonwealth.' As believers, our citizenship is in heaven. This world is not our final destination; we are just passing through. This changes everything about how we live. When you know you're a citizen of heaven, you don't have to chase after the temporary things this world offers—popularity, wealth, or pleasure—because you have something far better. You have a Savior who is coming back for you. Jesus is not just a historical figure; He is your living Lord who will one day return to take you to your eternal home. This gives you hope and perspective. When life is hard, when you face persecution or disappointment, remember that this world is not all there is. Your best life is not now; it's in eternity with Christ. But this doesn't mean you should just sit around waiting for heaven. As citizens of heaven, you are ambassadors for Christ here on earth. You represent your King and His kingdom. You are called to live in a way that reflects your heavenly citizenship—showing love, grace, and truth to a world that desperately needs it. You are not defined by the culture around you or the country you live in; you are defined by your allegiance to

Christ. So live with confidence and hope, knowing that your true home is secure in heaven.

Put It Into Practice

Think of one way you can live as an ambassador of heaven today—through an act of kindness, a word of encouragement, or sharing your faith. Do it as a representative of Christ.

Reflect & Talk Together

1. In what ways do you feel like you don't fit in with the world? How does your heavenly citizenship help?
2. How can you live as an ambassador of heaven in your school, workplace, or community?

Prayer

Lord Jesus, thank You that my citizenship is in heaven. Help me to live with eternal perspective and to represent You well on earth. Give me hope and confidence as I await Your return. In Your name, Amen.

TEACHING

Day 7: You Are Complete in Christ

Colossians 2:10

“And ye are complete in him, which is the head of all principality and power:”

We live in a world that constantly tells us we need more to be complete: more followers, more likes, more money, more achievements. But today's verse declares that in Christ, you are already complete. The Greek word for 'complete' means 'filled full' or 'lacking nothing.' You don't need to add anything to your identity to be whole. In Christ, you have everything you need for life and godliness. You have His righteousness, His peace, His joy, and His power. You are not a half-empty cup waiting to be filled by the world; you are already full in Christ. This is a profound truth that can set you free from the endless pursuit of approval and validation. When you know you are complete in Christ, you don't have to prove yourself to anyone. You don't have to wear the latest brands or achieve the highest grades to feel valuable. Your worth is not determined by your relationship status, your athletic ability, or your popularity. Your worth is determined by your union with Christ. He is the head of all principality and power—meaning He has authority over everything, including every force that tries to make you feel incomplete. Because you are united with Him, you share in His victory. You are seated with Him in heavenly places (Ephesians 2:6). So when the enemy whispers that you are not enough, you can confidently say, 'I am complete in Christ.' You are not waiting for something to make you whole; you are already

whole in Him. Live today in the fullness of who you are in Christ.

Put It Into Practice

Write a prayer of thanksgiving to God for making you complete in Christ. List three areas where you often feel 'not enough' and declare that in Christ you are complete.

Reflect & Talk Together

1. What things do you tend to chase to feel complete?
How does knowing you are complete in Christ change your pursuit?
2. How can you remind yourself daily that you lack nothing in Christ?

Prayer

Father, thank You that I am complete in Christ. Help me to stop seeking my worth in the world and to rest in the fullness I have in Jesus. Let this truth transform how I live and think. In Jesus' name, Amen.

Continue Abiding

Congratulations on completing this 7-day journey! You have discovered powerful truths about your identity in Christ. Remember, you are a new creation, chosen and loved, forgiven and free, God's workmanship, strong in Christ, a citizen of heaven, and complete in Him. These truths are not just for a week; they are for a lifetime. As you go forward, continue to abide in Christ, letting His Word shape your identity. When you face challenges, return to these Scriptures and let them anchor your soul. Share what you've learned with others, and encourage them to know who they are in Christ. May you walk in the freedom and confidence of being a child of God, living for His glory.



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