

Who God Says You Are

A 7-Day Devotional

Authored By: Kelsey Cooke

OVERVIEW & PURPOSE:

God calls each of us to know Him. We are all given the Holy Spirit to guide us throughout our lives. When we start listening to the guiding voice within us, we honor God and begin to walk in our purpose and life with Him. Maybe you are new to religion, or like me, often struggle with negative self-talk. I hope this week-long devotional can help you walk with Christ, challenge inner doubts, and identify your gifts and uniqueness based on who God says you are. Let's dive in!

MATERIALS

1. A Bible, free online or a hard copy. In this Devotional we will be referring to the NIV version.
2. Highlighters, Pens (Optional)
3. Journal for additional thoughts, and prayers
4. This devotional

DAY 1 He is Our Shepherd, We are the Sheep.

1. Psalm 23
2. Joshua 1:9
3. Romans 8:28

If the Lord is our Shepherd, we are his sheep. This displays beautifully the relationship our Father has with us. This also emphasizes the importance of setting our egos aside and being humble for the works of God. In this chapter, the author says “He makes me lie down in green pastures.” Did you know that when sheep are fearful they physically cannot lie down? They remain upright, fleeing and unable to rest.

The Lord promises rest to His sheep, when we abide in his plan and trust in Him, He will work all things out for us. This chapter also describes our Shepherd guiding us through dark valleys. With the Lord as our guide, going with us wherever we may go, we shall fear no evil. We will move forward in pursuit of his plan. With this scripture in mind, God calls us to be obedient, gentle, humble, and trusting of his plan. Without his guiding rod, we are lost, scattered, holding fear and false confidence. Because of this, we are called to be brave in God's abundant love.

4. **In what ways has the Lord shaped you with his guiding rod?** Reflect on a time when you felt fearful, but the Lord worked things out for your good, allowing you rest, peace, and confidence in Him.

DAY 2 We are The Light, and We are to Share This Light With Others.

1. Matthew 5: 14-16
2. 2 Corinthians 4:6
3. Ephesians 5:8
4. 1 John 1:7

We are to uphold ourselves as the world's light, so others may see us and see the good works of God. What does that say about our character? Some people may only know God based on your character. Read that again. Do you display your character as a light? Someone who is caring, slow to anger, and kind? God says we are unique in this manner, we are not of the world, therefore we need to carry ourselves with dignity. This may look like remaining optimistic when faced with hardship, being confident in your body and grateful for each inner work God has gifted us, or even respecting others and showing love when they feel unworthy.

5. God says YOU are the light of this world. How amazing and honorable is that?! Reflect on times you have been compassionate, empathetic, loving, and respectful when someone was not the same way as you. **How would you describe someone who is a “light?”** God sees your devotion and He honors your unique character. He is making you into the person He has called you to be, one day at a time.

DAY 3 We Carry Ourselves in Love.

1. 1 Corinthians 13: 4-7
2. John 3:16
3. 1 John 4:12-13

Christ has died for our sins, and we accepted Him in our hearts, we are gifted the Holy Spirit. The Holy Spirit was Jesus's gift upon his departure from Earth. God lives on in us and guides our daily lives. We are called to be like Jesus, to love one another regardless of their circumstances. God is Love and because God loved us first, we can love and honor others. God loved us so much He sent his sinless son to hang on the cross for the sins we commit, He died for you, so you can be free of shame. So you can live an honorable life. We are called to be loving to everyone, regardless of their background or lifestyle. We represent Christ and show His character to others when we are generous and loving one another.

4. **Reflect on a time you showed love and compassion to someone else.** If you accept Christ, he considers you loving, kind, and honorable. If you act out of love, you will never fail because Christ is Love. He has made you in this image as His child. Envision yourself as someone who is loved by Christ, and is sharing the love of Christ. **What does that look like?**

DAY 4 YOU are Fearfully and Wonderfully Made!

1. Psalm 139: 14
2. Jeremiah 1:5-8

How beautiful is it that God created and knew us before we were on the Earth side of life? He has known you before, during, and after the womb. He selected YOU to live in this very moment in time. He created YOU fearfully and wonderfully! YOU are a work of art, chosen by the Creator. Have confidence in the thing God is calling you towards. Trust the One who knew you before you had a name. He is walking with you. He sees the efforts you make each day, regardless of how small they seem. He sees and knows your heart.

3. **What are some unique characteristics you love about yourself? What are some skills you have? What are some talents, hobbies, and things that bring you joy?** Ask the Lord to show you how He created you fearfully and wonderfully. Write down every thought that comes to mind. Take this opportunity to sit in this moment with the Lord. Immerse yourself in the wisdom He lays on your heart. Converse with Him. If you'd like, spend some time thanking Him for all he has done to show you the person you are according to His divine plan.

DAY 5 You are Wise!

1. Genesis 1:27
2. Proverbs 2: 10

In our walk with this Lord, He promises to give us wisdom in His timing. God loves to share wisdom with those who love and pursue Him (in the way you are in this very moment!) You have endured hardships in this life that no one else has. These hardships have blessed you with wisdom of your own, uniquely through the love of God. Trust what the Holy Spirit is placing in your heart, and keep your intentions focused on Love and Christ, He has gifted you wisdom and you will continue to embark on life's journey with love as your Heavenly Father. If you ever find yourself doubting, pray to the Lord and ask for wisdom.

3. Reflect on a time when God brought you through hardship. **What are some things you have learned because of this hardship?** It is no coincidence you are in this exact moment in your life. **What could God be teaching you at this moment?** As you reflect on these questions, envision yourself as a wise person, as God has already made you at this point in your life.

DAY 6 The One Who Formed the Earth Knows You!

1. Genesis 1:27
2. Genesis 1:31
3. Psalm 8: 3-9

Take a second to imagine the Earth coming to be according to God's will. In Genesis, God formed the entire planet in 7 days—the One who creates all things of beauty created you and called you “very good.” He is pleased with you. Let down the shame you're holding onto, invite God into the darkest areas of your heart. The same God who rose mountains and deepened the oceans called them “good” yet, mankind was deemed “very good.”

Take a moment to examine your skin, the protective barrier to your body. Each process within you is wonderfully made according to His plan. God has called you to embrace the beauty of your uniqueness and honor him with your personality and character. You are resilient because the One who made the Earth was mindful of you. How beautiful your life must be!!

4. **Reflect on the beauty of creation, maybe a sunset you once fathomed or a breathtaking landscape. What are some beautiful works you have seen in your life because of The Lord?** I encourage you to pray at this moment and ask God to show you the uniqueness of your spirit. How you can help contribute to the kingdom? I encourage you to pray for wisdom and to align your wants with his. **Write down every thought that comes to mind** during this conversation with the one who calls you His child.

DAY 7 You are Created with Purpose.

1. Jeremiah 29:11
2. 1 John 5:4 & 1 John 5:19-20
3. Matthew 10: 26-28

The word tells us to expect trials as believers. However, the word also tells us He is with us. He is our strength and not to be afraid WHEN these trials arise. We are strong because He lives on in our hearts. No temptation is too large for God. No trial is too large for God. No sickness is too large for God. He is our strength and because He lives on in the ones called to him, we can be strong as well! He declares there is a plan for you and your life. He promises not to harm you and assures you have a hopeful future with Him. Can I get a hallelujah!!

4. **What are some trials you have persevered through because you believed in yourself?** Reflect on a time God gave you the strength to overcome. God will not allow more than you can bear. It is because of Him, that He calls you strong, resilient, and compassionate.

CONCLUSION / AUTHORS NOTE

The Lord guides us through the trials of life as our shepherd. I hope that this devotional helps you recognize your strengths because the Lord loved you first, and instilled a special set of traits within you. I have searched for devotionals regarding this subject in times of self-doubt. It wasn't until I realized there isn't one set of characteristics or traits God says you are within the gospel, that I was set free. However, the gospel does declare that we are all gifted talents in different ways. There are indications regarding the right thing and the wrong thing to do. We have been conditioned to believe we fit under specific labels to fit into specific groups we identify with. Ultimately we all fit under the label of Child to the One True King.

Finding yourself in Christ is not a one-tack destination. He will carry you through the valley and stand with you on the mountaintops. He will deliver you, and show you to be free of the labels placed on you throughout your life. He can break every chain, unbind your hands from sin, and help you flourish in this beautiful life. You are worthy of celebration. Your unique personality is a blessing. Celebrate the times of strength, compassion, love, and fearlessness you have endured. He is preparing each day for greater blessings. Lean into the spirit and trust in your creator. I am not telling you who you are, or who you should be. I am simply the messenger of what God has placed on my heart for you through this devotional. I encourage you to pray intently about your life and speak to God about everything, the good and bad. I pray for the person reading this to see the beauty in the creation they are, that they may be wise with the word and Holy Spirit as their guide. You have been set free because He has called your name.

God Bless you and good luck in life!

Kelsey Cooke