# CHRONIC JOY® DEVOTIONAL

## WHERE DO I FIND MY IDENTITY?

By Kara Plett

### AN IDENTITY IN FLUX

One of the blessings in my life is building friendships and encouraging newcomers to Canada as they learn English. We discuss common questions they might be asked when meeting someone for the first time, such as "How are you?" I explain that this is more of a greeting, so they don't need to give a lengthy answer. In fact, others might be shocked if they told others how they are really feeling. 😊

I often explain that when someone asks, "What do you do?", they are asking about what you do for a job. This can be a tricky question for a newcomer. It is not a case of what they do now but what they used to do ... which is a sensitive topic because they often cannot do in their new country what they once did, so their identity can feel unstable, in flux.

### AN IDENTITY THAT DOES NOT CHANGE

When asked this same question, I relate to this feeling, but for different reasons. My feelings stem from my chronic illnesses, which have changed what I do. Just as a person who moves to a new country may struggle with their identity, so do I. I wonder, have you too? It can be hard to know who we are amid the changes that illnesses cause.

What if we could have an identity that does not change, no matter what we do, where we live, or how we feel—an identity not based on what the world looks at as important (our jobs, our position in our families, or what we have) but on who God says we are?

I have spent time with God on this topic more than once, as I often slip back into basing my identity on what the world says. I have found that reminding myself of who I truly am in God can dramatically change my day.

### WHO DOES GOD SAY I AM?

Who does God say we are? Which Scriptures share this?

- Psalm 139:1-18 is an excellent place to start. Read this passage and name what God says about you. What stands out?

Verse 14 reminds us that we are created intricately and wonderfully. We are God's masterpiece. This can be hard to believe. Why would God create us this way and still call us His masterpiece? Yet He does—and He wants us to live confidently in this truth!

- *The Lord your God is in your midst, The Mighty One, will save; He will rejoice over you with gladness, He will quiet you with His love, He will rejoice over you with singing.* (Zephaniah 3:17) God loves us so much that He rejoices and sings over us!
- We are chosen. You did not choose me, but I chose you. (John 15:16)
- We are seen. *You are the God who sees me.* (Genesis 16:13)
- We are complete just as we are ... *complete in Him.* (Colossians 2:10)
- We are accepted. *Accept one another, then, just as Christ accepted you.* (Romans 15:7)

When you feel less than, unseen, incomplete, or unaccepted, run to the Word. Let God tell you who you are. Walk in confidence. You are His masterpiece, just as you are.

### INVITATION

I invite you to try something I find powerful. Find or print a picture of yourself. Spend time with God, writing words and phrases about who God says you are. I've found it challenging to look at myself while doing this. Lies from the enemy want to take hold, but as I write what God says about me, I start to believe it. My identity is in Him. I am His masterpiece, and He rejoices over me. Give it a try and let God remind you who you really are.

### PRAYER

Father, how amazing that we get to call you Father. You are our Father, and we are Your children. This is our true identity. On days when the world tells us differently, remind us. Thank You for being so pleased with us that You rejoice over us with singing, that You choose us, and so much more. What a good Father you are! In Jesus' name, amen.

### QUESTIONS FOR REFLECTION

- Can you think of a time when you struggled with your identity?
- What verse is most meaningful in your current circumstances?
- As you wrote words looking at your picture, what did it reveal? What did you most need to be reminded of?