



5 Ways to Live Confidently in Your Identity in Christ

Many people struggle with their identity, often basing their worth on past mistakes, relationships, or what others think about them. When those things shift, it can leave you feeling insecure, stuck, or unsure of who you really are. The Bible reminds us that your identity is not something you earn—it's something you receive through Christ. No matter your past, your identity can be rooted in truth, not shame. Here are five ways to begin living confidently in your identity in Christ.

- 1. Recognize where your identity has been shaped.** Your sense of identity is often formed over time through life experiences, relationships, and internal beliefs. Many people unknowingly base their worth on things like success, failure, approval, or rejection. When those become your foundation, your identity can feel unstable. Take time to reflect on what has been shaping how you see yourself. Becoming aware of these influences is the first step toward replacing them with truth.
- 2. Accept that your identity is given—not earned.** In a world that values performance, it's easy to believe you must prove your worth. But in Christ, your identity is secure. Don't strive to be accepted—God has accepted you. "Do not be afraid, for I have ransomed you. I have called you by name; you are mine" (Isaiah 43:1, NLT).

You are:
 - Loved
 - Forgiven
 - Redeemed
 - Chosen
- 3. Replace false beliefs with truth.** Many struggles with identity are rooted in false beliefs. Thoughts like "I'm not enough" or "I'll never change" can quietly shape how you live. But these thoughts are not truth. As you begin to challenge those beliefs and replace them with truth, your thinking starts to shift.
- 4. Stay connected to healthy community.** Identity is strengthened in relationships, not isolation. When you are alone, it's easy for negative thoughts to grow unchecked. But in safe, supportive community like a [New Life Recovery Group](#), you can be reminded of truth and encouraged in your growth.
- 5. Live daily from your identity—not for it.** Many people spend their lives trying to earn a sense of worth. But lasting change happens when you begin living from who you already are. This means making choices that align with your identity and letting go of old labels that no longer define you.

"For we are God's masterpiece. He has created us anew in Christ Jesus, so we can do the good things he planned for us long ago."
(Ephesians 2:10, NLT)

As you continue to take small steps forward, you will become more confident in who you are in Christ.

To Live More Confidently, Call 800-NEW-LIFE to Find a Counselor.