

A 30-DAY DEVOTIONAL JOURNEY

# Knowing Who You Are *in Christ*

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*Identity & self-worth rooted in God's Word. Each day, receive  
what God says about you, believe it, and walk in it.*

WITH YOU ON THE JOURNEY · DR. NANETTE FLOYD PATTERSON

## How to use this journey

Set aside a few quiet minutes each day. Read the verse slowly and let it land. Then take the day's step, write your name in it, speak it aloud, journal underneath. Check the box when you've walked it out. Thirty days from now, you will not just know about who you are in Christ. You will know it in your bones.

### DAY 01 You Are His



*"Fear not, for I have redeemed you; I have called you by name, you are mine."*

Isaiah 43:1

**Today's step:** Write your name, then write: "I am called by God. I am His." Say it aloud three times today.

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### DAY 02 Made in His Image



*"So God created man in his own image, in the image of God he created him."*

Genesis 1:27

**Today's step:** Reflect: What does it mean that you carry the image of God? Write three ways His image shows up in you.

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### DAY 03 Known Completely



*"O LORD, you have searched me and known me!"*

Psalms 139:1

**Today's step:** Sit with this truth: God knows everything about you and still calls you His. Journal what that stirs in you.

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DAY 04 **Chosen on Purpose**



*“But you are a chosen race, a royal priesthood, a holy nation, a people for his own possession.”*

1 Peter 2:9

**Today’s step:** Declare aloud: “I was not chosen by accident. God chose me specifically, intentionally, and permanently.”

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DAY 05 **Beloved Child**



*“See what kind of love the Father has given to us, that we should be called children of God; and so we are.”*

1 John 3:1

**Today’s step:** Pray and simply receive the Father’s love today. You don’t have to do anything to earn it. Just receive.

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DAY 06 **Wonderfully Made**



*“I praise you, for I am fearfully and wonderfully made. Wonderful are your works; my soul knows it very well.”*

Psalms 139:14

**Today’s step:** List five things about yourself, physical, emotional, or spiritual, that reflect God’s intentional design.

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DAY 07 Fully Accepted



*“To the praise of his glorious grace, with which he has blessed us in the Beloved.”*

Ephesians 1:6

**Today’s step:** Where have you been seeking acceptance from people? Name it. Then declare: “I am fully accepted in Christ.”

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DAY 08 Not Defined by Your Past



*“Therefore, if anyone is in Christ, he is a new creation. The old has passed away; behold, the new has come.”*

2 Corinthians 5:17

**Today’s step:** Write one label from your past you are releasing today. Replace it with one identity truth from Scripture.

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DAY 09 Righteous in Him



*“For our sake he made him to be sin who knew no sin, so that in him we might become the righteousness of God.”*

2 Corinthians 5:21

**Today’s step:** Anytime guilt whispers today, declare: “I am the righteousness of God in Christ.” Say it until it settles.

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DAY 10 **God's Workmanship**



*“For we are his workmanship, created in Christ Jesus for good works, which God prepared beforehand.”*

Ephesians 2:10

**Today's step:** Ask God: “What did You specifically design me to do?” Write whatever He places on your heart.

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DAY 11 **Deeply Loved**



*“For I am sure that neither death nor life... nor anything else in all creation, will be able to separate us from the love of God in Christ Jesus our Lord.”*

Romans 8:38-39

**Today's step:** Sit quietly for five minutes. Receive God's love without doing anything to earn it. Just let it wash over you.

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DAY 12 **Complete in Christ**



*“And you have been filled in him, who is the head of all rule and authority.”*

Colossians 2:10

**Today's step:** Write this and post it where you'll see it: “I am complete in Christ. I lack nothing He has not already provided.”

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DAY 13 **Free from Condemnation**



*“There is therefore now no condemnation for those who are in Christ Jesus.”*

Romans 8:1

**Today’s step:** Write down every accusation the enemy has used against your identity. Cross each one out. You are not condemned.

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DAY 14 **Held in His Hand**



*“I give them eternal life, and they will never perish, and no one will snatch them out of my hand.”*

John 10:28

**Today’s step:** Whatever feels unstable in your life today, declare: “I am held in the hand of God. Nothing can snatch me away.”

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DAY 15 **A Citizen of Heaven**



*“But our citizenship is in heaven, and from it we await a Savior, the Lord Jesus Christ.”*

Philippians 3:20

**Today’s step:** Reflect: How does being a citizen of heaven change how you see your value, your struggles, and your future?

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DAY 16 **Heir of God**



*“And if children, then heirs, heirs of God and fellow heirs with Christ.”*

Romans 8:17

**Today's step:** Thank God today that you are not a servant striving for approval. You are an heir with full inheritance rights.

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DAY 17 **Sealed by the Spirit**



*“In him you also... were sealed with the promised Holy Spirit, who is the guarantee of our inheritance.”*

Ephesians 1:13-14

**Today's step:** The Holy Spirit in you is God's mark of ownership. Ask Him to remind you of who you are throughout today.

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DAY 18 **Hidden in Christ**



*“For you have died, and your life is hidden with Christ in God.”*

Colossians 3:3

**Today's step:** Spend ten minutes in stillness. Your identity is not in what you produce. It is hidden safely in Christ.

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DAY 19 **The Apple of His Eye**



*“Keep me as the apple of your eye; hide me in the shadow of your wings.”*

Psalms 17:8

**Today's step:** You are precious to God, not a burden, not an afterthought. Write a prayer responding to being treasured by Him.

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DAY 20 **His Treasured Possession**



*“The LORD has chosen you to be a people for his treasured possession, out of all the peoples who are on the face of the earth.”*

Deuteronomy 14:2

**Today's step:** Journal: If you truly believed you were God's treasured possession, what would you stop tolerating in your life?

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DAY 21 **Anointed**



*“But you have been anointed by the Holy One, and you all have knowledge.”*

1 John 2:20

**Today's step:** Declare: “I am anointed by God for this season, this calling, and this assignment.” Walk like it today.

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DAY 22 **Crowned with Love**



*“...who crowns you with steadfast love and mercy.”*

Psalm 103:4

**Today's step:** Look in the mirror and say: “I am crowned with the love and mercy of God.” Say it until your spirit receives it.

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DAY 23 **A Living Stone**



*“As you come to him, a living stone rejected by men but in the sight of God chosen and precious.”*

1 Peter 2:4

**Today's step:** Where have you felt rejected or overlooked? Remind yourself: in God's sight, you are chosen and precious.

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DAY 24 **Light of the World**



*“You are the light of the world. A city set on a hill cannot be hidden.”*

Matthew 5:14

**Today's step:** You carry light that this world needs. Where have you been hiding it? Take one step to shine today.

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DAY 25 **More Than a Conqueror**



*“No, in all these things we are more than conquerors through him who loved us.”*

Romans 8:37

**Today's step:** Name the biggest challenge you're facing. Declare Romans 8:37 over it specifically. You are not a victim. You are a victor.

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DAY 26 **His Friend**



*“No longer do I call you servants... but I have called you friends, for all that I have heard from my Father I have made known to you.”*

John 15:15

**Today's step:** God calls you friend. Sit with that today. Write what it means to be known and chosen as a friend of Jesus.

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DAY 27 **Empowered to Walk**



*“For God gave us a spirit not of fear but of power and love and self-control.”*

2 Timothy 1:7

**Today's step:** Name one area where fear has been running your identity. Declare the spirit of power over it. Walk differently today.

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DAY 28 Kept by His Power



*“Who by God’s power are being guarded through faith for a salvation ready to be revealed in the last time.”*

1 Peter 1:5

**Today’s step:** You are not holding yourself together. God is holding you. Rest in that today. Stop gripping so tightly.

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DAY 29 Being Transformed



*“And we all, with unveiled face, beholding the glory of the Lord, are being transformed into the same image from one degree of glory to another.”*

2 Corinthians 3:18

**Today’s step:** You are becoming. Write a letter to yourself about who God is transforming you into. Celebrate the process.

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DAY 30 Walk in It



*“So you are no longer a slave, but a son, and if a son, then an heir through God.”*

Galatians 4:7

**Today’s step:** Write a bold identity declaration using everything you’ve learned this month. Read it aloud. This is who you are.

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*I pray that this 30-day challenge bless you.*

**God bless!**

**Dr. Nanette Floyd Patterson**

CPSY.D., LCMHC

*Feel. Heal. Grow. Flow.*

Scripture quotations are from the ESV.