

COVENANT OVER CULTURE: MIDDLE SCHOOL EDITION

Friends, Feelings & Figuring Out Your Faith

Who I Am

Identity Reminder Cards

Based on Covenant Over Culture: Middle School Edition

covenant.community

City Hill Ministries · Josh Clark

Each card below comes from one chapter of *Covenant Over Culture: Middle School Edition*. Every card has a truth from the book, the verse behind it, and space to write your own response. Cut them out. Put them on your mirror. Keep them in your notebook. Read one when the lies get loud.

<div style="background-color: #1a202c; color: white; padding: 5px; text-align: center; font-weight: bold;">Ch. 1</div> <h3 style="margin-top: 10px;">You Were Made on Purpose</h3> <p style="color: #c5e1a5; text-align: center;"><i>“I am known before I am noticed.”</i></p> <hr/> <p>God doesn't see your mask. He sees you — the real one underneath — and He's never looked away.</p> <p>Psalm 139:13-14</p> <hr/> <p><i>The part of me God sees that I usually hide is:</i></p> <hr/> <hr/>	<div style="background-color: #1a202c; color: white; padding: 5px; text-align: center; font-weight: bold;">Ch. 2</div> <h3 style="margin-top: 10px;">The Group Chat Doesn't Get a Vote</h3> <p style="color: #c5e1a5; text-align: center;"><i>“My voice was put in me on purpose.”</i></p> <hr/> <p>You don't have to delete your real opinion to keep the peace. God made you with a voice worth using.</p> <p>Romans 12:2</p> <hr/> <p><i>One moment this week I want to use my voice:</i></p> <hr/> <hr/>
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<div style="background-color: #1a202c; color: white; padding: 5px; text-align: center; font-weight: bold;">Ch. 3</div> <h3 style="margin-top: 10px;">Your Body Is Not the Problem</h3> <p style="color: #c5e1a5; text-align: center;"><i>“My body is where God chose to live.”</i></p> <hr/> <p>God didn't just tolerate giving you a body — He chose it. That changes what your body is for.</p> <p>1 Corinthians 6:19-20</p> <hr/> <p><i>One thing my body did today that I'm grateful for:</i></p> <hr/> <hr/>	<div style="background-color: #1a202c; color: white; padding: 5px; text-align: center; font-weight: bold;">Ch. 4</div> <h3 style="margin-top: 10px;">My Mind Is Worth Protecting</h3> <p style="color: #c5e1a5; text-align: center;"><i>“What I feed my mind is what forms my mind.”</i></p> <hr/> <p>Your phone isn't just entertainment — it's a teacher. You get to decide what it teaches you.</p> <p>Proverbs 4:23</p> <hr/> <p><i>One thing I want to be more intentional about online:</i></p> <hr/> <hr/>
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Ch. 5

I Don't Have to Carry This Alone

“When I pass through hard things, God is with me.”

You can't control what happens at home. But you can tell one safe person one true thing. That's enough to start.

Isaiah 43:2

One thing I've been carrying that isn't mine to carry.

Ch. 6

I Was Made for Real Friendship

“A friend who requires me to shrink is not yet a safe friend.”

You are allowed to want friendships where you feel more like yourself, not less. That's not too much to ask.

Proverbs 17:17

One person who makes me feel more like myself.

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Ch. 7

My Feelings Are Real — But They're Not the Boss

“Naming a feeling is the first step to not being controlled by it.”

Your emotions are real information — they're just not always accurate stories. Bring them to God before the group chat.

Psalms 34:18

A feeling I've been carrying lately that I haven't named yet.

Ch. 8

My Heart Is Worth Guarding

“A crush is not my boss.”

Connection is a good thing God made. But rushing it, chasing it, or letting it define you — that's where it gets costly.

Song of Solomon 2:7

What 'guarding my heart' looks like practically for me right now.

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Ch. 9

Shame Doesn't Get the Last Word

“Shame cannot survive in the light. It's not built for it.”

Whatever you've seen, done, or been shown — it doesn't define you. Bringing it to the light isn't weakness. It's how freedom starts.

Romans 8:1

One thing I want to bring out of the dark and into the light:

Ch. 10

I Don't Have to Be Liked to Be Loved

“I am loved before I am liked. That order never changes.”

God loved you while you were still a mess. Not after you got it together. Before. That's Romans 5:8.

Romans 5:8

Write this with your name: _____ is loved before they are liked.

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Ch. 11

My Questions Don't Scare God

“Doubt is not the opposite of faith. Pretending is.”

Jesus didn't slam the door on Thomas for wanting evidence. He showed him His scars. He'll do the same for you.

Mark 9:24

My most honest question for God right now:

Ch. 12

I'm Allowed to Ask for Help

“Getting help is not giving up on God. It is wisdom.”

Jesus said 'Come to Me, all who are weary.' That invitation has your name on it — including on the hard mental health days.

Matthew 11:28

One area where I need help that I haven't admitted yet:

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Ch. 13

I Am Being Formed on Purpose

“I was made on purpose. I am loved on purpose. I am being formed on purpose.”

You're not behind. You're not forgotten. You're in the middle of it — which is exactly where God meets people.

Isaiah 41:10

One next step I want to take after reading this book:

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“You were made on purpose. You are loved on purpose. You are being formed on purpose.”

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