

THAT'S NOT WHO I AM

A Six-Week Bible Study for Women on Identity in Christ

Study Overview

In a world that constantly tries to define us by our failures, circumstances, relationships, or achievements, it's easy to lose sight of who we truly are. This six-week study will help you discover and embrace your God-given identity, moving from the labels the world has placed on you to the truth of who Christ says you are.

Memory Verse for the Study: *"Therefore if anyone is in Christ, this person is a new creation; the old things passed away; behold, new things have come."* - 2 Corinthians 5:17 (NASB)

WEEK 1: THE LABELS MUST GO

Theme: Recognizing False Identities

Opening Scripture: *"See how great a love the Father has given to us, that we would be called children of God; and in fact we are. For this reason the world does not know us, because it did not know Him."* - 1 John 3:1 (NASB)

Study Focus

The world is quick to label us: failure, victim, not enough, too much, broken, unwanted. But God's voice speaks louder than the world's labels. This week we'll identify the false identities we've accepted and learn to hear God's voice above the noise.

Key Passages:

- Isaiah 43:1-4
- Jeremiah 1:5
- Psalm 139:13-16
- Romans 8:15-17

Teaching Content

The enemy of our souls delights in keeping us trapped under labels that contradict God's truth about us. These labels often come from:

- Past mistakes and failures
- Other people's opinions and words
- Cultural expectations
- Difficult circumstances
- Comparison with others

When we believe these lies, we live beneath our privileges as daughters of the King. God calls us to reject these false identities and embrace the truth of His Word.

Theologian Quote: *"The Christian is not one who has gone all the way with Christ. None of us has. The Christian is one who has found the right road."* - Charles L. Allen

"You are not what you do. You are not what you have. You are not what others think of you. You are beloved of God!" - Henri Nouwen

Life Application

This week, make a list of negative labels you've believed about yourself. Next to each one, write what God's Word says about you

instead. Begin each day by declaring your true identity in Christ rather than rehearsing old labels.

Discussion Questions

1. What are some labels (positive or negative) that others have placed on you throughout your life?
2. Which of these labels have you internalized and accepted as truth about yourself?
3. Read Isaiah 43:1-4. What does God call you in this passage? How does this contrast with worldly labels?
4. Why do you think it's easier to believe negative things about ourselves than positive truths from God's Word?
5. What would change in your daily life if you truly believed you are beloved by God?

WEEK 2: DAUGHTER OF THE KING

Theme: Understanding Our Royal Heritage

Opening Scripture: *"But you are a chosen people, a royal priesthood, a holy nation, a people for God's own possession, so that you may proclaim the excellencies of Him who has called you out of darkness into His marvelous light."* - 1 Peter 2:9 (NASB)

Study Focus

You are not just anyone—you are a daughter of the King of kings. This royal identity changes everything about how you see yourself and

how you live. This week we'll explore what it means to be part of God's royal family.

Key Passages:

- 1 Peter 2:9-10
- Galatians 4:4-7
- Ephesians 1:3-6
- Romans 8:14-17

Teaching Content

As daughters of God, we have been adopted into the royal family of heaven. This isn't just a nice metaphor—it's a spiritual reality that carries privileges and responsibilities:

Our Royal Privileges:

- Direct access to the King (Hebrews 4:16)
- An inheritance that cannot be taken away (1 Peter 1:4)
- The Holy Spirit as our guide and comforter (John 16:13)
- Authority in Christ's name (Luke 10:19)

Our Royal Responsibilities:

- To represent our Father well (2 Corinthians 5:20)
- To live worthy of our calling (Ephesians 4:1)
- To extend grace to others (Colossians 3:13)
- To use our gifts for His kingdom (1 Peter 4:10)

Theologian Quote: *"The Christian is in a different position from other people who are trying to be good. They hope, by being good, to please God if there is one; or — if they think there is not — at least they hope to deserve approval from good men. But the Christian thinks any good he does comes from the Christ-life inside him."* - C.S. Lewis

"God's love for us is not based on our performance but on His character. We are loved because we are His." - Joyce Meyer

Life Application

This week, practice living from your royal identity. Before making decisions, ask yourself: "How should a daughter of the King respond in this situation?" Pay attention to how this perspective changes your choices and attitudes.

Discussion Questions

1. What comes to mind when you think of royalty? How do those characteristics apply to your identity as God's daughter?
2. Read Galatians 4:4-7. What is the difference between being a slave and being a child? How does this apply to your relationship with God?
3. What privileges do you have as a daughter of the King that you haven't been fully embracing?
4. How should knowing you're royalty affect the way you treat yourself and others?
5. What would others see in your life if you truly lived like the daughter of a King?

WEEK 3: REDEEMED AND CHOSEN

Theme: Understanding God's Intentional Love

Opening Scripture: *"Just as He chose us in Him before the foundation of the world, that we would be holy and blameless before Him in love."* - Ephesians 1:4 (NASB)

Study Focus

You are not an accident or an afterthought. Before the world began, God chose you and set His love upon you. This week we'll explore the intentional nature of God's love and what it means to be redeemed.

Key Passages:

- Ephesians 1:3-14
- 1 Peter 1:18-20
- Romans 5:6-8
- Deuteronomy 7:6-8

Teaching Content

The word "redeem" means to buy back or to pay the price for something precious that was lost. Christ paid the ultimate price—His life—to redeem you. This wasn't done reluctantly or as a last resort. It was done with joy because of His great love for you.

What Being Chosen Means:

- You were selected before time began (Ephesians 1:4)

- Your value isn't based on your performance (Romans 5:8)
- God's love for you is unconditional and eternal (Jeremiah 31:3)
- Your past does not disqualify you from His love (1 Corinthians 6:11)

What Being Redeemed Means:

- You've been purchased by Christ's blood (1 Peter 1:18-19)
- You're no longer a slave to sin (Romans 6:6)
- You have been transferred from darkness to light (Colossians 1:13)
- You belong to God completely (1 Corinthians 6:19-20)

Theologian Quote: *"The gospel is this: We are more sinful and flawed in ourselves than we ever dared believe, yet at the very same time we are more loved and accepted in Jesus Christ than we ever dared hope."* - Tim Keller

"God does not love us because we are valuable; we are valuable because God loves us." - Fulton J. Sheen

Life Application

Spend time this week meditating on the truth that you were chosen before the foundation of the world. When feelings of unworthiness arise, remind yourself that God's choice of you was made with full knowledge of who you are—and He chose you anyway.

Discussion Questions

1. What does it mean to you personally that God chose you before the foundation of the world?

2. How does understanding the price Jesus paid for your redemption change how you see your worth?
3. Read Romans 5:6-8. At what point did God demonstrate His love for you? What does this tell you about His love?
4. How do you struggle with believing you are truly chosen and loved by God?
5. If you truly believed you were intentionally chosen and redeemed, how would it change your daily perspective?

WEEK 4: NEW CREATION IN CHRIST

Theme: Embracing Your Transformed Life

Opening Scripture: *"Therefore if anyone is in Christ, this person is a new creation; the old things passed away; behold, new things have come."* - 2 Corinthians 5:17 (NASB)

Study Focus

When you accepted Christ, you didn't just get a makeover—you became an entirely new creation. This week we'll explore what it means to live from your new nature rather than your old patterns.

Key Passages:

- 2 Corinthians 5:17
- Ephesians 4:22-24
- Romans 6:1-11
- Galatians 2:20

Teaching Content

Being a new creation isn't about trying harder to be good—it's about recognizing that God has already made you new. Your old self died with Christ, and you have been raised to new life. This is a finished work, not a work in progress.

Old vs. New Creation:

Old Creation:

- Defined by past failures
- Controlled by sin nature
- Lives for self
- No power to change
- Separated from God

New Creation:

- Defined by Christ's righteousness
- Empowered by the Holy Spirit
- Lives for God's glory
- Has power to live differently
- United with God

The key is learning to live from your new identity rather than your old patterns. This requires renewing your mind with God's truth and choosing to walk in the Spirit.

Theologian Quote: *"The Christian life is not a changed life but an exchanged life."* - Watchman Nee

"Christianity is not about good people getting better. It is good news for bad people coping with their failure to be good." - Tullian Tchividjian

Life Application

This week, when you're tempted to fall into old patterns of thinking or behaving, remind yourself: "That's not who I am anymore." Practice walking in your new identity by choosing responses that align with who God says you are.

Discussion Questions

1. What are some "old things" in your life that God says have passed away?
2. How do you sometimes act from your old nature instead of your new creation identity?
3. Read Ephesians 4:22-24. What is the process described here for living as a new creation?
4. What would change in your life if you truly believed the old you is dead and gone?
5. How can you practically "put on" your new self this week?

WEEK 5: CALLED AND EQUIPPED FOR PURPOSE

Theme: Discovering Your Divine Assignment

Opening Scripture: *"For we are His workmanship, created in Christ Jesus for good works, which God prepared beforehand so that we would walk in them."* - Ephesians 2:10 (NASB)

Study Focus

You are not a random accident floating through life without purpose. God has specifically created you and equipped you for good works that He prepared in advance for you to do. This week we'll discover your divine calling and how God has equipped you to fulfill it.

Key Passages:

- Ephesians 2:10
- 1 Peter 4:10-11
- Romans 12:4-8
- Jeremiah 29:11

Teaching Content

Every believer has been called by God for a specific purpose. This calling isn't just for "super Christians" or those in full-time ministry—it's for every daughter of God. Your calling may be expressed through your career, relationships, ministry, or daily interactions, but it always involves:

Elements of Your Calling:

- Bringing glory to God (1 Corinthians 10:31)
- Serving others with your gifts (1 Peter 4:10)
- Making disciples (Matthew 28:19-20)
- Being salt and light in your sphere of influence (Matthew 5:13-16)

How God Equips You:

- Through spiritual gifts (1 Corinthians 12:4-11)
- Through natural talents and abilities (Romans 12:6-8)
- Through life experiences, including trials (2 Corinthians 1:3-4)
- Through His Word and Spirit (2 Timothy 3:16-17)

Theologian Quote: *"The place God calls you to is the place where your deep gladness and the world's deep hunger meet."* - Frederick Buechner

"God doesn't call the equipped; He equips the called." - Rick Warren

Life Application

Ask God to show you how He wants to use you in this season of life. Pay attention to where your passions, gifts, and opportunities intersect. Take one step this week toward using your gifts to serve others.

Discussion Questions

1. What are some gifts, talents, or experiences God has given you that could be used to serve others?
2. How does knowing you were created for specific good works change your perspective on daily life?
3. Read 1 Peter 4:10-11. How are you currently using your gifts to serve others? Where could you grow?
4. What fears or lies hold you back from stepping into your calling?
5. If you knew you couldn't fail, how would you use your gifts to serve God and others?

WEEK 6: LIVING OUT YOUR TRUE IDENTITY

Theme: Walking in Freedom and Truth

Opening Scripture: *"It was for freedom that Christ set us free; therefore keep standing firm and do not be subject again to a yoke of slavery."* - Galatians 5:1 (NASB)

Study Focus

Now that you've discovered who you truly are in Christ, this final week focuses on walking in that truth daily. We'll explore how to live from your identity rather than for your identity and how to help others find their true identity as well.

Key Passages:

- Galatians 5:1, 13-16
- Romans 12:1-2
- Philippians 3:12-14
- 2 Corinthians 3:17-18

Teaching Content

Living out your true identity is a daily choice to believe and act on God's truth about you rather than the world's lies. This isn't about perfection—it's about progression. As you continue to be transformed by the renewing of your mind, you'll find it easier to live from your true identity.

Practical Ways to Live Your Identity:

- Start each day by declaring who God says you are
- Filter decisions through your identity in Christ
- Surround yourself with people who speak truth over you
- Regularly study God's Word to renew your mind
- Serve others from your gifts and calling
- Help other women discover their identity in Christ

Overcoming Setbacks: When you fall back into old patterns (and you will), remember:

- Your identity isn't based on your performance (Romans 8:1)
- God's love for you never changes (Romans 8:38-39)
- You can start fresh each day (Lamentations 3:22-23)
- The Holy Spirit helps you in your weakness (Romans 8:26)

Theologian Quote: *"The Christian life is one of faith, not of sight. We walk by faith, not by sight. When we sin, we don't lose our salvation; we just don't act like who we are."* - Charles Stanley

"You are not a human being having a spiritual experience; you are a spiritual being having a human experience." - Pierre Teilhard de Chardin

Life Application

Create a personal identity statement based on what you've learned in this study. Include who God says you are, what He's called you to do, and how you want to live. Refer to this statement regularly as a reminder of your true identity.

Discussion Questions

1. What has been the most significant truth you've learned about your identity during this study?
2. How do you plan to continue walking in your true identity after this study ends?
3. Read Romans 12:1-2. What does it mean to be "transformed by the renewing of your mind"?
4. How can you help other women discover their true identity in Christ?
5. What would you say to a woman who is struggling to believe these truths about herself?

CONCLUSION: LIVING AS WHO YOU ARE

As we conclude this study, remember that discovering your identity in Christ is not a one-time event but a lifelong journey. You are:

- **Loved** unconditionally by the Creator of the universe
- **Chosen** before the foundation of the world
- **Redeemed** by the precious blood of Christ
- **Made new** through His resurrection power
- **Called** to specific good works
- **Equipped** with everything you need for life and godliness

The world will continue to try to label you, but you now know the truth: You are a daughter of the King, and that's who you are.

Final Memory Verse: *"But as many as received Him, to them He gave the right to become children of God, even to those who believe in His name."* - John 1:12 (NASB)

ADDITIONAL RESOURCES

Recommended Reading:

- "Uninvited" by Lysa TerKeurst
- "The Purpose Driven Life" by Rick Warren
- "Victory Over the Darkness" by Neil T. Anderson
- "Who I Am in Christ" by Neil T. Anderson

Scripture Memory Cards: Create cards with verses from each week to continue renewing your mind with God's truth about your identity.

Group Study Notes: This study is designed for both individual and group use. If using in a group setting, allow 60-90 minutes per session for discussion and prayer.