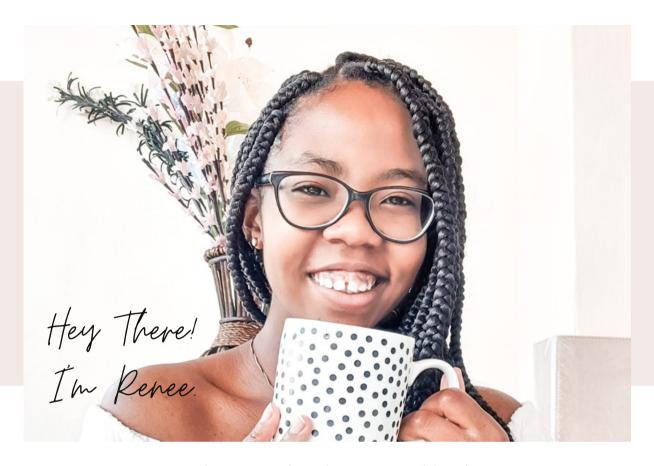
# IDENTITY

DISCOVER WHOSE YOU ARE AND WHO GOD SAYS YOU ARE AS A WOMAN.



# INTRODUCTION



Welcome to the Identity Workbook!

I am excited that you have chosen to embark on this journey to discover who you really are as a woman.

I created this study because many of us are stuck: we are stuck in a cycle of seeking affirmation & approval from people which causes us to do things we never thought we would do, stuck in a negative space where we feel out of place and we don't belong or stuck because we don't know the answer to the question of 'Who am I?'

In this workbook, we will look deep into ourselves, go into those places we avoid and let God replace it with His truth and Word, as we find freedom and slowly become rooted in who He says We really are.

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Module 1 - Where are you at?

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Weekly planner



#### **DETAILS**

WHY I MADE THIS WORKBBOOK

I created this workbook because as women we need to know who we are.

We cannot live a life that is fulfilling; a life of purpose if we are unclear about who we are.

We will not value ourselves neither will we comprehend that we have worth if we do not understand who we are, whose we are and how important we are.

It is time for us to lay down all the weights, the ideas & mindsets that hold us back and pick up the truth of WHO WE ARE.

My Vision

This is a call.

A call to the women and daughters of God to rise up out of the ashes, out of the gutters, out of the lies and the despair, and adorn themselves with the truth of who they are.

#### **WORKBOOK GOALS**

WHAT WE WILL ACCOMPLISH

UNDERSTAND THE IMPORTANCE OF KNOWING WHO YOU ARE.

In this workbook, you will get to know and understand how crucial it is to know your identity, and what happens if you don't.

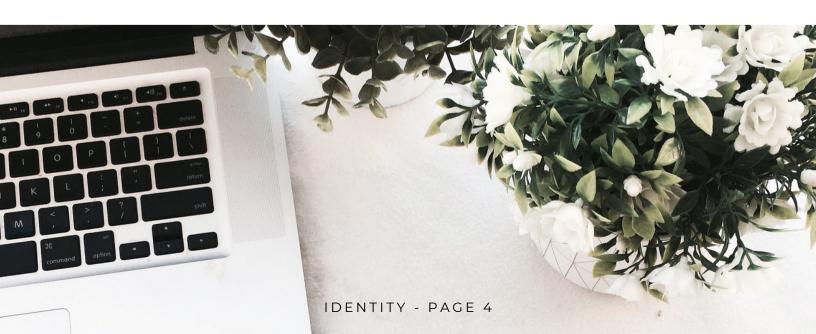
- GET TO THE ROOT OF THE ISSUE.

  Many of us have various issues and deal with various negative emotions. We
  - will get to see that at the root of these issues is a lack of an identity.
- DISCOVER IN WHOM YOUR IDENTITY LIES.

Many of us associate who we are with what we do, which should not be the case. In the workbook, we will learn that the source of our identity is in our creator.

REMIAIN ROOTED.

Towards the end of the workbook, you will learn, using the various tools we will give you, how you can get rooted in your true identity.



#### **RESOURCES**

WHAT YOU WILL NEED



We will be learning important truths and principles from the Bible that will empower us and help us along the way.

So grab your Bible and let's dive in!



#### **JOURNAL**

As you go through this workbook, you will find a lot of prompts which will cause you to reflect.

I encourage you to journal all your that you experience and what is in your heart as you go through this process.

#### OPENNESS + A WILLING HEART

As you go through this workbook, you will be caused to reflect, search your heart & life and really be still, which may be uncomfortable.

But this is required so that we can get to the root of the issue and find freedom. I therefore urge you to begin this journey with an open mind and a willing heart.

#### LESSON BREAKDOWN

01

MODULE ONE

Where are you at?

02

MODULE TWO

Who You Are (Identity)

03

MODULE THREE

Remain rooted in your identity in Christ.

# MODULE ONE

#### **MODULE 1 OVERVIEW**

In this module, we are going take time to reflect over our lives and learn where we're at.

We are going to dig deep into ourselves and see 1) where did the issue originate from, 2) how it happened and 3) how we got to where we're at right now.

The purpose of this is so as to get to the root of the problem:

Many of us have been dealing with the *fruits of the issue* and not the *root* and that is why the issue keeps coming up again or you keep going through the same cycle.

I encourage you, as you go through this module to be willing and open minded because it may be uncomfortable, but the discomfort will only be for a while.

# BEFORE WE BEGIN, THERE ARE A FEW THINGS I WOULD LIKE YOU TO KNOW:

- Since the creation of the world, women have been targets of the enemy. He knows that the purposes that God has for us are great and that we carry within us the ability to change not only lives, but generations, and so he will stop at nothing to ensure we do not do what we were created to do.
- The main way the enemy targets/stops us is by attacking our Identity.

  If he can cause you to be confused or not know who you are, you will not know your worth & purpose and neither will you fulfill it.
- It is time for us, as women & daughters of God to take a stand and say, 'No more!' No more will we sit and allow the enemy to attack us but we will arise in the truth of God's word and Stand in the victory of Christ Jesus.

# WHERE ARE YOU AT, DAUGHTER OF GOD?

MODULE 1

Where are you at, daughter of God?

What is the status of your heart?

What are all these feelings & emotions that you go through every single day or every single week that you cannot seem to identify but you know you feel them?

Can you put words to them?

Loneliness? Feeling left out?

Anxiety? Fear of rejection?

Fear of being the odd one?

As we identify these feelings and emotions, I urge you to invite God into this process. Be honest and candid with yourself and with God.

Go into the innermost part of yourself TOGETHER with God and don't be ashamed because He already knows yet, He still loves you and is right there with you. And if you break, don't be afraid because you'll break in His arms. He's Got you.



Is this what you feel?

And is this why you're seeking affirmation from that guy who doesn't really care about you but just wants to use you?

Is this why you hang out with 'friends' who don't really want the best for you? Are you going along with the things they do because you're looking for that approval and that sense of acceptance and love?

Or have you become indifferent?
You no longer 'care' about what others think or what they will say.
It's your life anyway, right?

Then why are you so empty?
Why are you still so sad?
Because what you have done up to this point isn't working.
It's just. not. working.

To the girl who is indifferent. To the girl who is lonely. To the seeking love.

To the girl who doesn't know who she is or why she is on this earth.

#### THIS IS FOR YOU

"If what you're doing up to this point in time has not helped you or born the results you're looking for, it's. not. working."

I want you to be honest with yourself.

I want you to be honest with God even if you don't have a close
relationship with him, even if you feel
far away from him, it doesn't matter.

I want you to go into your room and just let you heart break.

I want you to let out everything that you've held in all this years and let it go.

Cry for the little girl who couldn't understand why no one would talk or play with her.

Cry for the little girl who just wanted



[If you are having a hard time going through this process or need someone to walk you through it,/talk about it, send us a text via WhatsApp on 0768546449]

daddy to love on her.

Cry for the now grown girl/lady who keeps making mistakes and doesn't like herself.

Cry the hurt out.

Cry the pain out.

Cry the rejection out.

Cry the brokenness out.

Cry for YOU.

God is right there with you.

He's holding you in His arms.

He never left you.

And I promise you, it will hurt but it won't break you.

Daughter of God it won't break you.

We are giving up the fight.

Giving up the struggle.

Giving up the control.

No more shall we identify with our past hurts, past mistakes and let them influence who we are now. and what we do.

We shall no longer give people power over us.

No more.

#### DAUGHTER OF GOD,

I now ask you to ask Jesus into your heart. Whether you were saved before or not, this is a vital moment in this journey as you are now letting go of everything and beginning a fresh. You are saying goodbye to the things of the past and saying yes to the great things that God has in store for you.

You are also admitting that you can't do this on your own and you need God's help and inviting Him to help you, walk with you and be with you every step of the way

If you would like to do so, pray this prayer:

#### Dear Jesus,

Thank you today. Thank you that as I let go of every hurt, pain, rejection, [you can insert in here what you let go of] you were right there with me.

Your presence was right there holding me and comforting me.

Today I want to have a relationship with you.

I want to experience you everyday of my life, in the nittygritty, in the good and the bad.

I want you to walk with me as I journey through life and as I navigate through struggles and challenges it will bring.

I ask you to forgive me of all my sins; sins I have committed knowingly and unknowingly, through my thoughts, words and actions. Cleanse me with your precious blood and create in me a pure heart: a heart that seeks after you and that pursues holiness. I invite you into my life & and I confess you are my Lord and Saviour.

In Jesus name, AMEN.

#### SPECIAL MESSAGE FROM RENEE

If you have prayed that prayer, you are now born again! A child of God and an heir in His kingdom.

I just want to say that I am proud of you for taking this bold step and

for giving up the fight and giving it all to Jesus.

The plans that He has for you are great and He too is excited to be in relationship with you (the Bible says that there is rejoicing in heaven when one soul comes to God. Imagine angels are having a dance party right now!)

I would like to request you of something:

If you prayed the prayer, I would like you to email us or text us

(whichever you prefer) and share with us your experience.

We would love to hear from you!

If you also have an issue you would still like us to go over/pray over, you can still mention it when you send us your email/text.

Email: hello@unscripted.co.ke WhatsApp: 0768546449

I look forward to hearing from you!

#### **WORKSHEET 1**

Take time and reflect over what you've learnt about yourself and situation.

Also, journal about what was the hardest moment as you went through this process as well as the most rewarding thing.

REFLECTION:	

# **WORKSHEET 2**

WHAT DID YOU LEARN ABOUT YOURSELF THROUGH THIS PROCESS?
WHAT DID YOU LEARN ABOUT GOD THROUGH THIS PROCESS?
WHAT DID TOO ELIMINATIOOT GOD THROUGHT THIST ROOLSS.



In this module, we are going to learn about 'Who You Are'.

In module 1, we took reflecting over our lives, taking note of the feelings we had and why we had them and going deep to the root so we could deal with it.

We also welcomed Christ in our lives, which is a vital step towards knowing who we are and who God says we are.

We are going to spend time looking at scripture as we learn about what God's word says about us and let our identity be defined by Him and His Word, and not by people or by our circumstances

#### WHO YOU ARE

#### MODULE 2

Who Are You?

Do you know the answer to that question?

Before you continue reading, I would like you to take at most 5 minutes just to try and answer that question.

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Did you manage? What were your answers?

You see, many of us don't really know how to answer the question of 'Who am I?'. We either answer it by stating what we do i.e. 'I am student. I am a doctor'. or by stating our achievements.

And that is where we go wrong.

The only way you can know who you are is by going back to the one who made you. The one who knows what a thing is and what its purpose is, is the one who made it. We cannot know who we are outside of God.

Many have tried till today and have failed, and are still failing.

The answer to the question of 'Who am I?' is found in God and only in Him.

So, then what is the answer to this question?

Who Are You?

#### You Are:

- A child of God
- His workmanship His own master work; a work of art
- Chosen
- Called
- Redeemed
- A royal priesthood



- Holy
- Consecrated and Set Apart for His glory

THAT IS WHO YOU ARE, Daughter of God.

"You were created to reflect the heart of God."

You Are also:

- Loved
- Forgiven
- Cherished by God. You are His.

You are not who the world says you are.

What your friends think you are. Neither are you what society limits you to be.

You are God's Daughter, an heir in His kingdom, redeemed by the precious Blood of Jesus Christ and you were created for His Glory.

Created to reflect the Heart of God.

This is who you are Daughter of God. So beautiful and so lovely in His sight.



#### MODULE 2

And what about your purpose?

As we have seen it is to honour and glorify God in all you do; to reflect

His Heart.

You are also a nurturer (as women we have been created to nurture).

You were created to give birth; not just to children or generations, but to destinies.

To raise up people in the faith who will take the world for Jesus.

To mentor and teach younger women in the faith (Titus 2: 3-5)

This is why you were created.

And this is just the general purpose. The nitty-gritty of it, only God can reveal to you (by the nitty-gritty I mean how you will do it, y what means, by what profession etc.)

And this is a great purpose. This is a great calling.

The God of Heaven values you so much that He saw you fit to carry out His amazing purposes.

Don't doubt it. Don't doubt Him.

Spend some time meditating on this truths before you move on to the next module.

Quiet your mind and heart and let these truths saturate your being.

Also, begin to ask God what your purpose entails. What He would like you to do specifically. And don't worry about 'not hearing God'. He will speak to you - don't doubt it (you can email us if you would like help with this).

## WORKSHEET

Take time to reflect and journal what you learnt today using the prompts below.

What truths have you learnt today concerning yourself and your purpose? What do you know now, that you didn't know before?		

# WORKSHEET





## **MODULE 3 OVERVIEW**

In this module, I am going to show you how to remain rooted in your identity in Christ.

Knowing who you are is not just something you learn and you're good to go; it's something that you must get rooted in (be confident in/be firm in).

This is because times will come when doubt will creep in, when the enemy will try and convince you otherwise, when people will try and sway you, when your own insecurities will pop up and they stare at you in the face telling you another thing.

When such times come, you need to be rooted in the truth of who you are so that you're able to stand firm, call out the lies of the enemy and declare the truth of God's life over yourself and over your life.

# REMAIN ROOTED IN YOUR IDENTITY IN CHRIST

Psalm 1:3 talks about a tree.

A tree that is firmly planted and fed by streams of water, which yields its fruit in due season and its leaf does not wither.

This is what we are supposed to be: a tree firmly planted.

A tree firmly planted in Jesus, in the word of God that our roots go so deep that when storms come; when dry seasons come, we remain firmly planted.

Our leaves do not wither but we keep bearing fruit.

We remain standing, fixing our eyes on Jesus and on His Word, guided by the Holy Spirit each and every day and following His lead.

The only way we can be firmly planted is if we spend time with God and spend time in His Word.

Come into his presence every day (at any point of the day - night, afternoon, morning but it's usually good to start your day in the morning with God), sit at His feet and let Him pour into your spirit (you can use the Abide app for this [reference to the Tools and Freebies page on our site]). Talk to Him and with Him. Wait to hear His response.

Open up His Word and read a scripture, or a book such Ephesians, which is filled with lots of scriptures in relation to Identity.

[You can use our resources to help you, as well as plans from YouVersion]

Journal what you learn from scripture.

Write it down in a notebook, Spend time meditating on it, and even write it down on



a sticky note and stick it somewhere you can see it so it reminds you of the Word.

Go into your day knowing that God is with you and you didn't leave Him after your quiet time.

Talk to him throughout your day as you share your struggles with Him and seek Him.

This is how you grow: being in God's presence daily and this will transform

and renew your mind and you will begin to see the truth.

To help you in this, we have created an *Identity Scriptures Printable* found in our Online Library Resource. Go check it out.

The other way to remain rooted is through Accountability.

The walk of faith isn't an easy one and we need community & people around us to hold us up and walk with us.

Find a friend (a believer, who is intentional about their walk with God) whom you can trust with your heart & experience and ask them to keep you accountable in terms of Bible reading and in your walk in general.

The final way through which you can remain rooted is through Affirmations - Scripture Inspired Affirmations.



These are affirmations that are gotten straight from scripture.

The difference between these and other types of affirmations is the scripture part - scripture carries life in it because it is the very Word of God. It also carries in it the Spirit of God which is the Spirit of life and the Spirit of liberty.

This is why encourage you to affirm yourself with scripture because it will revitalize you and speak life into your being.

You can get such affirmations from scripture then write them down on a sticky note or flash card and purpose to affirm yourself.

On the next page, I have created for you affirmations for you that you can use and we have more in our Online Library Resource.

You can use them at any time, any day and I pray it helps you and blesses you.

# **AFFIRMATIONS**

Here are affirmations to help you get rooted in your identity in Christ.

Purpose to affirm yourself every day and be consistent (you can use the weekly planner on the next page to help you with this)

I am rooting for you!

I AN CHOCEN			
I AM CHOSEN.			
I AM A ROYAL PRIESTHOOI	Э.		
I AM MY FATHER'S DAUGHT	ΓER.	•	
	ID IOTE A IN	I CHIDIC	T' A I
MY WORTH IS FOUND IN CH	1K151, & IN	N CHKIS	₿ AL
I AM WHO GOD SAYS I AM.		<b>3</b>	Œ
<del></del>		<b>②</b>	
I AM HIS & HE IS MINE.			•

#### WEEKLY PLANNER WORKSHEET

You can use this planner to help you with consistency in the following way:

Assign an affirmation to each day and on that day, speak that affirmation over yourself as

DAY	often as you can,
MON	i.e. Today's affirmation:. I AM A WORK OF ART
TUE	
WED	
THU	
FRI	
SAT	
SUN	
NOTES:	



"You are Loved Chosen & Redeemed. Don't you Forget it!"

RENEE TIKOLO

#### WHAT'S NEXT?

# The Learn to Love Yourself Workbook

The 'Learn to Love Yourself' Workbook is a workbook I created to help the lady who struggles with low self-esteem, insecurities and her worth. This is a workbook dedicated to the lady who is struggling/ who doesn't love herself.

# SIGN UP TO RECEIVE IT WHEN IT LAUNCHES!

