



Five-Day Devotional 26
My Experiences Are Not My Identity
June 29-July 3, 2026

From the Pastor's Desk
Devotional Inspiration
My Experiences Are Not My Identity

Introduction: The core of scripture declares a biblically sound understanding: **painful experiences do not determine or erase a believer's identity in Christ.** The primary text, Second Corinthians 5:17, supports the truth that believers receive a new identity through union with Christ.

The main refinement is to acknowledge that suffering can profoundly affect a person's emotions, thinking, relationships, and functioning without changing who they are in Christ. This five-day devotional is based on that foundational truth.

Blessings,

Pastor Fryar

***Note to reader:** This five-day devotional is designed to encourage and reaffirm that when you pray, you are deepening your walk with God. This is highlighted through use of scripture references from the New King James Version unless otherwise indicated.*



Day 1: A new creation in Christ.

Scripture: II Corinthians 5:17: "Therefore, if anyone is in Christ, he is a new creation. The old has passed away; behold, the new has come." (ESV).

When a vehicle is damaged in an accident, it may need repairs, but its identity remains the same. Likewise, painful experiences may leave wounds, scars, and difficult memories, but they do not change who God declares you to be in Christ.

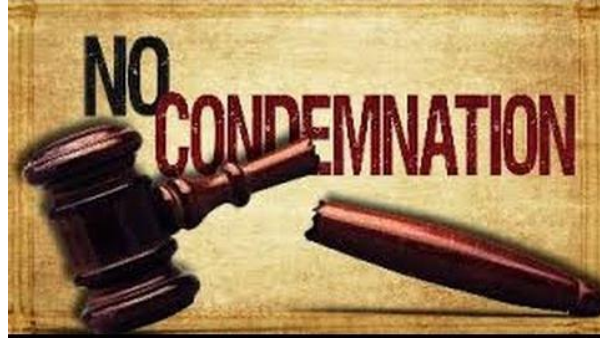
The moment you trusted Christ, you received a new identity. You became a new creation. Your history became part of your story, but it did not become your definition.

Many people allow their failures, trauma, disappointments, or mistakes to become the lens through which they view themselves. God invites us to see ourselves through a different lens—the finished work of Christ.

Your experiences are real. Your pain matters. But Christ speaks a greater word over your life than anything that has happened to you.

Application: Identify one painful experience that has influenced how you see yourself. Ask God to help you view that experience through the truth of your identity in Christ.

Prayer: Heavenly Father, thank You that my identity is found in You. Help me believe what You say about me more than what my past says about me. Amen.



Day 2: No condemnation.

Scripture: Romans 8:1: "There is therefore now no condemnation for those who are in Christ Jesus..."

Many believers carry shame long after God has forgiven them. Others carry shame from wounds inflicted by others. Yet God declares that condemnation no longer has authority over those who belong to Christ.

Shame says, "You are your worst mistake." Grace says, "You are My beloved child."

The enemy seeks to attach labels to us based on our failures or suffering. Christ removes those labels and gives us a new name—redeemed, forgiven, accepted, and loved.

Freedom begins when we stop agreeing with condemnation and start agreeing with God's truth.

Application: Write down a condemning thought you frequently battle. Next to it, write a biblical truth that contradicts it.

Prayer: Heavenly Father, thank You that there is no condemnation in Christ. Teach me to walk in the freedom of Your grace.



Day 3: Chosen, adopted, and redeemed.

Scripture: Ephesians 1:4-7: "In Him we have redemption through His blood, the forgiveness of sins, according to the riches of His grace." Ephesians 1:7.

Identity is not something Christians achieve; it is something they receive.

Before the world was created, God had a redemptive plan for His people. Through Christ, believers are chosen, adopted, forgiven, and redeemed.

Pain often whispers that we are unwanted, forgotten, or abandoned. God's Word tells a different story. Because of Christ, you belong to God's family.

Adoption is one of scripture's strongest pictures of security. A child does not earn membership in a family. Likewise, God's children do not earn their place through performance.

You are loved because of who you are, not because of what you have done.

Application: Spend time thanking God for specific blessings that come from being His child.

Prayer: Heavenly Father, thank You for adopting me into Your family. Help me live with the confidence and security of being Your child. Amen.



Day 4: Wounded but not defined.

Scripture: Job 19:25: "For I know that my Redeemer lives..."

Scripture never minimizes suffering. God's servants experienced grief, discouragement, betrayal, persecution, and loss.

Job suffered deeply. Elijah battled exhaustion and despair. Paul the Apostle endured tremendous hardship. Yet none of these experiences became their ultimate identity.

Pain can shape us. It can leave scars. It can create challenges that require healing and support. But it does not have the authority to define us.

Even the risen Christ retained scars, reminding us that scars can testify to God's faithfulness rather than our defeat.

Healing is not pretending pain never happened. Healing is allowing God to speak a greater truth than our pain.

Application: Ask God to show you ways He has been present in a difficult season, even if you did not recognize it at the time.

Prayer: Heavenly Father, You know every wound and every sorrow. Help me trust that my pain is not my identity and that You are still at work in my life.



Day 5: Living from identity, not for identity.

Scripture: Galatians 2:20: "... I have been crucified with Christ; it is no longer I who live, but Christ lives in me..."

Many people spend their lives trying to prove their worth through success, achievement, approval, or performance.

The gospel reverses that pattern.

Because Christ lives in us, we do not strive to earn value. We live from the value He has already given us.

Success does not make you more valuable. Failure does not make you less valuable. Suffering does not disqualify you. Other people's opinions do not determine your worth.

Your identity rests securely in Christ.

When we understand this truth, we become more resilient in hardship, more courageous in obedience, and more secure in relationships.

The Christian life is not about becoming someone valuable. It is about learning to live as someone already loved and redeemed.

Application: When negative thoughts about your worth arise, respond with this declaration: "My experiences are real, but Christ defines my deepest identity."

Prayer: Heavenly Father, thank You that my identity is found in You. Help me live each day from the security of Your love and grace. Amen.

Closing thought: Painful experiences may influence how we think, feel, and relate to others, but they do not determine our ultimate identity in Christ. Our wounds matter, our healing matters, and our stories matter—but Christ has the final word. As believers, we can honestly acknowledge our pain while confidently declaring: **"I am not what happened to me. I am who Christ says I am."**