FREE DISCIPLESHIP WORKBOOK



Who I Am in Christ

A fillable Scripture and writing workbook

For personal reflection, Bible study, and small groups

LivingWord International Outreach Ministry

PUBLICATION INFORMATION

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Who I Am in Christ

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Personal study and small groups

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Scripture references

Read the cited passages in your preferred Bible translation. The affirmations and prayers are original devotional responses to the passages listed.

WELCOME

Begin with Scripture

Writing to learn who you are in Christ

The words you use to describe yourself may come from your family, your work, your mistakes, or the things people have said about you. This workbook gives you time to examine those words alongside what Scripture says about belonging to Jesus and living as one of His people.

Read, write, and respond

Read each passage in your Bible. Write what you notice about God's action or what the passage asks of believers. Then use the prompts to connect that truth to one situation in your life. To type in the fields, download the PDF, open it in Adobe Acrobat Reader, and save your completed copy.

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When I hear the words "who I am in Christ," what comes to mind?

Chosen and Adopted

Read Ephesians 1:3–14

Read the passage in context

Paul opens with praise for what God has done in Christ. The passage traces adoption, redemption, and the gift of the Holy Spirit back to God's grace. Read through verse 14 and notice how often Christ is named. The emphasis is on God's initiative and the belonging believers receive together.

A Scripture-based affirmation

In Christ, I belong to God's family by grace.

Where do you look for proof that you belong? Describe one situation where the desire to be accepted affects what you say or do.

Choose one phrase from Ephesians 1:3–14. Write what it tells you about God's initiative, then describe how it might shape your response in that situation.

Redeemed and Forgiven

Read Ephesians 1:7–10 and Romans 8:1–4

Read the passage in context

Ephesians connects forgiveness with Christ's redeeming work and the riches of God's grace. Romans 8 opens with the assurance that those in Christ are free from condemnation. That assurance gives us room to face what we have done honestly, confess it, and pursue repair where we can.

A Scripture-based affirmation

In Christ, I receive forgiveness through God's grace.

When you remember a mistake, what conclusion do you tend to draw about yourself? You may describe the pattern without recording private details.

What does the passage say God has done in Christ? Name one response to that grace, such as confessing a wrong, making amends, or praying for help to receive forgiveness.

Made New in Christ

Read 2 Corinthians 5:14–21

Read the passage in context

Paul links new creation with Jesus' death and resurrection and with God's work of reconciliation. In verse 15, Christ's love changes the purpose of our lives. In verses 18–20, reconciliation also shapes how believers serve others. Read these verses together and look for the change Paul describes.

A Scripture-based affirmation

In Christ, I am made new and called to live for Him.

Describe a familiar reaction you want Christ to reshape. What tends to bring it out?

Which part of this passage speaks to that reaction? Describe a concrete way you could respond differently this week.

Loved and Held by God

Read Romans 8:31–39

Read the passage in context

Paul names distress, danger, and other real hardships before declaring that they cannot separate believers from God's love in Christ. Read the questions in verses 31–35 and notice how Paul answers them. His assurance speaks to people facing trouble and gives them grounds for hope within it.

A Scripture-based affirmation

God's love for me in Christ holds even in hardship.

When life becomes difficult, what are you tempted to assume about God's love for you?

Write a short prayer that names the hardship and responds to one assurance you found in Romans 8:31–39.

Created for Good Works

Read Ephesians 2:1–10

Read the passage in context

Read verse 10 alongside verses 8 and 9. Paul places God's grace before the good works believers are called to do. Service grows out of the life God gives in Christ. Consider how this order might change the way you approach work, ministry, or caring for someone.

A Scripture-based affirmation

I am God's workmanship, created in Christ Jesus for good works.

Where are you tempted to measure your worth by how much you accomplish or how useful you are to others?

Name one act of service you can offer this week as a response to grace. Who will it serve, and when will you do it?

Clothed with Christlike Character

Read Colossians 3:12–17

Read the passage in context

Paul addresses the church as chosen, holy, and beloved before calling believers to practice compassion, kindness, humility, patience, and love. He has their shared life in view. Read the passage with one relationship in mind and notice how Christ's peace and Word shape the community.

A Scripture-based affirmation

As someone loved by God, I can practice compassion and patience.

Think of one interaction where it is hard to respond with patience or kindness. What usually happens?

Choose one quality from Colossians 3:12–17. Write the words you could say or the action you could take the next time this situation comes up.

GUIDED WRITING EXERCISE

Revisit a Label

Read 2 Corinthians 5:14–21

Choose one label you've carried. For example, "I am a failure" may describe how an experience felt. Read your chosen passage and write a statement it supports. You might write, "In Christ, I am made new, and I can take responsibility for what happened and choose a different response."

The label I've carried and where it came from

How this label affects my decisions or relationships

The Scripture I'm reading and what it says in context

A statement I can write in light of this passage

GUIDED WRITING EXERCISE

Write Your Identity Statement

Use two passages from this workbook

Choose two truths about what God has done for you in Christ. Include the references, then write three or four sentences you can return to this week. Begin with “Because I belong to Christ…” or write an opening of your own.

Two Scriptures I’m drawing from and what each one says

My identity statement in my own words

A short prayer asking God to help me live what I’ve written

PERSONAL APPLICATION

Practice What You've Written

Read Colossians 3:12–17

Choose one situation you expect to face in the coming week. Look back at your identity statement. Write a response you can practice, then return to this page after the situation to reflect on what happened.

The situation I expect to face

The Scripture or truth I want to remember in that moment

What I will say or do, and when I will practice it

Afterward, what did I notice and what will I carry forward?

A ONE-WEEK PRACTICE

Seven Days in the Word

Read one passage and write one sentence each day

DAY 1 | Ephesians 1:3–14
Name one gift God gives believers in Christ.

DAY 2 | Ephesians 1:7–10
Write one sentence about what God's grace makes possible.

DAY 3 | 2 Corinthians 5:14–21
Describe one way Christ's love can change how you respond.

DAY 4 | Romans 8:31–39
Name an assurance you want to remember in hardship.

DAY 5 | Ephesians 2:1–10
Identify an act of service you can offer this week.

DAY 6 | Colossians 3:12–17
Choose one quality to practice in a relationship.

DAY 7 | Romans 8:14–17
Write a prayer of thanks for belonging to God's family.

What truth from this week do I want to keep practicing?

For further reading

Constantine R. Campbell
Paul and Union with Christ: An Exegetical and Theological Study
Zondervan, 2012. A study of how Paul uses "in Christ" and related expressions.