

# Identity In Christ



14 Day Devotional

By Cheryl Gottesman



Welcome to your 14-day journey with Redeemed Wellness, Inc. As the founder, I am delighted you are here. My ministry combines faith and wellness, drawing from my certifications with Revelation Wellness. We are a community of women seeking health and wholeness—spiritually and physically.

Welcome to your 14-day journey with Redeemed Wellness, Inc. I'm so glad you're here. As the founder, it's a joy to walk alongside you in this space where faith and wellness meet. Rooted in my training with Revelation Wellness, this ministry exists to support women pursuing true health and wholeness—body and spirit.

Through our classes and coaching, movement becomes an act of worship. We seek wellness from a place of grace, not striving, creating a holy space where we strengthen our bodies and allow God's Word to shape our hearts. My prayer is that this devotional helps you release any lies you may have believed and embrace the truth of who God says you are. You are His creation, and His definition of you is the only one that matters.

Blessings,  
Cheryl

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At the bottom of each day, you will see a song listed as well as a Breath Prayer. You can find that song on any avenue you stream music or on YouTube. I invite you to play that song softly as you say the breath prayer. A breath prayer is a repetitive prayer said to the rhythm of your breath. Inhale to the count of five and say the first part of the prayer, then exhale to the count of five and say the second part of the prayer. Slowly breathing in and out, speak the prayer out loud to yourself throughout the duration of the song. I also encourage you to use this time to journal anything the Lord speaks to you during this time of prayer.



# Identity

Day 1

“For He has rescued us from the dominion of darkness and brought us into the kingdom of the Son He loves, in whom we have redemption, the forgiveness of sins.”

God has rescued us. He has forgiven us. He has redeemed us. That is the best news we could ever receive! Our true identity is found in Him. Colossians 1:13-14 (NIV)

Identity is what defines us — the beliefs and qualities that shape how we see ourselves and live our lives. Everything we do flows out of who we believe we are. The question is: whose voice are we believing?

For years, I believed lies about myself — that I was unlovable and worthless. Those lies took root from painful childhood experiences, and I allowed them to shape my identity. Maybe you’ve experienced the same. Have you let words spoken about you or actions done to you define who you are? Do you compare yourself to others, or carry around labels the world has slapped on you?

Labels can be negative — lazy, failure, fat, stupid, worthless. But even positive ones — smart, beautiful, successful — can lead us to pride or striving. Either way, they fall short.

Only God, our Creator, has the right to define our identity.

And here is the good news: God’s definition of who we are never changes. He is constant and unchanging, and He created our identity to be secure in Him. No matter how many times we stumble, His Spirit in us declares that we are loved, chosen, useful, and strong. That means we can walk in freedom — confident not in ourselves, but in Christ who lives in us.

So here’s the question: Will you choose today to believe what God says about you?

Here’s the truth:

You are chosen, forgiven, called, loved, a masterpiece, strong, a daughter, protected, blessed, redeemed, a temple, courageous, and set free.

Over the next 14 days, we’ll walk through each of these God-given “labels” together. These are just a glimpse of what He says about you, and I encourage you to dig deeper into His Word to discover even more.

Your identity is not in the world’s labels — it’s in Christ alone.

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Song - Who you say I am: By Hillsong Worship

Inhale: My identity

Exhale: Is found in you Lord



# Reflection

What lies have you believed about your identity in the past?  
How have those lies affected the way you see yourself or the way you live?

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Which of the truths listed ("chosen, forgiven, called, loved..." etc.) do you find hardest to believe about yourself?  
Why do you think that is?

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What would change in your daily life if you fully embraced your identity in Christ?  
How would it affect your thoughts, decisions, or relationships?

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Are there any past experiences or wounds that still shape how you see yourself today?  
How might inviting God into those places bring healing and truth?

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# Chosen

## Day 2

“But you are a chosen people, a royal priesthood, a holy nation, God’s special possession, that you may declare the praises of him who called you out of darkness into his wonderful light.” 1 Peter 2:9

“Therefore, as God’s chosen people, holy and dearly loved, clothe yourselves with compassion, kindness, humility, gentleness and patience.” Colossians 3:12

Have you ever felt left out?

Maybe as a child, you experienced that moment of tension during a neighborhood game of kickball, baseball, or soccer—hoping, please pick me... don’t let me be last. Perhaps you’ve missed out on a job opportunity you really wanted, or found yourself excluded from a social group at work or school. Those moments sting. They remind us how painful it can be to feel unseen or unwanted. But here’s the truth: You are not forgotten. You are not overlooked. You are CHOSEN. The Creator of the universe—the God who formed galaxies and set every star in place—has intentionally and lovingly chosen you. He didn’t do it by accident. He wasn’t obligated. He chose you because it delighted Him to do so.

Let that sink in for a moment.

What does it mean to be chosen by God? Can we even fully comprehend it? The God who needs nothing still chose you to be part of His eternal plan, to belong to Him, to live in His light, and to declare His goodness to the world.

He chose you to be His child, to live in relationship with Him, and to reflect His love to others. You’ve been placed here, in this time, in your family, in your job, and among your friends—not randomly, but purposefully. You were hand-picked by God to impact the lives of those around you and to glorify Him in the everyday moments.

What a privilege it is to be called one of His own. What an honor to live as someone who is deeply loved, holy in His eyes, and equipped to clothe yourself with compassion, kindness, humility, gentleness, and patience.

So today, take joy in the truth that you are deeply loved and intentionally chosen. You are not just a part of God’s family—you are His special possession. Out of all the people in the world, He chose you. Let that be the truth that carries you today.

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Song - Chosen People by: Bread Without Cost

Inhale: I am chosen

Exhale: By the God of the universe



# Reflection

What does being “chosen by God” mean to you personally?  
How does this truth affect the way you see yourself?

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Can you recall a time when you felt left out or overlooked?  
How did that experience make you feel?  
How does knowing you are chosen by God change your perspective on that experience?

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Do you live daily with the awareness that you are God’s “special possession”? If not, what tends to distract you from this truth?

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How does the idea of God delighting in and choosing you resonate with you? Have you experienced a sense of being chosen or truly loved by God?

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# Forgiveness

## Day 3

“For it is by grace you have been saved, through faith— and this is not from yourselves, it is the gift of God.” Ephesians 2:8 (NIV)

When you ask God for forgiveness, do you truly receive it right away, or do you spend time carrying guilt?

Forgiveness is not something that comes naturally. Whether it's extending forgiveness to others—or even to ourselves—it's often a struggle. Do you wrestle with guilt or condemnation after you've done wrong? Have you ever tried to “make it up to God”? The truth is, you don't have to. Every wrong was already made right at the cross. God's love is unconditional, yet that can feel hard to grasp. In this world, everything comes with a price tag. But God is not like this world. His forgiveness is a gift—a gift you cannot earn. And a true gift can only be received. Think about it: would you refuse a gift from a loved one? Of course not!

Our acceptance before God rests fully on what Jesus accomplished for us. He laid down His life, not because He was weary, but because His work was finished. Your part is simply to trust Him and walk with Him, step by step. Whether you feel forgiven or not, the truth remains—you ARE forgiven.

The more we spend time in God's Word, the more our hearts align with His. As we learn to see through His eyes, our responses to life begin to look more like Jesus. The enemy will try to weigh us down with false guilt—even when we've done nothing wrong. That's why we confess our sins, bring everything into the light, and then put on the full armor of God so we can stand firm.

Whatever your past holds, know this: you are forgiven by the One who made you. Walk boldly in that forgiveness today.

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Song - Forgiven By: Passion featuring Crowder  
Inhale - My sins have no hold on me  
Exhale - I am forgiven by God



# Reflection

When you ask God for forgiveness, do you truly receive it—or do you still carry guilt? Why do you think that is?

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Have you ever felt like you needed to "make it up to God" after sinning? Where do you think that mindset comes from?

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What makes it hard for you to believe that God's forgiveness is completely free and undeserved?

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Are there any past mistakes you're still holding onto, even though you've confessed them? What would it look like to release them fully to God?

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# Called

## Day 4

“And we know that in all things God works for the good of those who love him, who have been called according to his purpose.” Romans 8:28

“For I know the plans I have for you,” declares the Lord, “plans to prosper you and not to harm you, plans to give you hope and a future.” Jeremiah 29:11

Have you ever wondered, Am I really called?

The answer is YES—you are! God has placed a unique assignment on your life. Your calling might be to love and serve your family, to pour into a ministry, to work as a missionary, or to impact lives right where you are. The gifts, talents, and abilities God has placed inside of you are not by accident—they are designed for your specific purpose.

Walking in your calling takes focus, diligence, and determination. And yes, doubt, fear, and insecurity will try to creep in. God’s plan may stretch you beyond your comfort zone. It may look bigger than your skills, your education, or even your bank account. That’s why it can feel overwhelming. But remember—when the enemy tries to whisper lies to make you feel small, God has already spoken the truth: you are chosen and equipped.

The Lord knows your strengths, and He knows your weaknesses. He’s not asking you to have it all figured out—He’s asking you to trust and obey. The obstacles you face don’t surprise Him; He saw them long before you did. And His power is more than enough to carry you through.

No matter what your life looks like today, God’s calling on you is real. You don’t need all the answers before He can use you. He has already given you what you need—and will continue to equip you as you go.

You were created on purpose, for a purpose. So, what dream has He planted in your heart? What is holding you back?

I challenge you to press past the doubts, silence the lies, and step forward in faith. God is preparing you right now for everything He has called you to do.

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Song - I give myself away By: William McDowell  
Inhale - I am called  
Exhale - By God



# Reflection

How does it make you feel to know that God has specifically called and equipped you for a unique purpose?

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How might God be preparing you right now for something He's calling you to do in the future?

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What gifts, talents, or passions has God placed in you that could be part of your calling?

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What is one small step of obedience you can take this week toward walking in your calling?

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# Loved

## Day 5

“For I am convinced that neither death nor life, neither angels nor demons, neither the present nor the future, nor any powers... will be able to separate us from the love of God that is in Christ Jesus our Lord.” Romans 8:38-39

God’s love is pure, constant, and unshakable. It’s not based on your performance, your past, or your mistakes. Nothing you’ve done — and nothing that’s been done to you — can separate you from His love.

When we forget how deeply God loves us, we often look to others for approval, affirmation, or worth. But once you truly know the love of the Father, everything changes. You no longer chase validation or struggle with low self-worth. Instead, you walk in peace and confidence, secure in who you are — because you know Whose you are. People — even those closest to you — may disappoint, hurt, or fail you. But God’s love is different. He doesn’t love the way the world does. His love isn’t fragile or conditional. It’s strong, faithful, and everlasting. His arms are always open, waiting for you to come close — no guilt, no shame, just grace.

Even in the middle of pain, trials, or unanswered questions, you can trust His heart. He sees you. He understands what you’re going through. And as you grow in relationship with Him, His love will become even more real and personal.

God doesn’t love a future, more “put-together” version of you. He loves you — just as you are today. Fully known, fully seen, and fully loved.

So today, let’s make the choice to let go of anything that weighs us down — bitterness, anger, resentment, pride, comparison — and receive the love that heals, restores, and empowers. His love surrounds you, lives in you, and flows through you.

Let His love define you, not the opinions of others or the mistakes of your past.  
You are deeply, completely, and unconditionally loved. Always.

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Song: Jesus Loves Me By: Chris Tomlin  
Inhale - I am loved  
Exhale - By God



# Reflection

Do I truly believe that God loves me unconditionally — as I am, right now?

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Where in my life am I still seeking validation or approval from people instead of resting in God's love?

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How would my thoughts, actions, and relationships change if I lived every day fully confident in God's love for me?

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What does it mean to me personally that nothing can separate me from God's love (Romans 8:38–39)?

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# Masterpiece

## Day 6

"For You created my inmost being; You knit me together in my mother's womb.  
I praise You because I am fearfully and wonderfully made;  
Your works are wonderful, I know that full well." Psalm 139:13-14

Have you ever really thought about what it means to be a masterpiece? The world constantly tells us what we "should" look like — that we need to be a certain size, height, have a certain hair color, wear certain clothes, or fit into some ever-changing mold of perfection. But here's the truth: we weren't created by the world — we were created by God.

Let me ask you something...

What do you see when you look in the mirror?  
Maybe, like me, you often notice the "flaws" first:  
"My nose is too big."  
"My smile isn't perfect."  
"I need to lose weight."

"I'm getting wrinkles and gray hairs."

It's easy to become our own harshest critics.

But God — the Creator of the heavens and earth — says something completely different about you. He calls you His masterpiece.

A masterpiece is defined as a work of outstanding artistry or skill. The Creator of the universe — the most skilled, imaginative, and intentional artist — designed you. And He did so with care, purpose, and love.

You were fearfully and wonderfully made — handcrafted by God, not mass-produced. You're not a mistake or an accident. Every detail about you was chosen by a God who knows you intimately and loves you deeply. So when we criticize ourselves, when we doubt our worth, we're actually questioning the work of the Master Artist. That hits a little differently, doesn't it?

You are God's workmanship — His handiwork.

You are not defined by your appearance, your past, or others' opinions.

You are defined by your Creator.

And He says: You are mine. You are loved. You are my masterpiece.

So today, when you look in the mirror, ask God to help you see what He sees — His beloved daughter, uniquely made, deeply valued, and wonderfully created.

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Song: Canvas and Clay By: Pat Barrett  
Inhale - I am a Masterpiece  
Exhale - Created by God



# Reflection

When you look in the mirror, what do you usually notice first — your flaws or your God-given beauty? Why do you think that is?

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Do you truly believe that you are fearfully and wonderfully made?  
If not, what makes it hard for you to accept this truth?

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God sees you as His masterpiece. What would change in your life if you fully embraced that truth every day?

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What are some practical ways you can speak God's truth over yourself when negative thoughts arise?

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# Strong

## Day 7

"You make your saving help my shield, and your right hand sustains me; your help has made me great."  
— Psalm 18:35

"But He said to me, 'My grace is sufficient for you, for my power is made perfect in weakness.'  
— 2 Corinthians 12:9a

Why is it that so many of us, as women, believe that being strong is somehow a negative thing?  
Author Lisa Bevere puts it simply: "Strong is not wrong."  
Let that sink in. Read it again if you need to. Strong is not wrong.

In fact, we need strength — not just to survive, but to stand firm.

We are in a spiritual battle every single day. The enemy is relentless, constantly looking for an opening — a moment of fear, doubt, exhaustion — to try and take us out. But God has called us to be strong, not in our own power, but in His strength.

The truth is, I sometimes shrink back when God is calling me to stand tall.

Life gets heavy. The battles feel long. Anxiety whispers. Fear creeps in.

And in those moments, I forget that strength is already within me — not because I'm tough on my own, but because God sustains me.

We need strength to resist the lies of the enemy. We need strength to rise up when the world tells us to sit down. We need strength to believe that we are who God says we are, even when our feelings say otherwise. Friend, you are in a battle, but here's the good news: You are a warrior in a fight that has already been won. God's Word reminds us that His grace is sufficient and His power is made perfect in our weakness. That means your weakest moment is the perfect place for God to show up strong.

You are not defined by your past. You are not disqualified by your pain. You are not defeated by your struggle. You are loved, chosen, and strengthened by the One who created you.

When we truly believe we are fully known and fully loved, we walk with a strength that defies the enemy's attacks. We begin to live with boldness and confidence — not because we have it all together, but because we know where our strength comes from.

The enemy wants to derail you from God's plan.

But when you stand in God's strength, nothing can stop you.

A woman of true strength knows this: Her power comes from the Lord.

No matter what you're walking through today, remember this:

You don't have to fight alone.

You don't have to have all the answers.

You don't have to "be enough."

God is with you. God is for you. God is your strength.

So, Friend - walk in boldness.

Lift your head.

Straighten your crown.

And move forward knowing:

You are strong — because His strength is made perfect in you.

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Song: You Are My Strength - Hillsong Worship

Inhale: I am strong

Exhale: The Lord is my source of strength



# Reflection

Have you ever believed that being strong — especially as a woman — was wrong or undesirable? Where do you think that belief came from?

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What lies has the enemy whispered to you about your worth, strength, or calling? What truth from Scripture can replace those lies?

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Can you think of a time when you felt God sustain you through something you didn't think you could handle? What did you learn about His strength?

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What practical steps can you take to remind yourself daily that your strength comes from the Lord?

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# Daughter

## Day 8

"So in Christ Jesus you are all children of God through faith." — Galatians 3:26

"Yet to all who did receive Him, to those who believed in His name, He gave the right to become children of God." — John 1:12

Every time I read these verses, I'm reminded of a powerful truth:  
We are God's daughters. He is our loving Father.

For some, this brings deep comfort and peace. But for others, the idea of God as Father can feel distant or painful. Often, this is because our view of God is shaped by how we experienced our earthly fathers. If your father was kind and present, seeing God as loving may come easily. But if your father was absent or hurtful, trusting God can feel harder.

Here's the truth though: Even the best earthly father cannot compare to God.  
His love is perfect. His presence is constant. His care is flawless.  
And you are His precious daughter.  
Do you see yourself that way?  
Do you believe you're loved deeply by your Heavenly Father?

Some days it's easy to believe, but many days the enemy's lies try to drown out the truth:

"You're not lovable."  
"You're too broken."  
"You're not enough."  
"Even God couldn't forgive that."  
I've heard those lies too. But they're not true.

The truth is:  
You are loved beyond measure.  
You are wonderfully made, chosen, and set apart.  
You are strong, resilient, and enough in Christ.  
You are a beloved daughter of the King of Kings.  
As His daughter, you have a Father who delights in you, provides for you, picks you up when you fall, and walks beside you in every step. His love never fades, never fails, and never gives up.  
You don't have to fight for your worth.  
You don't have to wonder if you belong.  
You already have Heaven's approval.

God has a plan for your life — full of purpose, beauty, and strength. To be His daughter means to be fully known, fully loved, and fully held.

So today, walk in that truth.  
Live like the daughter of the King — because that's exactly who you are.

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Song - Child of God By Capital City  
Inhale: I am a daughter of God  
Exhale: He delights in me



# Reflection

Do I truly believe that I am God's daughter? Why or why not?

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How has my relationship with my earthly father shaped the way I view God as Father?

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How might fully embracing your identity as God's beloved daughter change how you face challenges, relationships, or insecurities?

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What does it look like in your daily life to "walk as a daughter of the King"?

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# Protected

## Day 9

“Whoever dwells in the shelter of the Most High will rest in the shadow of the Almighty.” Psalm 91:1

“You are my hiding place; you will protect me from trouble and surround me with songs of deliverance.” Psalm 32:7

When we face difficult and uncertain times, it’s natural to feel overwhelmed and scared. The enemy seizes these moments to whisper his lies, trying to convince us that we are alone, forgotten, and unprotected. He wants us to feel like a child locked outside on a cold, stormy night — vulnerable and helpless. But his tactics are nothing new. The same lies have been spoken for generations, yet God’s truth remains unchanged and steadfast:

We can find rest and safety in the shadow of the Almighty.

To dwell in God’s shelter means to live in close, constant fellowship with Him—to make His presence our refuge and our strength. When we do this, we come under His divine protection. His covering is a shield that no enemy can penetrate. But this protection requires trust—complete trust—even when we don’t understand what is happening around us or can’t see the outcome.

It’s easy to fall into the trap of trying to control our circumstances or solve every problem with our own understanding. But when we try to “figure it out” on our own, we leave ourselves vulnerable to fear and anxiety, which open the door to the enemy’s attacks. Instead, God calls us to lay down our burdens at Jesus’ feet and to rest in His peace. We can surrender the chaos of our minds and hearts to Him, knowing He holds the entire picture. He is the Alpha and Omega—beginning and end—who already knows the outcome and is working all things for our good.

God’s protection isn’t just spiritual—it’s also practical. He places people in our lives to support us, to encourage us, and to pray for us. Sometimes we don’t even realize when someone has been prompted by the Holy Spirit to intercede on our behalf. Imagine that right now, God could be waking someone in the middle of the night, asking them to pray for you, your situation, and your peace.

No matter what trials you face or how vulnerable you feel, God invites you to come to Him. Give your worries and fears completely over to Jesus. Let His peace, which surpasses all understanding, guard your heart and mind. When anxiety creeps in or the enemy tries to sow doubt, return to God’s shelter—the safe place where His arms are always open, ready to hold and protect His beloved daughters.

Remember, you are never alone. You are always covered, always protected, and always loved by the Most High God. Rest in His presence today and every day. Find your strength in His shadow, your peace in His arms, and your hope in His promises.

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Song: Oceans By Hillsong United  
Inhale: I am protected  
Exhale: In the presence of the Lord



# Reflection

When you face difficult or fearful situations, how do you usually respond? Do you tend to panic, try to control things, or lean into God's protection?

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What does it mean to you personally to "dwell in the shelter of the Most High"? How can you practice that more intentionally in your daily life?

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How does knowing that God has already gone before you and knows the whole picture influence your trust in Him?

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What scriptures or prayers bring you comfort when you feel overwhelmed or afraid?

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# Blessed

## Day 10

“So those who rely on faith are blessed along with Abraham, the man of faith.” Galatians 3:9

“Praise the Lord. Blessed are those who fear the Lord, who find great delight in His commands.” Psalm 112:1

A truly blessed life begins with knowing who God is—our loving Father and faithful Friend. When we develop a close, intimate relationship with Him, we gain access to His presence at any time, in any situation. We can call on Him in moments of joy or difficulty, knowing He is always near. Praising God, even in the midst of challenges, can shift our perspective, bringing hope and peace and often opening the door for circumstances to change.

The Bible is filled with promises of God’s blessings, yet His blessings also come with a call to choose wisely. In Deuteronomy 30:19, God clearly lays out two options for us: life or death, blessing or cursing. Choosing life means choosing to walk in God’s ways and receiving the fullness of His blessing. But God’s blessings are not meant solely for our personal gain; they are given to equip us to bless others. You are blessed not just for yourself, but to be a blessing in the lives of those around you.

God delights in your prosperity and desires for you to thrive—spiritually, emotionally, and even materially. He has placed a purpose and vision within you, calling you to dream boldly and partner with Him in building His Kingdom here on earth. When you live generously, sharing what God has entrusted to you, you reflect His heart and invite His favor into the lives of others.

However, walking in blessing requires more than just receiving God’s gifts; it calls for living with integrity, righteousness, and respect. The enemy seeks to steal, kill, and destroy, and one of his tactics is to rob us of these qualities so that we become ineffective in our purpose. But God reassures us with a powerful promise: “No weapon formed against you shall prosper.” (Isaiah 54:17) We must guard our hearts and minds carefully, refusing to let fear, doubt, or temptation take hold. Staying rooted in God’s Word and walking according to His principles is our best defense against the enemy’s attacks.

When we live in alignment with God’s will, we position ourselves to receive His blessings fully. But more importantly, we position ourselves to be used by Him as vessels of blessing to others. This is a life of purpose, passion, and impact—one where God’s abundant life flows through us to meet needs, encourage hearts, and extend His Kingdom.

Today, you have a choice. Will you choose life? Will you embrace God’s blessings and commit to being a blessing to those around you? God’s desire is to bless you richly, not only for your benefit but so that you can share His goodness generously. Walk confidently in the knowledge that God’s favor rests upon you, and let that blessing overflow into every area of your life and into the lives of others.

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Song: From whom all Blessings Flow (Doxology) By Hillsong Worship  
Inhale - I am blessed  
Exhale - To be a blessing



# Reflection

How do you currently understand what it means to live a blessed life? How does your view align with God's definition?

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In what ways have you experienced God's presence and blessings in your life recently? How did those experiences impact your faith?

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When faced with difficult circumstances, how can praising God change your perspective or your situation?

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What areas of your life need more integrity, righteousness, or respect to fully walk in God's blessing?

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# Redeemed

## Day 11

"In Him we have redemption through His blood, the forgiveness of sins, in accordance with the riches of God's grace." Ephesians 1:7

"For all have sinned and fall short of the glory of God, and all are justified freely by His grace through the redemption that came by Christ Jesus." Romans 3:23-24

Redemption means reclaiming something that was lost or paying off a debt to gain possession. Jesus paid the ultimate price on the cross for the sins of all people, so that everyone who believes in Him can be reconciled with God the Father. For followers of Christ, the greatest gift is this restored relationship with God through Jesus' death, burial, and resurrection.

When we live a redeemed life, we walk in freedom—free from the guilt and shame of sin. On the day we accept salvation, we become new creations, and God sees the righteousness of Jesus in us. The debt for all humanity's sin has been fully paid. We no longer need to earn God's favor or approval; salvation and redemption are gifts, freely given. We simply surrender to Jesus as we are, and the Holy Spirit transforms us from within.

Living redeemed also means freedom from the need for approval from others. When we abide in Jesus, our confidence and strength come from Him alone. The only approval we need is His. We are free from anxiety, fear, and worry because surrendering our lives to God means trusting Him to control every detail. We can confidently rest in the knowledge that He walks with us through every challenge and works all things for our good.

Redeemed living grants us the freedom to forgive, love, and bless those who hurt us. Trusting that God is just and loving, we don't have to hold onto bitterness or judgment. Remember, Jesus' sacrifice was not only for us but for all people—including those who wrong us. Through His work on the cross, we receive forgiveness, and we are called to extend that forgiveness to others. We can walk in freedom knowing we are deeply loved, even when we fail. God never ends His relationship with us or revokes our salvation because of our mistakes. He chose us from the beginning, fully aware of our flaws, and He uses us to glorify Him despite our imperfections.

Finally, redemption gives us hope and love to live by. While everything in this world changes, God remains constant—the same yesterday, today, and forever. We can place our hope in Him, even amid uncertainty and chaos. God loves us so deeply that He has prepared an eternal home for us in Heaven. Our hope isn't rooted in this temporary world, but in the eternal promises of God. No matter what you have done, you can walk in freedom because you are redeemed. The price has already been paid, and nothing can ever take that away.

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Song: Grace to Grace Hillsong Worship  
Inhale - I am redeemed  
Exhale - By His amazing Grace



# Reflection

What does redemption mean to you personally? How has understanding Jesus' sacrifice changed your view of yourself?

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In what ways do you still struggle with guilt or shame? How can you remind yourself of the freedom redemption brings?

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In what areas of your life do you still find yourself trying to "earn" God's favor or approval?

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How does redemption give you hope for both your life now and your eternal future?

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# Temple

## Day 12

“Do you not know that your bodies are temples of the Holy Spirit, who is in you, whom you have received from God? You are not your own.” 1 Corinthians 6:19

Your body is more than just flesh and bone—it is the sacred dwelling place of the Holy Spirit. God Himself lives within you, and this truth carries immense responsibility and incredible blessing. Because of this, it's important not to grieve or dishonor God by filling your body and mind with things that don't honor Him. Just as you wouldn't fill your home with trash and expect to live comfortably or peacefully, you can't allow harmful desires, unhealthy habits, or negative influences to crowd the temple God has made in you.

The Holy Spirit longs to dwell freely in your heart and life, guiding you in truth, wisdom, and peace. He is your constant companion, counselor, and source of strength. When you allow God full access to your temple, you open the door for His presence to transform you from the inside out.

Each day, we face a choice: to worship God or to serve the desires of our flesh. Taking care of your temple is much more than just watching what you eat. It includes everything you allow into your heart, mind, and body—what you listen to, what you watch, the conversations you engage in, and the way you care for your physical health. These choices matter because what you feed your spirit and body influences who you become. The truth is, what you consume today shapes the person you will be tomorrow.

We are often careful about our diets, adjusting what we eat to improve our health and wellbeing. Yet, many of us are less vigilant about other influences in our lives—the media we consume, the conversations we entertain, and the thoughts we nurture. It is wise and healthy to regularly examine these influences and ask ourselves if they are helping us flourish as the temple of God or hindering our growth. This is not just a warning; it is an invitation. An invitation to make positive, intentional changes that bring wholeness and blessing—not only to your body but to your home, relationships, marriage, and spirit.

Understanding that you are a temple of God should motivate you to be intentional about what you allow into your life. It calls you to guard your temple fiercely, to keep it pure and holy, so that God's presence is evident in everything you do. When others see you, they should catch a glimpse of God's light shining through—a light that is unmistakable and beautiful.

This isn't about meeting the world's standards of perfection or appearance. It is about the condition of your heart. Do you truly allow God complete access to your heart and your daily life? When you give Him full control, He will guide your steps, direct your path, and order your days. Remember, He created you; you are not your own. You belong to Him.

Choosing to care for your temple is a daily decision—a commitment to honor God with your body, mind, and spirit. It means saying no to things that don't serve your highest good and yes to practices that nurture and sustain your wellbeing. It means surrendering your desires to God and letting His Spirit lead you to a life of peace, joy, and purpose.

So today, make the choice to cherish your temple. Protect it, nurture it, and allow the Holy Spirit to shine through you brightly. When you do, you become a living testimony of God's love and grace in this world. Shine the light of Jesus wherever you go, and let your life be a reflection of His glory.

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Song: Temple By Brandon Lake  
Inhale - I am a temple of your Spirit  
Exhale - Shine through me Jesus



# Reflection

How do I currently view my body—as just a physical vessel, or as a sacred temple where God’s Spirit dwells?

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What are some things I am allowing into my life (through media, conversations, habits) that might be contaminating my temple?

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What changes can I make to create a healthier environment—both physically and spiritually—that honors God’s presence within me?

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What does it mean to me personally to be “God’s temple” in practical, everyday ways?

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# Courageous

## Day 13

“Be strong and courageous. Do not be afraid or terrified because of them, for the Lord your God goes with you; He will never leave you nor forsake you.”

—Deuteronomy 31:6

Moses spoke these words to the Israelites as Joshua prepared to lead them across the Jordan. When that moment came, God performed a miracle, stopping the river so His people could cross on dry ground. The Israelites had every reason to fear—but the victory was not theirs to claim. It was God’s power on display.

Following the Lord often means stepping into the unknown, beyond our comfort zones.

Do you sense God calling you to something?

Fear is one of the greatest obstacles to obedience. We fear what others may think, or doubt our own ability to carry out what God asks of us. People often say, “Faith and fear cannot coexist.” But in my experience, they can. I have done many things while still afraid. The difference is this: I chose to let my faith in God’s presence and promises be stronger than the fear within me.

Courage is not the absence of fear—it’s moving forward despite it. Sometimes the bravest thing we can do is take the first step without knowing how it will turn out. That kind of faith teaches us to rely fully on God. And when the task is beyond our ability, He gets all the glory.

If Joshua could have led the people across the Jordan in his own strength, the miracle would have been diminished. But because it was impossible without God, everyone knew the victory belonged to Him. The same is true for us: when we step into places where only God can sustain us, we are living in His will. It is both uncomfortable and exhilarating—a true adventure of faith.

That’s why I don’t mind carrying a little fear with me. It keeps me dependent on Him, giving God room to “show up and show off” through my life.

You can be strong and courageous because God is with you. Wherever you go and whatever you face, His presence gives you strength.

So, whatever God is calling you to do—even if it feels uncomfortable—trust His power, lean on His promises, and take the step. He will never leave you.

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Song: Soar, By: Meredith Andrews

Inhale: Lord you are with me

Exhale: I will walk with courage



# Reflection

When have you felt God asking you to step out of your comfort zone? How did you respond?

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How have you seen God's strength show up in situations where you felt weak or unqualified?

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What is one "Jordan River" in your life right now—something that feels impossible without God?

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How might your obedience bring God glory in ways that your comfort never could?

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# Get Free

## Day 14

"Therefore, if anyone is in Christ, the new creation has come: The old has gone, the new is here." 2 Corinthians 5:17

"It is for freedom that Christ has set us free. Stand firm, then, and do not let yourselves be burdened again by a yoke of slavery." Galatians 5:1

What does it truly mean to be free in Christ Jesus?

For many of us, freedom feels distant. We carry invisible chains—feelings of not being good enough, shame from past mistakes, the weight of perfectionism, or the constant need for approval. These burdens keep us bound and looking backward. But when we are in Christ, our past no longer defines us. The old has gone. The new has come.

Through His death and resurrection, Jesus shattered sin's grip once and for all. The moment we confess our sins and place our faith in Him, the chains fall away. The debt is paid in full. We are no longer captives to guilt, fear, or condemnation. Our freedom is not something we earn—it's a gift, secured by the cross and sealed by His blood.

Jesus releases us from every prison that once held us—our failures, regrets, and insecurities—and declares us holy, righteous, and loved. In Him, we are free.

His love brings freedom on every level:

Emotionally, it heals the wounds of the past.

Spiritually, it restores our connection with the Father.

Practically, it empowers us to live with confidence and peace.

Just as the sun rises each morning, God's love breaks through the darkness, reminding us of His presence and grace. Let His love fill every corner of your heart until freedom becomes your daily reality.

You are washed clean.

You are made new.

You are complete and whole in Christ.

So today, make the choice to release whatever has been holding you captive—and step boldly into the freedom that is already yours in Jesus.

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Song: Hallelujah for The Cross By: Chris McClarney  
Inhale - The Lord has set me free  
Exhale - I will walk in freedom



# Reflection

What are some “chains” — fears, regrets, or lies — that you feel may still be holding you back from walking in full freedom?

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How does knowing that Jesus has already paid the full price for your sins change the way you view yourself and your past?

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How can you remind yourself daily that your identity is no longer defined by who you were, but by who you are in Christ?

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What is one step you can take today to walk in the freedom Jesus has already given you?

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I hope you have found freedom in knowing who you are in Christ over these past 14 days. You are a daughter of the King and joint-heirs with Christ. You are fully known and fully LOVED by your Father in heaven. I pray you can walk confidently knowing and receiving this truth for yourself. These were just a few "labels" the Lord has given us so I challenge you to dig into God's Word and find out what else he says about you. After all he is the one that created you so He should be the only one that gets to define you.

I would love if you would engage with us  
on social media, find us on  
Facebook @Redeemed Wellness, Inc  
and  
Instagram @redeemedwellnessinc  
and to keep up with all the things happening  
at Redeemed Wellness you can go to our website  
<https://redeemedwellness.com>

