**Finding Identity in Christ: Breaking Free from the Labels of Addiction**

**Purpose:**  
Addiction has a way of distorting identity, whispering lies about who you are and chaining you to labels like “broken,” “unworthy,” or “hopeless.” But these labels are not the truth. Your true identity is not defined by your past mistakes or struggles—it is defined by Christ. In Him, you are a new creation, redeemed, loved, and called to a life of purpose and freedom.

The Bible reminds us in 2 Corinthians 5:17, *“Therefore, if anyone is in Christ, the new creation has come: The old has gone, the new is here!”* Embracing your identity in Christ means rejecting the labels that addiction tries to place on you and replacing them with the truths of God’s Word. It is a journey of rediscovering who you are as God’s beloved child and stepping into the freedom and purpose He has for your life. This worksheet will guide you through scripture, prayer, and reflection to help you embrace your identity in Christ and break free from the lies of addiction.

What labels or beliefs about yourself are you ready to let go of as you embrace your identity in Christ?

**1. Scripture to Reflect On**  
The Bible is filled with declarations about who you are in Christ. These truths are meant to remind you of your worth and guide you in living out your God-given identity. Ephesians 2:10 tells us, *“For we are God’s handiwork, created in Christ Jesus to do good works, which God prepared in advance for us to do.”* This verse speaks to your purpose and the intentionality with which God created you.

Galatians 2:20 declares, *“I have been crucified with Christ and I no longer live, but Christ lives in me. The life I now live in the body, I live by faith in the Son of God, who loved me and gave himself for me.”* This reminds you that your identity is no longer tied to the past but is rooted in Christ’s love and sacrifice. Finally, 1 Peter 2:9 proclaims, *“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.”* This verse affirms that you are chosen, valued, and called to walk in the light of God’s truth.

Which scripture resonates most deeply with your understanding of who you are in Christ, and how does it encourage you to see yourself differently?

**2. Rejecting the Labels of Addiction**  
Addiction often places labels on you that distort your sense of self. You may have come to believe things like “I’m a failure,” “I’ll never change,” or “I’m not worthy of love.” These labels are lies that keep you stuck in shame and hopelessness. However, God’s truth declares that you are not defined by your struggles or your past. In Christ, you are forgiven, renewed, and free.

To reject these labels, begin by identifying the lies you’ve believed about yourself and replacing them with the truths found in scripture. For example, if you’ve believed, “I’ll never change,” remind yourself of Philippians 1:6: *“He who began a good work in you will carry it on to completion until the day of Christ Jesus.”* This truth affirms that God is at work in your life, bringing about transformation.

What false labels or lies about your identity have you believed, and how can God’s truth help you break free from them?

**3. Embracing Your Identity in Christ**  
Living out your identity in Christ involves aligning your thoughts, actions, and beliefs with the truths of who God says you are. As you meditate on scripture and spend time in prayer, you begin to see yourself through God’s eyes—as His beloved child, chosen and deeply valued. Romans 8:38-39 declares, *“For I am convinced that neither death nor life, neither angels nor demons, neither the present nor the future, nor any powers, neither height nor depth, nor anything else in all creation, will be able to separate us from the love of God that is in Christ Jesus our Lord.”*

This unshakable love defines your worth and reminds you that nothing can separate you from God’s care and purpose for your life. Embracing your identity in Christ also means walking in freedom, letting go of guilt and shame, and trusting that God’s grace is sufficient for every step of your journey.

What does it look like for you to live out your identity as a new creation in Christ?

**4. A Prayer for Identity in Christ**  
Prayer is a powerful way to affirm your identity in Christ and reject the lies that addiction has tried to place on you. Use this prayer to center your thoughts on God’s truth:

*Heavenly Father, thank You for reminding me that my identity is found in You and not in my past mistakes. Help me to reject the lies that addiction has placed on my heart and to embrace the truth of who I am in Christ. Teach me to walk in the freedom and purpose You have given me. When I feel unworthy, remind me of Your love. When I feel weak, remind me of Your strength. Thank You for making me a new creation and for calling me Your beloved child. Amen.*

How can daily prayer help you stay rooted in your identity in Christ?

**5. Living Out Your God-Given Identity**  
Your identity in Christ is not something you must earn—it is a gift that comes from God’s love and grace. As you walk in this truth, you begin to reflect His light in your life and relationships. Living out your identity means embracing the purpose God has for you, stepping into the good works He has prepared for you, and trusting that He is with you every step of the way. Each day is an opportunity to grow closer to Him and to live in alignment with His truth.

What steps can you take today to live more fully in your identity as a child of God?

**Conclusion:**  
Your identity is not defined by addiction or the struggles of your past—it is defined by Christ. As you embrace this truth, you are stepping into the freedom and purpose that God has for your life. By rejecting the lies, meditating on scripture, and living out your faith, you are becoming the person God created you to be. Remember, you are His handiwork, His chosen child, and His beloved. Walk in this truth, and let it guide you toward healing and wholeness.