

Your Renewed Identity in Christ

A guide for post-Heart Healing sessions.



Dear Client,

It was a privilege to walk with you during your recent heart healing session. As you continue on this journey of wholeness, I want to offer you a guide to help you reflect on and embrace the beautiful, God-given identity that has been revealed and is being restored within you. Remember, your true identity is not found in past hurts, present circumstances, or the opinions of others, but in the unchanging love and truth of Jesus Christ.

As you read through the following reflections, I encourage you to take your time, pray for understanding, and allow the Holy Spirit to minister to your heart. You are deeply loved, wonderfully made, and eternally chosen.

Understanding Your Identity in Christ

You are Loved

Before you were even formed, God knew you and loved you. This isn't a conditional love, but a deep, unconditional affection that is the foundation of your worth.

- **John 3:16:** "For God so loved the world that he gave his one and only Son, that whoever believes in him shall not perish but have eternal life."
- **Romans 8:38-39:** "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."

Allow this truth to permeate your being. You are worthy because God says you are.

You are Chosen & Adopted

God didn't just love you; He *chose* you. You are not an accident. You have been brought into His family as a beloved son or daughter through adoption in Christ.

- **Ephesians 1:4-5:** "For he chose us in him before the creation of the world to be holy and blameless in his sight. In love he predestined us for adoption to sonship—through Jesus Christ, in accordance with his pleasure and will—"
- **Galatians 4:7:** "So you are no longer a slave, but also a child. And since you are a child, God too is an heir."

You have a permanent place in God's family.

The Freedom of Forgiveness

Healing often involves the profound release that comes from both receiving and extending forgiveness. As Christ has forgiven us, we are called to forgive others and ourselves. This is not about condoning wrongdoing, but about breaking the chains that bind us to past pain and resentment.

- **Colossians 3:13:** "Bear with each other and forgive one another if any of you has a grievance against someone. Forgive as the Lord forgave you."

Embrace the freedom that comes from letting go. Your worth is not diminished by the actions of others, nor by your own past mistakes. Christ's sacrifice covers all.

Reflection:

- What areas in your heart still need the freedom of forgiveness?
- How can you actively choose to walk in forgiveness this week?

Living in Your New Identity

Prayer & Scripture

Daily:

- Begin your day with prayer, acknowledging God's presence and asking for His guidance.
- Read a short passage of Scripture, meditating on how it applies to your identity.
- Journal your thoughts and feelings, noting God's faithfulness.

Key Verses to Meditate On:

- 2 Corinthians 5:17
- Romans 12:2
- Philippians 4:6-7

Practical Steps

Mind Renewal: Actively challenge negative thought patterns. When lies about your identity surface, counter them with God's truth.

Community: Connect with supportive and encouraging Christian friends or a church community. Share your journey and allow others to speak life into you.

Service: Consider how you can use the gifts God has given you to serve others. Stepping out in service can be a powerful way to live out your redeemed identity.

Patience: Heart healing and identity transformation is a process. Be patient and compassionate with yourself. Celebrate the small victories and trust that God is working in you.

Continuing the Journey

This document is a starting point, not an endpoint. Continue to seek God, to learn about His promises for you, and to walk in the freedom He has provided. Your identity in Christ is secure, unchanging, and beautiful. Embrace it, live it, and shine His light through it.

If you have any further questions or would like to schedule another session, please do not hesitate to reach out.

Blessings,

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