ROOTED IN CHRIST

A 5-Day Journey to Discover Your Identity, Worth & Purpose in God

Daughter of Zion | Free Companion
Scripture Reflection & Prayer Guide



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Hello there!

WELCOME TO YOUR 5-DAY JOURNEY

Dear Sister,

Have you ever found yourself questioning your worth, comparing your journey with someone else's, or wondering whether you are becoming the woman God created you to be?

Perhaps you have been carrying expectations that leave you feeling inadequate. Maybe past experiences have affected how you see yourself. Or perhaps you simply desire to understand your identity in Christ more deeply.
Whatever season of life you are walking through, God's Word offers a beautiful invitation to discover who you are through your relationship with Him.

Your identity is not ultimately defined by your past, your achievements, your appearance, or the approval of others. For the believer, it is established through belonging to Jesus Christ.

Over the next five days, we will explore biblical truths that help us recognise our God-given worth, understand our new life in Christ, embrace His purposes, overcome unhealthy comparison, and continue growing in spiritual maturity.

This is not a journey towards becoming a perfect woman.
It is an invitation to become a woman increasingly rooted in God's Word, strengthened by His grace, and transformed through a growing relationship with Jesus Christ.

How to Use This Guide

Set aside approximately 10–15 minutes each day for personal devotion.

01 READ THE SCRIPTURE

Read the Scripture slowly and prayerfully.

02 REFLECT ON THE TEACHING

Reflect on the teaching and consider what God's Word reveals

03 EXAMINE YOUR HEART

Examine your heart through the personal reflection questions.

04 PRAY

Pray using the guided prayer, adding your own words.

05 TAKE A FAITH STEP

Take a Faith Step by applying one biblical truth to your daily life.

Keep your Bible and journal nearby. You may wish to return to certain passages throughout the week.

Our prayer is that these five days will not simply provide encouragement, but help establish a deeper, lasting understanding of your identity in Christ.

Let's grow together. 🌸



THERE IS NO NEED TO RUSH. TAKE YOUR TIME, QUIET YOUR HEART, AND ALLOW GOD'S WORD TO SPEAK TO YOU.

AS YOU READ, REFLECT, AND PRAY, ASK THE HOLY SPIRIT TO DEEPEN YOUR UNDERSTANDING AND HELP YOU APPLY HIS TRUTH TO YOUR DAILY LIFE

DAY 1 — CREATED WITH WORTH

Seeing Yourself Through the Eyes of Your Creator

Before you ever achieved anything, fulfilled a responsibility, or received anyone's approval, your life already possessed dignity and worth because you were created by God.

Psalm 139 reminds us of God's intimate knowledge of His creation. David responds to this truth with worship, recognising the wonderful work of the Creator. Yet many women struggle to see themselves through this biblical perspective.

We may measure our worth by appearance, accomplishments, relationships, or how successfully we meet the expectations placed upon us.

When these things become the foundation of our identity, our confidence can easily rise and fall with changing circumstances. God invites us to begin somewhere deeper.

Your worth is not something you must continually earn. Your life has dignity because you are created in the image of God.

And through Jesus Christ, believers are invited into an even deeper relationship with Him as His redeemed children.

Today, begin by thanking God for His wonderful work in creating you, and ask Him to renew the way you see yourself.

Today's Scripture:

"I will praise You, for I am fearfully and wonderfully made; Marvelous are Your works, And that my soul knows very well."

— Psalm 139:14 (NKJV)

EXAMINE YOUR HEART

1. What circumstances, expectations, or opinions have most influenced the way I see my worth?

My reflection:

2. How would my thoughts and decisions change if I consistently remembered that my life has dignity and value before God?

My reflection:

TODAY'S PRAYER

Heavenly Father,

Thank You for creating me with care and purpose.
Forgive me for the times I have measured my worth by appearance, achievements, or the opinions of others.

Help me see myself through the truth of Your Word.
Renew my understanding of who I am and teach me to value the life You have given me.
May my confidence be rooted in You rather than in changing circumstances.

In Jesus' name, Amen.

TODAY'S FAITH STEP

Identify one negative belief you have been carrying about yourself.

Write it down, then prayerfully consider how the truth of Psalm 139:13–14 challenges that belief.

Today's Truth to Remember:

I am created by God with dignity and worth. I will not allow the world's changing standards to define my value.

DAY 2 — MADE NEW IN CHRIST

Your Past Does Not Have the Final Word

Sometimes the greatest obstacle to spiritual confidence is not what others think about us, but what we continue to believe about ourselves.

Past mistakes, disappointments, failures, or painful experiences can leave lasting impressions on how we view our identity. But the gospel offers wonderful news.

Through faith in Jesus Christ, we are not merely invited to improve our old lives. We are brought into a new relationship with God.

Second Corinthians 5:17 describes this transformation as becoming a new creation in Christ.

This does not mean that every struggle immediately disappears or that spiritual growth no longer requires perseverance.

It means that our standing before God is no longer determined by our former life, but by what Christ has accomplished.

Your past may be part of your story, but it does not have to define your identity in Christ.

As you grow in faith, learn to distinguish between remembering your experiences and allowing them to determine who you believe you are.

God calls His children to live according to the new life they have received through Jesus Christ.

Today's Scripture:

"Therefore, if anyone is in Christ, he is a new creation; old things have passed away; behold, all things have become new."

— 2 Corinthians 5:17 (NKJV)

EXAMINE YOUR HEART

1. Are there past experiences, failures, or labels that I still allow to define how I see myself?

My reflection:

2. What does becoming a new creation in Christ mean for the way I approach my present life and future?

My reflection:

TODAY'S PRAYER

Heavenly Father,

Thank You for the new life You have given me through Jesus Christ.

Help me release the labels, regrets, and negative beliefs that keep me living under the weight of my past. Teach me to embrace the truth of my identity in Christ.

Renew my mind and strengthen me to walk in the freedom and responsibility of this new life. May my thoughts, choices, and actions increasingly reflect the transforming power of Your grace.

In Jesus' name, Amen.

TODAY'S FAITH STEP

Read 2 Corinthians 5:17 alongside Romans 8:1.

Write one sentence describing how these passages encourage you to approach your life differently.

Today's Truth to Remember:

In Christ, I am a new creation. My past does not have the final word over my identity or my future.

DAY 3 — CREATED FOR HIS PURPOSE

Discovering Meaning in Everyday Faithfulness

Have you ever wondered whether you are doing enough with your life? Perhaps you have looked at another woman's achievements, ministry, career, or opportunities and questioned whether your own contribution is significant.

It is easy to associate purpose with visibility, recognition, or extraordinary accomplishments. But Ephesians 2:10 presents a different perspective. We are God's workmanship, created in Christ Jesus for good works.

Our purpose begins with belonging to Him, not with proving ourselves to others.

And the good works God calls us to are not limited to public platforms or remarkable achievements. They are often expressed through everyday faithfulness.

Showing compassion to someone who is hurting, raising children with godly wisdom, serving others, demonstrating integrity at work, encouraging a friend, or remaining faithful through difficult circumstances can all become meaningful expressions of obedience to God.

You do not need a public platform to live a life of spiritual significance.

The question is not simply, What great thing am I meant to accomplish?

It is also, How can I honour God faithfully with the opportunities and responsibilities He has entrusted to me today?

Today's Scripture:

"For we are His workmanship, created in Christ Jesus for good works, which God prepared beforehand that we should walk in them." — Ephesians 2:10 (NKJV)

EXAMINE YOUR HEART

1. Have I been measuring my sense of purpose by achievements, recognition, or comparison with others?

My reflection:

2. What opportunities do I currently have to demonstrate God's love, wisdom, and goodness through everyday actions?

My reflection:

TODAY'S PRAYER

Heavenly Father,

Thank You that my life has meaning through my relationship with Jesus Christ.

Help me recognise that Your purposes are not limited to extraordinary achievements. Open my eyes to the opportunities You have placed before me.

Give me wisdom to serve faithfully, courage to obey Your leading, and humility to honour You in both visible and unseen responsibilities.

May my life become a testimony of Your goodness.

In Jesus' name, Amen.

TODAY'S FAITH STEP

Choose one intentional act of faithfulness today.

It may be encouraging someone, serving a person in need, completing a responsibility with integrity, or responding obediently to something God has already shown you through His Word.

Today's Truth to Remember:

I am God's workmanship, created in Christ Jesus for good works. My everyday faithfulness matters to Him.

DAY 4 — FREE FROM COMPARISON

Embracing Your Journey Without Losing Sight of God's Faithfulness

Comparison can quietly steal our joy and distract us from the work God is doing in our own lives. We may compare our relationships, opportunities, spiritual progress, appearance, accomplishments, or seasons of life.

Sometimes comparison leads to discouragement because we feel we have fallen behind. At other times, it produces pride because we believe we are doing better than someone else. Neither response helps us grow in Christlike humility.

In Galatians 6, Paul encourages believers to examine their own conduct and take responsibility for their actions.

This reminds us that spiritual growth requires honest personal reflection rather than constant measurement against others.

Another woman's progress does not diminish the value of God's work in your life.

You can celebrate her blessings without questioning your own worth. You can learn from her example without feeling pressured to imitate her journey.

God calls each of us to faithful obedience in the circumstances and opportunities before us.

Rather than allowing comparison to shape your thoughts, ask the Lord to help you recognise His faithfulness in your own season.

Today's Scripture:

"But let each one examine his own work, and then he will have rejoicing in himself alone, and not in another."
— Galatians 6:4 (NKJV)

EXAMINE YOUR HEART

1. In what areas of my life am I most tempted to compare myself with other women?

My reflection:

2. What evidence of God's grace and faithfulness in my own journey have I overlooked because I was focused on someone else's progress?

My reflection:

TODAY'S PRAYER

Heavenly Father,

Forgive me for the times I have allowed comparison to influence my thoughts and diminish my gratitude.

Teach me to celebrate the blessings and progress of others with a sincere heart. Help me recognise Your faithfulness in my own life and remain attentive to the work You are doing within me.

Free me from unhealthy competition, discouragement, and the pressure to measure my journey against another's. Give me contentment, humility, and renewed confidence in Your wisdom.

In Jesus' name, Amen.

TODAY'S FAITH STEP

Write down three ways you have experienced God's faithfulness or recognised spiritual growth in your life. Thank Him for each one.

If comparison has affected a particular relationship, intentionally pray a blessing over that person today.

Today's Truth to Remember:

I can celebrate another woman's journey while remaining grateful and faithful in my own.

DAY 5 — GROWING INTO CHRISTLIKENESS

Becoming the Woman God Is Shaping You to Be

As we conclude this five-day journey, remember that discovering your identity in Christ is not the end of spiritual growth. It is the foundation from which a life of continuing transformation develops.

God calls us to grow in the character and likeness of Jesus Christ. That growth often takes place gradually through daily choices, prayer, Scripture, obedience, and perseverance.

There may be seasons when you recognise meaningful progress. There may also be times when you become discouraged by old habits, unanswered questions, or areas where you still need to mature.

Philippians 1:6 reminds us of God's faithfulness in continuing His good work among His people. Our confidence is not in our ability to transform ourselves, but in the grace and faithfulness of God. Yet this confidence also encourages us to respond actively to His Word.

Spiritual maturity is not about becoming a perfect woman through your own strength. It is about becoming increasingly like Christ through God's transforming grace.

As you continue your journey, remain teachable. Be willing to surrender attitudes that do not reflect Christ. Make room for Scripture, prayer, and fellowship with other believers.

And remember that the goal of spiritual growth is not simply to feel more confident about yourself, but to know God more deeply and live for His glory.

Today's Scripture:

"Being confident of this very thing, that He who has begun a good work in you will complete it until the day of Jesus Christ."
— Philippians 1:6 (NKJV)

EXAMINE YOUR HEART

1. What has God been teaching me about my identity, worth, and purpose during these five days?

My reflection:

2. What one area of spiritual growth do I want to intentionally nurture over the coming weeks?

My reflection:

TODAY'S PRAYER

Heavenly Father,

Thank You for walking with me through this journey of discovering my identity and purpose in Christ.

Thank You for Your grace, patience, and continuing work in my life. Help me remain rooted in Your Word and open to the transforming work of the Holy Spirit.

When I become discouraged, remind me of Your faithfulness. When I face uncertainty, strengthen my trust in You. May I continue becoming a woman whose life reflects the beauty and character of Jesus Christ.

In His precious name, Amen.

TODAY'S FAITH STEP

Write one spiritual growth commitment for the next 30 days. Keep it simple and practical.

For example:

- **Spend 10 minutes each morning reading and reflecting on Scripture.**
- **Establish a regular time for personal prayer.**
- **Practise responding with patience in a challenging relationship.**
- **Memorise one Bible verse each week.**
- **Seek meaningful fellowship and encouragement with other believers.**

My 30-Day Spiritual Growth Commitment:

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Today's Truth to Remember:

God is continuing His transforming work in me. I will respond to His grace through faithful obedience, one step at a time.

MY IDENTITY IN CHRIST

Five Biblical Truths I Am Choosing to Live By

As you conclude this devotional journey, take time to revisit these five foundational truths.They are not merely positive affirmations. They are reminders grounded in the teaching of Scripture.

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1 I AM CREATED WITH WORTH

My life has dignity and value because I am created by God. (Psalm 139:13-14)

2 I AM MADE NEW IN CHRIST

Through faith in Jesus Christ, I have received new life. My past does not define my standing before God. (2 CORINTHIANS 5:17)

3 I AM CREATED FOR GOOD WORKS

I am God's workmanship, created in Christ Jesus to walk in the good works He has prepared. (EPHESIANS 2:10)

4 I AM FREE TO GROW WITHOUT COMPARISON

I can examine my own conduct, celebrate the progress of others, and remain faithful in my own journey. (GALATIANS 6:4)

5 GOD IS CONTINUING HIS WORK IN ME

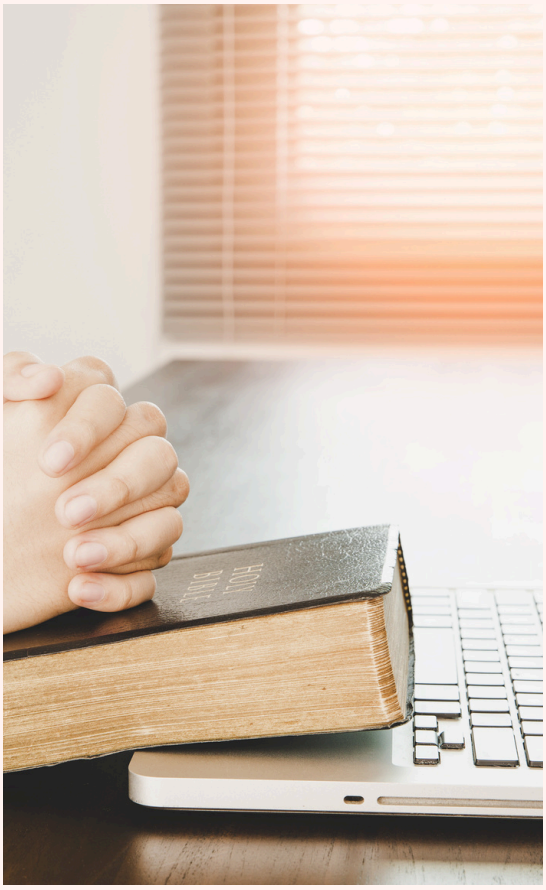
I can trust God's faithfulness as I continue growing in spiritual maturity and Christlike character. (PHILIPPIANS 1:6)

MY PERSONAL REFLECTION

Use this space to consider what you know about mindfulness, along with your aims and objectives for completing this workbook.

Which of these five truths has spoken most deeply to my heart, and why?

What do I want to remember and continue practising after completing this guide?



A FINAL WORD OF ENCOURAGEMENT

Rooted in Christ. Growing in Grace. Walking Together.

Dear Sister,

Thank you for taking time to walk through this five-day journey of Scripture reflection and prayer.

My prayer is that you will leave these pages with more than a moment of encouragement.

May you carry a deeper understanding of your identity in Christ, a renewed appreciation of your God-given worth, and a growing desire to live faithfully according to His Word.

Remember that becoming the woman God created you to be is not a destination you reach through personal perfection. It is a lifelong journey of knowing Christ, growing in His grace, and allowing His Word to transform your life.

There will be seasons of strength and seasons when you need encouragement. There will be lessons to learn, challenges to overcome, and opportunities to grow. Through it all, remain rooted in Christ. Continue seeking Him. Continue trusting His Word. Continue walking in faithful obedience. One day, one prayer, one step of faith at a time.

You are not called to become someone else's version of a successful woman. You are called to follow Jesus and grow in His likeness.

One day, one prayer, one step of faith at a time.





A Closing Prayer

Heavenly Father,

Thank You for the truths You have revealed through Your Word.

May these lessons take root in my heart and produce lasting spiritual fruit.

Help me live with a clear understanding of my identity in Christ, a grateful heart, and a growing commitment to Your purposes.

Guide my steps, strengthen my faith, and surround me with godly encouragement as I continue walking with You.

May my life bring honour and glory to Your name.

In Jesus' name, Amen.



CONTINUE GROWING WITH DAUGHTER OF ZION

Your spiritual growth journey does not end here.

Daughter of Zion is a Christian women's discipleship and encouragement ministry dedicated to helping women become rooted in God's Word, strengthened in faith, and equipped for everyday Christian living.

Through our ongoing **Women's Discipleship and Mentorship Series,** we explore biblical teaching, prayer, spiritual growth, godly relationships, and practical wisdom for different seasons of life. We warmly invite you to continue growing with us.

Explore More Biblical Teaching: Visit shadeakinbiyi.com for Scripture-centred articles, Bible studies, prayer resources, and discipleship encouragement.

Join the Daughter of Zion Women's Community: Connect with our Facebook community for ongoing biblical mentorship, teaching, prayer, and encouragement.

Related Article: *Becoming the Woman God Created You to Be: Finding Your Identity and Purpose in Christ*

Thank you for sharing this journey with us.
Daughter of Zion — Let's grow together.