

When You Don't Know Who You Are Anymore

REBUILDING IDENTITY WHEN LIFE CHANGES YOU

Sometimes life changes more than our circumstances. It changes how we see ourselves. A role ends, health shifts, a relationship changes, or our capacity looks different - and we may quietly wonder who we are now.

CENTRAL QUESTION

Who is God helping me become in this season?

TRUTH TO CARRY

**The road may have changed you,
but it did not erase you.**

Your role can change. Your capacity can change. Your responsibilities can change. Your worth does not change with them.

REFLECTION QUESTIONS

- What role, relationship, ability, or responsibility has become connected to how I see myself?
- What part of who I used to be do I genuinely miss?
- Where have I confused being useful with being valuable?
- What survived - or became stronger - in the season I have been walking through?

PRAYER PROMPT

Ask God to help you see beyond the roles, limitations, accomplishments, and expectations you have used to define yourself. Invite Him to show you what remains, what can be released, and what He may already be growing within you - line upon line.

GRIT PRACTICE

Make three small lists:

WHAT CHANGED

Name one role, ability, relationship, expectation, or circumstance that no longer looks the same.

WHAT REMAINS

Write what this season did not take from you - faith, compassion, courage, humor, love, wisdom, or your willingness to keep walking.

WHAT MAY BE GROWING

Name one truth, strength, boundary, or deeper faith God may be developing now.

CLOSING REMINDER

There may be more of you remaining than you realize. God has been present in the progress, the waiting, the resting, and the steps nobody else saw. He does not have to reveal the whole person you are becoming before He can guide your next step.

Keep walking with Him - one honest, needful step at a time.