

You Are More Than the Labels You've Carried

Reconsidering the Names, Expectations and Limitations

THAT HAVE SHAPED YOUR IDENTITY

"You are
God's handiwork,
created in
Christ Jesus
to do good works."
Ephesians 2:10

THE REAL-LIFE STRUGGLE

It's easy for the names, expectations and limitations we've received from other people – or even the ones we've given ourselves – to shape the way we understand who we are. Over time, these labels can influence our choices, our relationships and what we believe is possible for our future.



A label can
draw attention
to one part of your
story, but it cannot
contain the entirety
of a life known
by God.

DISCOVER THE TRUTH

Scripture invites us to examine what we believe, not simply because something is familiar or widely accepted, but because God's Word is our authority.

- Genesis 1:26–27
Our worth in God's creation
- Psalms 139:1–18
God knows us fully
- Luke 19:1–10
Grace for a new beginning
- Ephesians 1:3–14
Our identity in Christ
- 1 Corinthians 12:12–27
Different members, one body

THREE STEPS TO BRING A BELIEF INTO THE LIGHT

1

NOTICE THE LABEL

Identify a familiar label and consider where it came from and how it influences your thinking today.

2

SEPARATE DESCRIPTION AND JUDGEMENT

Ask whether it contains a genuine observation, an unsupported judgement, or a mixture of both.

3

PRACTISE A TRUTHFUL RESPONSE

Choose a more accurate understanding based on Scripture, and look for opportunities to respond differently this week.

A RENEWED UNDERSTANDING

Old thought:
I'm not enough.

Renewed understanding:
*My acceptance before God
rests on His grace, not my
ability to satisfy every
expectation.*
Ephesians 2:8–10

PAUSE AND REFLECT

- 1 What labels have I carried for many years?
- 2 Which labels are useful, and which have become limiting?
- 3 Have positive labels created unrealistic expectations?
- 4 How does Scripture challenge or clarify the way I see myself?
- 5 What is one practical way I can respond differently this week?

A PRAYER OF RESPONSE

Heavenly Father,
*Thank You that You know me more fully
than anyone else ever could. Help me
examine the labels I've carried with honesty
and wisdom. Where I have accepted
unfair or inaccurate descriptions, help me
recognise them. Teach me to understand
my identity in Christ, to receive Your grace
and to respond to myself and others
with truth, humility and compassion.
Continue renewing my mind through
Your Word and help me walk faithfully
in the freedom of belonging to You.*
In Jesus' name,
Amen.

NEXT STEP

Continue exploring
The Garden Study
and discover more
articles to encourage
a life increasingly
shaped by
God's truth.