

QUAY
students

DISCOVERING IDENTITY

WHO AM I?



A 15-day devotional exploration answering one of life's biggest questions by uncovering God's truth about identity, belonging, and renewal.

QM

Before You Begin

Dear explorer,

That may sound like a weird way to refer to you, but it's true. The journey of understanding who you are, who you're not, and who God has called you to be is nothing less than an exploration. There's an identity crisis in our world. Every day you are flooded with people, algorithms, and expectations that try to tell you who you are and who you should be. Trying to discern the truth among a chorus of screaming voices is exhausting—but thankfully, you don't have to do it alone.

This devotional is meant to help guide you as you navigate the complex terrain of identity; specifically, as you come to the knowledge and understanding of who God says you are. As you dive deeper, my prayer for you is twofold: (1) that you would discover your identity in Christ, and (2) that this discovery would draw you closer to Him.

Let's go.

Walking alongside you,
Christian Hiott

DAY 1:

Who Defines Me?

Scripture:

"Then the Lord God formed the man out of the dust from the ground and breathed the breath of life into his nostrils, and the man became a living being."

— ***Genesis 2:7***

"For it was you who created my inward parts; you knit me together in my mother's womb. I will praise you because I have been remarkably and wondrously made. Your works are wondrous, and I know this very well."

— ***Psalms 139:13-14***

Devotional:

Before we can understand who we are, we first need to look at whose we are. God is the Creator of the universe—the planets, the stars, the seas—everything was created by Him, and that includes you! God formed Adam from the dirt. David explains that the Lord took intentional time in knitting him together, and the same is true for you. You were created by Him, and ultimately, for Him. As a result, He is the One who gets to define you. It can be hard to remember this when it seems like follower counts reign supreme, and view-to-like ratios have become the currency of acceptance. We can find ourselves looking for acceptance and approval from others because we feel as though that determines our worth, value, and identity. Take a moment to pause, close your eyes, and remind yourself that God is the One who defines you. Ask Him to help you believe that more than the opinions of others.

Reflection:

Where have I been looking, aside from God, to define my identity?

DAY 2:

Who Am I Not?

Scripture:

"Therefore, if anyone is in Christ, he is a new creation; the old has passed away, and see, the new has come!"

— ***2 Corinthians 5:17***

Devotional:

We live in a world that loves to throw labels around. Popular. Unpopular. Cringe. Chopped. Pick-me. It can be difficult to drown out these voices and labels—especially when they come from within. The labels we give ourselves, often, are worse than what others give us because we know what we're really like. Each one of us knows the hidden thoughts and secret sins in our lives. As a result, we can make our sin our identity. Thoughts like, "I'm a horrible person," "I'm disgusting," or "I'm beyond fixing" can infect your mind and start to feel true. Paul is clear—you are not your sin. If you have placed your trust in Jesus and given your life to Him, you are a new creation! Your sins—past, present, and future—do not define who you are. Take two minutes to reflect on who you are not, and as you do, take a deep breath. With every exhale, let a label fall away.

Reflection:

What are some labels that I'm allowing to identify me?

DAY 3:

Who Am I?

Scripture:

"The word of the Lord came to me: I chose you before I formed you in the womb; I set you apart before you were born. I appointed you a prophet to the nations. But I protested, "Oh no, Lord God! Look, I don't know how to speak since I am only a youth." Then the Lord said to me: Do not say, "I am only a youth," for you will go to everyone I send you to and speak whatever I tell you. Do not be afraid of anyone, for I will be with you to rescue you. This is the Lord's declaration."

— ***Jeremiah 1:4-8***

"The Lord your God is among you, a warrior who saves. He will rejoice over you with gladness. He will be quiet in his love. He will delight in you with singing."

— ***Zephaniah 3:17***

Devotional:

Finally—the big question. We know who defines us, and we know what does not define us; so then, who are we? How does Scripture—the Word of God—define us? Today's passages show us a lot about how God sees us. Jeremiah was young, but God still called him. In the same way, your age does not make you invisible to God. God has chosen you. Before you were even born, He thought about you, and found delight in you. Can you imagine that? The God of the universe—the One that put the rings around Saturn, the One whose artistry paints sunsets, the One that, with one breath, created stars, delights in you. It sounds too good to be true, but it's not. It is true. You are chosen by God, loved by God and delighted in by God. Take a minute and close your eyes. Visualize creation; think about how truly magnificent God is. Then let His love for, and delight in you wash over you.

Reflection:

How do I feel knowing that God delights in me?

DAY 4:

The Comparison Trap

Scripture:

"So Peter turned around and saw the disciple Jesus loved following them, the one who had leaned back against Jesus at the supper and asked, "Lord, who is the one that's going to betray you?" When Peter saw him, he said to Jesus, "Lord, what about him?" "If I want him to remain until I come," Jesus answered, "what is that to you? As for you, follow me."

— *John 21:20-22*

Devotional:

We all compare ourselves to other people. Maybe you look at that person on TikTok and think, "I wish I was as pretty as her." Maybe you look at the popular guy and think, "I wish everyone liked me like they liked him." In John's Gospel, we see that Peter lets comparison distract him from properly following Jesus. He couldn't focus on Jesus because he was too worried about what John was doing. This is exactly what happens when we compare ourselves to others. Whether we compare looks, skills, popularity, or status, comparison pulls our eyes away from Jesus and onto someone or something else. The more we stare at what they have, the easier it is to believe we are missing something. So, what do you do? Learn to be confident with who you are and comfortable with who you're not. Take a moment and thank God that you don't have to become someone else to be loved by Him.

Reflection:

Where has comparison been pulling my eyes away from Jesus?

DAY 5:

Where Do I Belong?

Scripture:

"This is eternal life: that they may know you, the only true God, and the one you have sent —Jesus Christ."

— ***John 17:3***

"Then the Lord God said, "It is not good for the man to be alone. I will make a helper corresponding to him."

— ***Genesis 2:18***

Devotional:

Have you ever seen a crowd that you really want to be a part of, but you're not sure if they'll like you for you, so you start to change things about yourself to look more like them? I know I have. The desire for community is hardwired into us. As seen in John's Gospel, eternal life is to know God—that's the life God desires for you. And Genesis states that God knew it wasn't good for Adam to be alone, highlighting the fact that community is necessary—that being with God and others is necessary. The problem is not that we want to belong. The problem is where we look for belonging and what we are willing to change in order to get it. Sometimes we trade honesty for acceptance. We do things we know we shouldn't, or act like someone we're not, just so we can feel included. That is exhausting. Thankfully, God doesn't ask us to pretend before He welcomes us. The safest place to belong is with the One who already knows us and loves us.

Reflection:

What am I tempted to change about myself in order to feel accepted?

DAY 6:

Not Alone

Scripture:

"Two are better than one because they have a good reward for their efforts. For if either falls, his companion can lift him up; but pity the one who falls without another to lift him up."

— ***Ecclesiastes 4:9-1***

Devotional:

If you're anything like me, you have a tendency—whether intentional or not—to isolate yourself. Unfortunately, when we do this, there's no one that can correct our assumptions about ourselves. It can be easy to let lies distort how we see ourselves, and for shame to pull us inward after we mess up. Both are harder to escape alone. To help us keep a right understanding of who God says we are, we need people we trust—family members, crew leaders, and friends who will remind us of God's truth. This isn't an either/or — you need both God and others. God never expected you to do this alone.

Reflection:

Who in your life speaks truth to you, and if you can't name someone, what's one step you could take to find that person?

DAY 7:

What Does God See In Me?

Scripture:

"Lord, you have searched me and known me."

— *Psalms 139:1*

Devotional:

Have you ever put your face so close to a mirror that your eyes go blurry and you can't even tell what you're looking at anymore? You're too close to see what's really there. The same thing is true with who we are. We're around ourselves 24/7. As a result, we can very easily overlook our good qualities—those qualities that are quite real, but we don't give a second thought. We can start to think, "I know God loves me, but why?" King David explains that we are fully known by God—that He knows all of our flaws. He knows every bad thought and every selfish action, but there's more. He also sees things in you that you may be too close to see. Those blurry attributes that you have, God sees with perfect clarity. He sees more in you than even you see in you. Take a moment and ask God to help you see yourself the way that He sees you.

Reflection:

What do you think God sees when He looks at you? What are attributes that you may be too close to see?

DAY 8: ***A Billion Voices***

Scripture:

"Then he said, "Go out and stand on the mountain in the Lord's presence." At that moment, the Lord passed by. A great and mighty wind was tearing at the mountains and was shattering cliffs before the Lord, but the Lord was not in the wind. After the wind there was an earthquake, but the Lord was not in the earthquake. After the earthquake there was a fire, but the Lord was not in the fire. And after the fire there was a voice, a soft whisper."

— ***1 Kings 19:11-12***

Devotional:

TikTok has approximately 1.12 billion daily users. Instagram has even more with 1.5 billion daily users. That's a lot of voices shouting at you—telling you what to do, what to like, how to think, and who to be. Are you tired of them? God is inviting you to silence the noise and to listen to Him. But if you're anything like me, you know that it can be difficult to hear Him. In today's passage, we see why it feels difficult. God speaks in a small, quiet voice. When it feels like there are too many voices shouting at us, we can get frustrated with God for not shouting louder. Why does God choose to speak this way? Imagine if your friend was whispering to you in the middle of the lunch room. In order to hear them, you'd have to focus—really lock in on what they're saying, and this takes practice. Take 2 minutes to put aside all of those voices telling you who you are and who you should be, and to focus on who He says you are.

Reflection:

What makes it hard for you to hear God, and what are some ways that you can prioritize listening for His voice?

DAY 9:

The Liar

Scripture:

"Be sober-minded, be alert. Your adversary the devil is prowling around like a roaring lion, looking for anyone he can devour."

—***1 Peter 5:8***

"But I fear that, as the serpent deceived Eve by his cunning, your minds may be seduced from a sincere and pure devotion to Christ."

—***2 Corinthians 11:3***

"So the great dragon was thrown out—the ancient serpent, who is called the devil and Satan, the one who deceives the whole world. He was thrown to earth, and his angels with him."

—***Revelation 12:9***

Devotional:

It can be hard to hear God's truth amongst the sea of shouts, but what makes it even more difficult is that there is an individual whose goal is to lie to us. In today's passages, we see clearly that Satan is a liar. He will do everything in his power to make you believe the opposite of what God says about you. If God says, "I love you," Satan will say, "no one likes you." If God says, "I delight in you," Satan will say, "everyone finds you annoying." We are in a very real war—not a physical one, but a spiritual one. Like Peter says, we have to stay alert, and on guard against Satan because he's not holding back. Today, if you feel Satan attacking your identity, pause and remember who God says you are.

Reflection:

What lies do you find easiest to believe about yourself, and what does God say instead?

DAY 10:

The Truth

Scripture:

"Jesus told him, "I am the way, the truth, and the life. No one comes to the Father except through me."

— ***John 14:6***

"Stand, therefore, with truth like a belt around your waist, righteousness like armor on your chest, and your feet sandaled with readiness for the gospel of peace. In every situation take up the shield of faith with which you can extinguish all the flaming arrows of the evil one. Take the helmet of salvation and the sword of the Spirit—which is the word of God."

— ***Genesis 2:18***

Devotional:

We live in a society that views truth as subjective and everchanging—whatever you feel is true, is true. Jesus, however, not only claims to know the truth, but claims to be truth. And if we want to avoid the lies of Satan, we have to lean into truth—we have to lean into Jesus. Jesus has revealed Himself through Scripture. This is why Paul tells us that the Word of God is our weapon. If we don't know Scripture, when the enemy comes and tries to define us by our sin, our past, or any other labels, we'll be powerless to fight against him. Today, choose one Bible verse about what God says regarding your identity, and memorize it so that when the enemy comes, you're ready.

Reflection:

What stops you from reading the Bible, and how can you remove those obstacles in the future?

DAY 11:

Do I Need To Change?

Scripture:

"We all, with unveiled faces, are looking as in a mirror at the glory of the Lord and are being transformed into the same image from glory to glory; this is from the Lord who is the Spirit."

— ***2 Corinthians 3:18***

"I am sure of this, that he who started a good work in you will carry it on to completion until the day of Christ Jesus."

— ***Philippians 1:6***

Devotional:

It can be hard not to entangle our sin and struggles with our identity. At the same time, we shouldn't dismiss our sin either. We're all becoming more like Jesus—the churchy word for this is sanctification. Scripture is clear that Jesus is working in our hearts to make us more like Him. This does not mean that we have to earn salvation, or earn His love; on the contrary, it's because He already loves us, that He wants to change us. Jesus knows that sin will hurt our lives, so He wants to lead us and mold us to look more like Him—not out of anger, but out of love. Take a minute to thank God for loving you so much that He wants to transform you.

Reflection:

How does hearing that Jesus is changing and transforming you make you feel?

DAY 12:

How Do I Change?

Scripture:

"Do not be conformed to this age, but be transformed by the renewing of your mind, so that you may discern what is the good, pleasing, and perfect will of God."

— ***Romans 12:2***

"I say, then, walk by the Spirit and you will certainly not carry out the desire of the flesh."

— ***Galatians 5:16***

Devotional:

When we think about the idea of changing, especially in regards to sin in our lives, we can all too easily fall into the mindset of, "I just have to avoid doing bad things." While it's true that we want to avoid sin, trying to white knuckle yourself into sanctification will only end with frustration. Instead, we should focus on getting closer to Jesus. Have you noticed that you adopt the tendencies of those to whom you're closest? The same is true with Jesus. Think about it—Jesus is sinless. So, as we spend more time with Him, we're transformed to look more like Him, and we will begin to sin less. The distinction is that you're pursuing Jesus, not just a standard. Practically, this looks like talking to Him, reading His Word—spending time with Him. This process takes time. It's a marathon, not a sprint. Take a moment, pause, and ask God to draw you closer to Him.

Reflection:

Are you intentional about getting closer to Jesus? If not, what stops you?

DAY 13:

What If I Mess Up?

Scripture:

"For I do not understand what I am doing, because I do not practice what I want to do, but I do what I hate."

—***Romans 7:15***

"Therefore, there is now no condemnation for those in Christ Jesus,"

—***Romans 8:1***

Devotional:

Let's get one thing out of the way first: you have flaws—lots of them, but that's not the end of your story. Jesus knew about your flaws before you were even born and He still died for you. Your sin is not surprising to Him. As we all go through the sanctification process, it's important to remember that it's not a straight upward line; rather, it's more of a squiggly line. We don't get saved and then all of a sudden, stop sinning. Looking more like Jesus takes time, and in that time, you're going to mess up. The question is less, "what if I mess up?" and more, "how to respond when I mess up." When we sin, it's easy to get angry at ourselves and view our sin as our identity. When this happens, it's important to remember that God has said that we are justified—declared not guilty in His eyes—and there is no condemnation for us. He's not angry at you. So, what do you do? When you fall into sin, get up, dust yourself off, and thank God for the gospel.

Reflection:

How do you normally respond when you sin, and can you change your response for the better?

DAY 14:

Purpose

Scripture:

"When all has been heard, the conclusion of the matter is this: fear God and keep his commands, because this is for all humanity."

—***Ecclesiastes 12:13***

"Therefore, brothers and sisters, in view of the mercies of God, I urge you to present your bodies as a living sacrifice, holy and pleasing to God; this is your true worship."

—***Romans 12:1***

Devotional:

The question at the core of our identity is often, "why am I here?" We often think that if we can figure out why we're here—what our purpose is—that it will lead us to who we are. Without knowing our purpose, we can feel lost while on our exploration of discovering our identity. In today's passage, we see the entire purpose of humanity—to respect and follow God, to worship Him, and to tell others about Him. This is why we were created. Worship doesn't just mean singing songs. It means that in everything we do—in every thought, in every word, and in every action—we are to worship God. Take a moment, close your eyes, and think through God's attributes (His goodness, kindness, love, mercy, etc...) and thank Him for simply being Him.

Reflection:

What would it look like if your daily life was an act of worship—what would change?

DAY 15:

This Is Me.

Scripture:

"For we are his workmanship, created in Christ Jesus for good works, which God prepared ahead of time for us to do."

— ***Ephesians 2:10***

"See what great love the Father has given us that we should be called God's children—and we are! The reason the world does not know us is that it didn't know him."

— ***1 John 3:1***

Devotional:

This is it—the final day of this devotional. Our combined exploration of who we are—who you are—has come to a close, but it doesn't stop here. Though this devotional is ending, your adventure has just begun. So, explorer, who are you? Amidst the sea of voices shouting, who does that small, quiet voice say you are? In today's passage, Paul is clear about who we are in Christ. You have been created by Him, and for Him—to worship Him, and to love Him, just as He loves you, and delights in you. He sees amazing things in you—things that you don't even see yourself. As a result, He is sanctifying you—changing you to look more like Him. Ultimately, you are His child. Think about that for a moment. God is your Father. He sees you as His child—whom He loves unconditionally and unapologetically—His beloved child. That is who YOU are.

Reflection:

Based on everything you've explored over these 15 days, how would you answer the question: who are you?

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*about your identity,
belonging, and renewal.*