

You Are Not Enough

7 Days Finding Your Identity in Christ

Pure Grit Faith

puregritfaith.com

*"I have been crucified with Christ. It is no longer I who live, but
Christ who lives in me."*

-- Galatians 2:20

Introduction

There is a lie being preached to women from every platform, every self-help book, every motivational speaker, and sadly from far too many church stages. The lie sounds like this -- You are enough. You are strong enough. Beautiful enough. Worthy enough. You just need to believe in yourself more deeply.

It sounds empowering. It feels like exactly what a tired, doubting woman needs to hear. And that is precisely what makes it so dangerous. Because a lie wrapped in the language of encouragement is still a lie. And this one is slowly killing women -- not with cruelty but with comfort. It points you inward for what can only be found in God.

Here is the truth the world is terrified to tell you. You are not enough. And the sooner you stop trying to be the sooner you will find the only One who actually is. This is not a devotional about becoming more confident in yourself. This is a devotional about discovering who you are in Jesus Christ and finding out that who He is is so infinitely greater than anything you could manufacture on your own that the comparison is almost laughable.

Seven days. Seven truths. One identity that cannot be shaken no matter what this world throws at you. Let's begin.

DAY 1 -- THE LIE THAT SOUNDS LIKE TRUTH

Scripture: Jeremiah 17:5-8

You have heard it a thousand times. In the mirror before you walk out the door. In the magazine at the checkout line. In the Instagram caption from the influencer with the perfect life. In the self-help book your friend recommended. And sometimes -- heartbreakingly -- from the stage of your church on a Sunday morning. You are enough. You are strong enough. Beautiful enough. Capable enough. You have everything you need already inside you. You just have to believe in yourself more deeply.

It sounds empowering. It feels like exactly what a woman who is exhausted and doubting herself needs to hear. And that is precisely what makes it so dangerous. Because a lie wrapped in the language of encouragement is still a lie. And this one is slowly killing women -- not with cruelty but with comfort. It tells you to look inward for what can only be found in God. It sends you digging in a well that was never designed to hold the kind of water you are desperately thirsty for.

Jeremiah 17:5-8 draws a line in the sand that the self-help industry desperately does not want you to see. Thus says the Lord -- cursed is the man who trusts in man and makes flesh his strength whose heart turns away from the Lord. He is like a shrub in the desert -- shall not see any good come -- shall dwell in the parched places of the wilderness. But blessed is the man who trusts in the Lord whose trust is the Lord. He is like a tree planted by water that sends out its roots by the stream and does not fear when heat comes for its leaves remain green and is not anxious in the year of drought for it does not cease to bear fruit.

Two trees. Same world. Same relentless heat. Same drought season. Completely different outcomes. The difference is not the quality of the tree. The difference is the source of the water. One tree depends on its own root system searching desperately for something it can never find on its own. The other tree has sent its roots into a stream that never runs dry.

The woman who has believed she is enough is building her life on a foundation of self-sufficiency. And self-sufficiency looks strong and impressive and even inspiring

right up until the moment when the heat comes and the drought sets in. And it always does. The season arrives that no amount of inner strength, positive thinking, or believing in yourself can handle. The diagnosis that takes the air out of the room. The betrayal that breaks what you thought was unbreakable. The grief that will not respond to any of the tools you have been given. And you are left standing in a parched place asking where the strength you were promised actually went.

The woman whose roots go down into Jesus Christ does not fear the heat. Because her source does not depend on the weather. She does not need to be enough because He is. She does not need to generate what only He can provide. She needs to stay connected to the One who is the source of everything she needs. That is not weakness. That is the wisest thing a woman can do.

Reflection

Where have you been trying to generate strength from yourself rather than receiving it from Christ? What does that striving look like in your daily life -- the performance, the exhaustion, the fear of being found out? Where do you feel most depleted and what does that depletion tell you about where you have been drawing from?

Prayer

Father I confess that I have believed the lie that I am enough. I have tried to be strong in my own strength and it has left me exhausted and empty and more anxious than I would ever admit. Today I choose to stop trusting in myself and start trusting in You. You are my source. Not my willpower. Not my confidence. Not my ability to manage everything and hold it all together. You and only You. In Jesus name. Amen.

DAY 2 -- WHO TOLD YOU THAT?

Scripture: Genesis 3:9 / John 8:44

The very first question God asked a human being after the fall is one of the most penetrating questions ever spoken. It was not a question of punishment. It was not a question of accusation. It was a question of origin. In Genesis 3:9 God calls out to Adam in the garden -- where are you? And embedded in the entire conversation that follows is the question underneath all human shame and self-doubt. Who told you that? Who told you that you were naked? Who told you that you were not enough? Who told you that you needed something other than Me to be whole and valued and secure?

The enemy has been in the business of identity theft since the very beginning. John 8:44 says he is a liar and the father of lies. He did not create evil from scratch -- he took what was good and twisted it. He took the truth of who God made you to be and he bent it just enough to make you doubt it. He has been doing it since Genesis and he has been doing it to you.

Here is what God actually says about who you are. You were created in the image of God. Genesis 1:27. Not in the image of your failures. Not in the image of what has been done to you. In the image of God. You are fearfully and wonderfully made. Psalm 139:14. The word fearfully there means with reverence -- as if God stepped back from the making of you and was in awe of what He had created. You were known before you were formed in the womb. Jeremiah 1:5. You were chosen before the foundation of the world. Ephesians 1:4. Before you drew your first breath God had already chosen you.

The lie is everything that contradicts those truths. The voice that says you are too much or not enough. Too broken to be used. Too ordinary to matter. Too far gone to be restored. Not smart enough or pretty enough or together enough or spiritual enough. Not a good enough mother. Not a good enough wife. Not a good enough Christian. Every single one of those voices has the same father. And Jesus -- who knows that father better than anyone -- calls him a liar.

The question is not whether those voices are loud. They are probably deafening at times. The question is which voice you are choosing to give authority to. You cannot live simultaneously in the enemy's definition of who you are and in the freedom of who

God says you are. You have to choose. And you have to keep choosing. Every morning. Every time the lie surfaces. Whose report will you believe?

Reflection

Take time today to write down the specific lies you have believed about yourself -- the ones that feel so familiar they seem like your own thoughts. Then beside each one find a scripture that speaks the direct opposite truth and write it down. Read both out loud. Which one has been getting more of your attention and agreement?

Prayer

Father I want to know the truth about who You made me to be in the deepest places -- not just intellectually but in the places where the lies have lived for years. Today I choose Your voice over every other voice that has spoken into my identity. I renounce the lies I have agreed with and I choose to agree with what You say instead. Expose every false belief and replace it with truth that sets me free. In Jesus name. Amen.

DAY 3 -- YOU ARE NOT YOUR STORY

Scripture: 2 Corinthians 5:17 / Isaiah 43:18-19

Some women have been told their whole lives -- by circumstances, by people who should have known better, by the quiet voice inside their own heads -- that their past is the defining chapter of their story. That who they are is inseparable from what has happened to them or what they have done.

Maybe it is something that was done to you. Abuse that was never supposed to happen. Betrayal by someone who promised they never would. Abandonment by someone who was supposed to stay. Words spoken over you in moments of cruelty or carelessness that embedded themselves so deeply you have been living by them ever since. Wounds that shaped the entire architecture of how you see yourself, how you trust people, how you relate to God.

Or maybe it is something you did. Choices you made that you cannot take back. A season of your life that you would erase if you could. A version of yourself that you are deeply ashamed of. The things you did before you knew better. Or maybe the things you did after you did know better.

The world will tell you to own your story. To be defined by what you have survived. To build your identity around your struggle and your resilience. And there is a kernel of truth there -- your testimony is real and God does not waste a single chapter of your story. But 2 Corinthians 5:17 says something so much more radical than own your story. It says if anyone is in Christ he is a new creation. The old has passed away. Behold the new has come.

Not patched up. Not improved. Not functional enough to move forward. New. The Greek word is *kainos* and it means unprecedented. Something that has no prior version. Something that did not exist before this moment. You are not the amended version of the woman you used to be. You are a new creation. And a new creation is not defined by the raw materials that went into making it.

Isaiah 43:18-19 has God Himself saying -- do not remember the former things or consider the things of old. Behold I am doing a new thing. Now it springs forth. Do you

not perceive it? The God of the universe is asking you to look up from your past long enough to see what He is doing right now. Your past is not your prison. It is not the defining chapter. It is the backdrop against which God's grace shines most brilliantly. The darker the background the more clearly the light is seen.

Reflection

What past experience or decision have you allowed to function as the defining truth about who you are? Name it honestly before God today. Then ask Him directly -- what do You say about who I am now? Not then. Now. In Christ. Listen for His answer.

Prayer

Father I lay down the identity that my past has constructed for me. Every wound that told me I was damaged beyond repair. Every failure that told me I was disqualified. Every voice that said my story was too broken to be redeemed. You are the God who makes all things new and I dare to believe You can make me new. I receive my identity not from my history but from Your hands. In Jesus name. Amen.

DAY 4 -- BELOVED

Scripture: Romans 8:38-39 / Zephaniah 3:17

If you could strip away every role you play and every title you carry and every thing you do and every relationship that defines you -- if you could stand before God with nothing but who you actually are -- what do you believe He would call you?

The world has a long list of options. Useful. Capable. Impressive. Productive. A good mother. A good wife. A good Christian. A good employee. The world values you based on what you contribute and what you perform. And if you have been listening to the world long enough you have started to evaluate yourself by the same criteria.

But of all the things God could have chosen to call you -- the one He returns to again and again throughout the entirety of Scripture is simply this. Beloved. Not useful. Not impressive. Not even good. Beloved.

Romans 8:38-39 is one of the most expansive declarations of love in all of human language. For I am sure that neither death nor life nor angels nor rulers nor things present nor things to come nor powers nor height nor depth nor anything else in all creation will be able to separate us from the love of God in Christ Jesus our Lord. Paul lists every category of threat he can imagine. Every force in heaven and on earth. Every dimension of existence past, present, and future. And he says with absolute certainty -- not one of them can cut you off from the love of God.

This is not a love that fluctuates based on your performance. It does not increase when you have a good quiet time and decrease when you lose your temper. It does not reward your best weeks and withdraw in your worst ones. It is not a love you can earn more of by being better or lose more of by failing. It is the love of God -- which is not like human love at all. It chose you before you did anything to deserve it. It pursues you when you run. It stays when you push it away. It will not be separated from you by anything.

And then Zephaniah 3:17 gives you an image that is almost too intimate to receive. The Lord your God is in your midst a mighty one who will save. He will rejoice over you with gladness. He will quiet you by his love. He will exult over you with loud singing.

God sings over you. Not over your accomplishments. Not over your best moments. Over you. Because you are His and that is enough reason for Him to break into song.

Reflection

Sit quietly for a few minutes today and ask God to speak to you about His love for you specifically -- not for people in general but for you. What do you notice when you try to receive love rather than earn it? Where does your heart resist it and why?

Prayer

Father I want to know -- truly know deep in the places where the performance and the striving live -- that I am Your beloved. Not conditionally. Not based on how well I did this week. Completely and permanently. Let this truth displace the lies that have lived in its place for so long. I receive Your love today not because I deserve it but because You give it and You do not take it back. In Jesus name. Amen.

DAY 5 -- STRENGTH THAT DOES NOT COME FROM YOU

Scripture: Isaiah 40:28-31 / Philippians 4:13

You are tired. Not just physically tired -- though probably that too. Soul tired. The kind that sleep does not fix and vacation does not touch. The kind that has been building for so long you have almost forgotten what it felt like to not be tired. The kind that comes from carrying too much for too long. From being the one who holds everything together and never asks for help. From pouring yourself out for everyone around you until there is nothing left -- and then finding that people still need more.

The world's answer is that you have more strength inside you. You just need to dig deeper. Tap into your inner reserves. Believe harder. Try a new morning routine. Get up earlier. Journal more. And for a little while those strategies create the illusion of progress. Until they do not. Until you are sitting in your car in the parking lot of the grocery store unable to go inside because you simply have nothing left. And wondering what is wrong with you that the inner strength you are supposed to have is nowhere to be found.

Isaiah 40:28-31 gives you an answer that the self-help industry cannot. Have you not known? Have you not heard? The Lord is the everlasting God the Creator of the ends of the earth. He does not faint or grow weary. His understanding is unsearchable. He gives power to the faint and to him who has no might he increases strength. Even youths shall faint and be weary and young men shall fall exhausted. But they who wait for the Lord shall renew their strength. They shall mount up with wings like eagles. They shall run and not be weary. They shall walk and not faint.

The strength you have been desperately trying to manufacture in yourself was never supposed to come from you. You were designed with a dependence that the world calls weakness and God calls wisdom. The word wait in Hebrew is qavah and it means to bind together -- to twist and intertwine like a rope. It is not passive resignation. It is active surrender. Choosing moment by moment to stay connected to the One who never runs out instead of trying to generate on your own what only He can supply.

Philippians 4:13 -- I can do all things through him who strengthens me. The key word is through. Not from. Not by. Through. The strength flows through you from a source

that is not you. You are not the generator. You are the conduit. And a conduit does not strain to produce what it carries -- it simply stays connected to the source. That is not weakness. That is exactly how God designed you to function.

Reflection

Where specifically are you trying to generate strength that only God can provide? What would it look like today -- not in theory but in actual practice -- to wait on the Lord instead of pushing harder on your own? What one thing would you do differently tomorrow morning if you truly believed His strength was available to you?

Prayer

Father I am tired and I am done pretending I am not because pretending it is not true has not made it less true. I cannot do this in my own strength anymore and I do not want to. I want the strength that comes from You -- the kind that does not run dry when circumstances get hard and the kind that does not depend on how well I slept or how much I have left to give. Renew my strength today. Teach me in the practical daily moments what it means to wait on You. In Jesus name. Amen.

DAY 6 -- WHAT YOU DO IS NOT WHO YOU ARE

Scripture: Ephesians 2:8-10 / Titus 3:5

Many women have built their entire sense of self on what they do. Their role as a mother -- the primary measure of worth being how well their children are turning out. Their career -- the significance they feel directly tied to their performance and their position. Their ministry in the church -- serving and giving and showing up because somewhere underneath the service is the fear of what happens to their identity if they stop. Their reputation among the people who matter to them -- the carefully curated image of a woman who has it together.

And the terrifying thing about building your identity on what you do is how completely invisible the foundation is until the structure above it starts to shake. When the children grow up and leave and the house is quiet and you do not know who you are without the role. When the career ends or changes and the title that gave you significance disappears. When a season of illness or loss forces you off the ministry hamster wheel and you discover the silence underneath is filled with anxiety. When the reputation cracks and the image cannot be maintained and you are left wondering who you actually are beneath the performance.

Ephesians 2:8-9 cuts through every performance-based identity with a single decisive blow. For by grace you have been saved through faith. And this is not your own doing. It is the gift of God not a result of works so that no one may boast. Your standing before God -- the most fundamental truth about who you are -- has absolutely nothing to do with what you have done or how well you have done it. It is entirely and completely based on what Jesus has done. The most faithful woman in your church and the woman who has never done a single religious thing in her life stand in exactly the same position before the cross. Both completely dependent on grace alone.

But Ephesians 2:10 immediately tells you something beautiful that keeps this from becoming passive. For we are his workmanship created in Christ Jesus for good works which God prepared beforehand that we should walk in them. You were not saved by your works. But you were absolutely saved for them. The good things you do are not the source of your identity. They are the overflow of it. There is a world of difference

between a woman doing things to earn her identity and a woman whose identity is so secure that the doing flows naturally from a place of fullness.

Titus 3:5 confirms it. He saved us not because of works done by us in righteousness but according to his own mercy. Your worth is not derived from your output. It is declared by the One who made you and redeemed you. When you know that at the core -- when your identity is rooted there and not in your performance -- the striving changes. You serve from abundance not from scarcity. You give from security not from fear. You show up because you are called not because you are terrified of what it means about you if you do not.

Reflection

What roles or accomplishments have been functioning as the foundation of your sense of worth? What happens emotionally when those things are threatened or removed? What would it feel like to do the same things -- serving, giving, showing up -- from a place of secure identity rather than from a place of earning it?

Prayer

Father I confess that I have tangled my identity up with what I do in a way that has left me striving and exhausted and afraid. Forgive me for trying to earn what You have already freely given. Separate my sense of worth from my performance and root it instead in who You say I am. Teach me to live and serve and give from a place of fullness not fear. I am Your workmanship and that is sufficient. In Jesus name. Amen.

DAY 7 -- THIS IS WHO YOU ARE

Scripture: 1 Peter 2:9-10 / Colossians 3:12

Six days of dismantling. Six days of examining the lies and the false foundations and the places where identity was built on sand instead of rock. Today is not about more deconstruction. Today is about standing on what is true. Not what feels true. Not what you have experienced to be true. What God declares to be true about you whether you feel it yet or not.

1 Peter 2:9-10 -- But you are a chosen race a royal priesthood a holy nation a people for his own possession that you may proclaim the excellencies of him who called you out of darkness into his marvelous light. Once you were not a people but now you are God's people. Once you had not received mercy but now you have received mercy.

Read every word of that slowly and resist the urge to mentally qualify it. Chosen. Not selected for what you bring to the table. Chosen before you brought anything. Before you were born. Before you did anything to merit selection. God looked at all of human history and He chose you. That is not a metaphor. That is a declaration about who you are.

Royal. You are a daughter of the King. Not metaphorically. Not as a nice sentiment to put on a coffee mug. The King of Kings and Lord of Lords is your Father. You carry His name. You have access to His throne. There is no earthly title that comes close to what that means.

Holy. Set apart. Not perfect -- you know better than that by now. But set apart. Belonging to God. Being shaped by the Holy Spirit who lives in you into something that increasingly reflects the character of the One who made you.

His own possession. You belong to Him completely and permanently. Nothing -- no diagnosis, no failure, no loss, no betrayal, no spiritual attack, no sin from your past or your present -- can take you out of His hand. You are His. Full stop.

Colossians 3:12 then shows you what a woman who knows this actually looks like in real life. Put on then as God's chosen ones holy and beloved -- compassionate hearts kindness humility meekness and patience. This is not a list of things you must perform

to qualify as God's chosen ones. This is what God's chosen ones -- which you already are -- naturally begin to look like when they actually know who they are. The woman who knows she is chosen does not grasp for approval. The woman who knows she is royal does not bow to fear. The woman who knows she is beloved does not perform for love. The woman who knows she belongs to God does not let the world define her.

That is who you are. Not because you earned it. Not because you are enough. Because He chose you. He loves you. He calls you His. And that -- no matter what the world says or the enemy whispers or your past screams -- is a foundation that cannot be moved.

Reflection

Of the identity truths in 1 Peter 2:9 -- chosen, royal, holy, His own possession -- which one do you most need to receive today? Write it at the top of a piece of paper and spend time asking God to make it real to you not just intellectually but in the deep places. What changes when you start your day from this identity rather than from the lies?

Prayer

Father I receive the identity You have declared over me. Chosen. Royal. Holy. Beloved. Yours. I receive it not because I have earned it or because I feel worthy of it but because You said it and You do not lie. Let this truth go deeper than knowledge today -- all the way down into the places where the lies have lived for years and let it displace them completely. I am Yours. And that is enough. In Jesus name. Amen.

A Word About Jesus

If you have read through these seven days and you realize you do not yet have a personal relationship with Jesus Christ -- I want you to know something important. Everything in this devotional is available to you. Every promise. Every word of grace. Every identity truth. Not because of how spiritual you are or how together your life looks. But because of what Jesus did.

He died on a cross to pay for everything you have ever done wrong. He rose from the dead three days later proving that death itself could not hold Him. And He is offering you right now -- in this moment -- complete forgiveness, a brand new identity, and a relationship with the God who made you and knows you and loves you without condition.

Romans 10:9 -- if you confess with your mouth that Jesus is Lord and believe in your heart that God raised him from the dead you will be saved. That simple. That real. That available to you right now. If you want to take that step reach out to us at Brian@puregritfaith.com or visit puregritfaith.com/prayer. We would be honored to walk with you. You were not made to do this alone.

-- Brian | Pure Grit Faith | puregritfaith.com

"You are a chosen race, a royal priesthood, a holy nation, a people for his own possession."

-- 1 Peter 2:9

Share this devotional freely with someone who needs it.

© 2026 Pure Grit Faith | Permission granted to share freely. Not for resale.