

A Journey To
Becoming Who
You *Already* **Are**

10-DAY STUDY





INTRODUCTION

This is for you. Whether for the first time or the 1,000th time, there is never a bad time to ask Jesus to show us who we are because of Him. I believe as you spend time reading, praying, and reflecting through this 10-day journey, God will reveal His heart for you in new, incredible ways.

Inside, you will find 10 biblical truths that will encourage your heart and 10 prayers to refresh your spirit and declare over your life. These truths have changed my life. Each one will help you receive the inheritance you have from your Good Father. I believe when we fully believe who we are because of Jesus, everything changes.

My prayer is that this will encourage your heart and remind you of who you *already* are. And who are you? You are a Daughter of a perfect Father. And with Jesus, you have an amazing future in front of you.

Laney Rene

DAY 1

You are His Beloved

God loves you. He has always loved you. And He will always love you. Even in the moments you feel unlovable, messy, and simply human — know that He calls you His own and will never stop. He promises to go into your future to prepare the way and, in kindness, protect you from the harm of your past (2 Corinthians 5:17).

He will woo you, romance you, and divinely pursue you. With Him, nothing is impossible. If you want to know who you are, simply look at Jesus.

Asking more questions of ourselves or the world will never truly satisfy the deepest longings of our hearts. But when we ask God to show us who He says we are, we begin to see ourselves as God sees Jesus, His beloved, the one He sent to save each one of us.

REFLECT





PRAY

Father, thank You for Your love. Thank You that You are love and that You have poured out Your love upon me through Jesus. Thank You that my identity is found in You, that You call me beloved, and that Your arms are always open towards me.

DAY 2

You are Never Alone

You are never alone. You have a heavenly Father who walks closely with you. You can trust His plans for your life are good — they are plans to prosper you and not to harm you (Jeremiah 29:11). Through every moment of every day, you're not alone.

When you realize and believe you're His, it produces more than just temporary confidence; it births within you supernatural faith. You are a daughter of the only Father whose love is constant and completely perfect. And because you never walk alone, you can spend every day assured of His faithfulness to you.

REFLECT





PRAY

Father, thank You that You are with me in every moment. Thank You that You go before and behind me, that you hem me in on every side (Psalm 139:5). With You, I am safe forever.

DAY 3

You are His Daughter

Before you ever opened your eyes, God placed a divine purpose on your life: to live as His Daughter. Painful memories and every negative label of the world are not for you to carry. You have a Father who is both King of the universe and near to your heart, His Kingdom realm is close enough to touch (Luke 17:21) and you belong to Him by birthright.

You don't ever have to live confused, lacking peace. Your heart can rest knowing that through Jesus, you hold the keys to the Kingdom. Daughter, fling open the door and walk in the reality of who you are today. You are a daughter of the King.

REFLECT





PRAY

Father, thank You that You call me Your own. Thank You for the blood-bought inheritance I have in Jesus.

I know I have a rightful place as Your redeemed daughter. I am accepted and approved of by You.

DAY 4

You are Righteous

It's easy to go through our days and have no idea of the gift that has already been lavished upon us. So many of us have barely even scratched the surface of the magnitude of what the Father intended for us. Jesus has imputed His righteousness to you.

When you believe in Jesus, the righteousness of Christ that you did absolutely nothing to earn is imputed to you. That means it's given to you as a gift, with nothing for you to earn or deserve. You don't have to wonder if God loves you or if you've truly been forgiven. Because of what Jesus already did, you are righteous with Jesus' righteousness.

REFLECT





PRAY

Because of Jesus' blood-bought death and resurrection, I am righteous before You, God. It's not about my works or my merits. By grace, through faith, I receive His righteousness. Thank You for accepting me, blessing me, and loving me perfectly.

DAY 5

You are Chosen

Jesus said, “*Whoever has seen me has seen the Father*” (John 14:9). The way we get to know the Father is by looking at the person of Jesus, because He and the Father are one.

Before you were even born, God demonstrated His love towards you. Before you ever did one thing, Christ had already died for you, paying for your future, once and forever. God knows absolutely everything about you, and He chose you, qualified you, and made a way for you through Jesus because He SO loves you (John 3:16–17).

REFLECT





PRAY

God, thank You that You so love me. Thank You for sending Jesus to make a way for me to be with You always and forever. I love knowing that before I spoke a word or breathed, You chose me.

DAY 6

You Have Hope In Every Season

The gospel is the only thing that sounds too good to be true . . . and is still true! Even when we don't understand things in life, I hope it brings freedom to your soul to know that you are anchored to a perfect Father who is not letting you go.

Life with Jesus is an invitation to hope in the midst of the unknown, broken, and confusing moments of life. Second Corinthians 4:8 says we are hard-pressed on every side, but not crushed; perplexed, but not in despair. Why? Because through Jesus, we have a perpetual hope, renewing our hearts and minds every day.

REFLECT





PRAY

*Even when I walk through difficult seasons or situations,
I know that I always have hope. And because God has
kept His word through all time, I know He will keep His
word over me. I have a good future and hope in Jesus!*

DAY 7

God Has Good Plans For You

You can rest in the knowledge that God has good plans for you. It's easy to think that once we mess up, we messed up God's plan for our lives, and now we live with second best or even third best. But God is always working on our behalf. His mercies are new every morning, and He can even make beauty for ashes.

God has good plans for you. He is always plotting new ways to prosper you — in every area of life (Romans 5:8). Your life will be full of restoration, wholeness, and joy. His timing is perfect, and with Him, you lack no good thing.

REFLECT





PRAY

I believe You have good plans for me. Your thoughts towards me are good. You have wonderful ideas for my life, and I can walk hand-in-hand with You into a future better than I could ever dream, ask, or imagine.

DAY 8

You are Enough

One of the beautiful things about belonging to Jesus and being called His very own is that when you said “I do” to Him, you said goodbye to the need to strive and perform. You no longer have to pretend to be something you’re not because who you are is enough, simply because He is enough.

You can let go of striving. You can let go of comparison. You can let go of regret and trying to live up to everyone else’s expectations. Jesus already did everything. There is no pressure on you to be somebody, do something, or perform to a certain level. You can rest in the loving arms of Jesus, your savior.

REFLECT





PRAY

Father, thank You that simply saying “yes” to life with Jesus is all I have to do. And that following You is really about receiving from Your abundance. I know when I receive from You, I have an overflow to live from.

DAY 9

You Can Smile

So often when we fail, we feel like we have to hide. We feel like we need to sit and think about what we've done, yet God never asked us to do that. Instead, He tells us to remember what He has done.

I love the promise in Romans 5:17: that because of one person's trespass (failure), death reigned through the one. But now, much more will those who receive the abundance of grace and the free gift of righteousness reign in life through the one (Jesus). Today, you can smile, even in the midst of what you've been going through, because God is smiling at you.

REFLECT





PRAY

Thank You that I don't have to live a life based on doing all the right things or being good enough. Thank You that I can simply receive the riches of the gospel, the gift of Your unending, once—and—for all grace.

DAY 10

You Have Everything You Need

Sometimes looking at the goodness and faithfulness of God in someone else's life can cause us to doubt His provision in our own lives. The reason comparison can feel so defeating is because it distracts us from all the Father has done for us and everything He has promised for our future . . .

When you know what you've been given as a daughter, comparison loses its power over you! You can both live with an inheritance and live from it, too. Jesus broke the power of sin and shame for you. This is your inheritance. It is perfect love — living without fear and lacking no good thing.

REFLECT





PRAY

Jesus, thank You for willingly trading places with me so I have full access to You. Thank You that I can now live in the abundance of what You have freely made available to me. Thank You that my inheritance will never go away (1 Peter 1:4).

DECLARATION

Jesus, I am who You say I am. I am beloved. I am healed through You and righteous in You. You are my good Father and my forever friend. I am whole, lacking no good thing. I am in a beautiful place because You go with me.

I am safe and secure. You provide for me, make a way for me, and love me forever. Thank You, Jesus, for Your faithfulness to me today and forever.



Laney Rene

Laney is a wife, mom, and founder of The One He Loves. She is known for sharing the goodness of Jesus in a way that is not just inviting but also captivating. After walking through a painful season and into a redemption story only Jesus could come up with, Laney couldn't keep the good news to herself. Today, as a worship artist, author, and speaker, Laney continues to find creative ways to share the heart of Jesus with everyone she can!

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The One He Loves is a faith-based, nonprofit ministry that seeks to create space for women of all ages to be refreshed, encouraged, and reminded of how loved they are by Jesus. We do this through worship nights, digital community, and other missional outreaches. We believe in creating space outside of traditional church buildings to connect and establish community. Our heart is that women who may be familiar with a church community and women who may not yet know Jesus or have never stepped foot in a church building would feel equally and completely welcome.



When we look at Jesus — His life and ministry — we see Him gathering with people in all kinds of places. TOHL seeks to facilitate first encounters and refreshing re-introductions to the person of Jesus in the same way. Meeting around the world in various spaces, women get connected with TOHL. We then work alongside the church, introducing women to a local faith-community.

To learn more about **The One He Loves**, please visit theoneheloves.org, and to join the community, follow [@theonehelovesministry](https://www.instagram.com/theonehelovesministry) on Instagram and Like on Facebook. For questions about worship nights, outreach, or other inquiries, please email info@theoneheloves.org.

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