

# SONS & DAUGHTERS

40 DAYS TO UNLEASH THE POWER OF  
YOUR GOD-GIVEN IDENTITY.

I AM  
*transformed*

# I AM *Transformed*

40 DAYS TO UNLEASH THE POWER OF  
YOUR GOD-GIVEN IDENTITY

## SONS & DAUGHTERS



*a division of Baker Publishing Group*  
Grand Rapids, Michigan

© 2022 by Messenger International

Published by Revell  
a division of Baker Publishing Group  
PO Box 6287, Grand Rapids, MI 49516-6287  
www.revellbooks.com

Printed in the United States of America

All rights reserved. No part of this publication may be reproduced, stored in a retrieval system, or transmitted in any form or by any means—for example, electronic, photocopy, recording—without the prior written permission of the publisher. The only exception is brief quotations in printed reviews.

Library of Congress Cataloging-in-Publication Data

Names: Sons & Daughters (Colorado Springs, Colo.) author.

Title: I am transformed : 40 days to unleash the power of your God-given identity / Sons & Daughters.

Description: Grand Rapids, MI : Revell, a division of Baker Publishing Group, [2022]

Identifiers: LCCN 2022006577 | ISBN 9780800737696 (paperback) | ISBN 9781493438754 (ebook)

Subjects: LCSH: Identity (Psychology)—Religious aspects—Christianity—Miscellanea. | Young adults—Religious life—Miscellanea.

Classification: LCC BV4509.5 .S675 2022 | DDC 155.2—dc23/eng/20220328

LC record available at <https://lccn.loc.gov/2022006577>

Scripture quotations are from THE HOLY BIBLE, NEW INTERNATIONAL VERSION®, NIV® Copyright © 1973, 1978, 1984, 2011 by Biblica, Inc.® Used by permission. All rights reserved worldwide.

Sons & Daughters is represented by the literary agency of The Fedd Agency.

Baker Publishing Group publications use paper produced from sustainable forestry practices and post-consumer waste whenever possible.

22 23 24 25 26 27 28      7 6 5 4 3 2 1

To the sons and daughters who've paved the way,  
the ones embracing the adventure today,  
and those who will lead one day.

# CONTENTS

How to Use This Book 9

## **Part 1 I AM HOLY 13**

1. God Is Perfect, So I Am Growing 15
2. God Is Wise, So I Am Teachable 19
3. God Is Unchanging, So I Am Consistent 23
4. God Is One, So I Am Whole 27
5. God Is Sinless, So I Am Pure 31
6. God Is Truth, So I Am Free 35

## **Part 2 I AM RIGHTEOUS 39**

7. God Is Just, So I Am Forgiven 41
8. God Is Merciful, So I Am Forgiving 45
9. God Is Grace, So I Am Unstoppable 49
10. God Is Light, So I Am an Advocate 53
11. God Is Righteous, So I Am Confident 57
12. God Is Compassionate, So I Am Realistic 61

## **Part 3 I AM LOVED 65**

13. God Is Love, So I Am Empathetic 67
14. God Is Patient, So I Am Enough 71

- 15. God Is Skillful, So I Am Valuable 75
- 16. God Is Giving, So I Am Content 79
- 17. God Is Relational, So I Am Inclusive 83
- 18. God Is Global, So I Am an Ally 87

#### **Part 4 I AM SECURE 91**

- 19. God Is Faithful, So I Am Peaceful 93
- 20. God Is Accepting, So I Am Honest 97
- 21. God Is All-Seeing, So I Am Open 101
- 22. God Is All-Powerful, So I Am Safe 105
- 23. God Is All-Knowing, So I Am Provided For 109

#### **Part 5 I AM CONFIDENT 113**

- 24. God Is Awesome, So I Am Humble 115
- 25. God Is Present, So I Am Not Alone 119
- 26. God Is Eternal, So I Am Patient 122
- 27. God Is Intentional, So I Am Persistent 126
- 28. God Is Hope, So I Am Optimistic 130

#### **Part 6 I AM CREATIVE 135**

- 29. God Is Diverse, So I Am Unique 137
- 30. God Is Unpredictable, So I Am Imaginative 141
- 31. God Is Infinite, So I Am Productive 145
- 32. God Is Mysterious, So I Am Curious 149
- 33. God Is Expansive, So I Am Intentional 153
- 34. God Is Detailed, So I Am Excellent 157

## **6 CONTENTS**

**Part 7 I AM CALLED 161**

35. God Is Sovereign, So I Am Surrendered 163

36. God Is Missional, So I Am Ready 167

37. God Is Visionary, So I Am Involved 171

38. God Is Faithful, So I Am Strong 175

39. God Is Good, So I Am Generous 179

40. God Is First, So I Am Fearless 183

Conclusion 187

# HOW TO USE THIS BOOK

HAVE YOU EVER NOTICED pets and their owners who look way too much alike? Like, it's borderline creepy? Or married couples who over the years have begun to look more and more the same? Or friend groups who dress, talk, and even laugh alike, even though they'd all probably deny it?

It's not a bad thing to look like someone you love or admire. In fact, it's human nature.

We do the same thing with God, actually. The more time we spend with him, the more we live like him and love like him. The goal of this forty-day devotional experience is based on that idea. Each day, we'll look at a unique truth about God and a corresponding truth about ourselves.

That order is important: first God, then us. Too often we get this backward. We think we must take the lead and let God do his work in our wake. We believe it's up to us to impress God, convince God, or even manipulate God by polishing our lives to perfection.

Really, we just need to *reflect* God.

We were created in his image, after all. It's only natural that we should resemble him. The more we understand who he is, the more his image begins to shine in us, and the more we become like him in our day-to-day lives. We start by looking at him, and we end up looking like him as we surrender and let his goodness and greatness transform us from the inside out.

Remember, God already loves us. He's our Father, our friend, our Lord, and our biggest fan. Our relationship with him is not in danger. He's not stressing out about our accomplishments or our maturity level or our marital status or our career progress or any of the other things that so often puncture our self-esteem. Instead, he is inviting us to follow him, to learn from him, and to become like him.

Again, that's the heart behind this interactive devotional, which consists of forty short entries loosely organized under what we call our I Am Covenant. You might want to read through the devotional over forty days or you might prefer to cover one section per week for seven weeks, whichever works best for you. Each devotional is broken up into these four sections.

## **REST**

Before you jump in to the main part of the devotional, we encourage you to take two full minutes (or more) to settle your mind and emotions. This might be harder than you expect. It's a lot easier to keep your mind busy than it is to keep it calm. But calm is what you need.

Consider setting a timer so you don't rush too quickly through this section. Take a moment to read the introductory text, then simply breathe. Pay attention to what you are feeling. Maybe God wants to speak into some of those areas today. If so, that's his role. Yours is to trust, to rest, to wait, to obey.

Once your thoughts and heart are settled, move on to the Read portion.

## **READ**

In this section we look at two things: a quality or trait of God and a parallel application in our own lives. We look at who God is and how his nature is reflected in us.

The goal of this section isn't to be overly complicated, but it's not intended to offer cliché or superficial answers either. We will look at questions we all face, and we will ask what God's nature and image mean for us on an intensely practical level.

The truths we examine are all based on Scripture, and we've included references within the text. If you'd like to dive deeper into any topic, there are also two or three passages for additional thought included at the end of each reading.

## **10 HOW TO USE THIS BOOK**

## **REFLECT**

Each devotional includes three questions to help you reflect on and apply what you've just read. These are completely personal, so there's no answer key. They are simply starting points for self-evaluation.

If you are reading this devotional on your own, you might want to write the answers in this book or in a separate journal. If you are reading this with a group and would prefer to discuss them aloud, these questions can lead to deep, healthy conversations.

## **RESPOND**

We've left space at the end of each devotional for hands-on interaction with the topic. Whether you consider yourself artistic or not, we invite you to take a few moments to express what you're feeling in some creative, personal way.

That might be through poetry, an outline, brainstorming, a sketch, song lyrics, abstract art, doodles, a metaphor, creative writing, or anything else that fits who you are and how you think.

Have fun with this section! It is yours to do with as you please, to express yourself freely. It just might become your favorite part of the day.

And . . . that's it! You're ready to begin.

# PART 1

## *i am holy*

I AM HOLY, SO I STAND OUT FROM THE CROWD. I recognize that holiness is so much more than “following the rules.” Holiness is not an attempt to just be good enough. Rather, it’s my journey of embracing everything my Father has for me. A journey into the beauty, wonder, and majesty of what it is to be a child of God and share in his nature. It’s his nature within that makes me stand out. God’s holiness transforms every area of my life. And because of his Spirit and grace, I can be holy—in thought, word, and deed. To be holy is to be whole. To be holy is to be his. I am holy, so I stand out from the crowd.

# DAY 1

## GOD IS PERFECT, *so i am growing*

### REST

As you get started today, take two minutes to simply be still. Let the stress and hurry and noise of life fade into the background as your spirit comes alive.

Breathe in, breathe out, breathe in again. Focus on exchanging stress for peace, shame for confidence, fear for courage.

When you are finished, whisper to yourself, *I am loved. I am holy. I am complete. I am enough.*

### READ

***What Perfect Really Means*** Is there anything in your life that has to be perfect, or else you start to go a little crazy? Maybe you can't stand clutter around the house. Or everything on your desk needs to be exactly in its place before you can concentrate. Or you try on seventeen different clothing combinations every morning until your outfit is a flawless work of art.

We are all perfectionists in at least a few areas. And in other areas . . . not so much. You can probably think of some things you don't care that much about so you don't try too hard to perfect them.

That's normal. The problem is when the things you don't care about are precisely the things your roommate or spouse obsesses over. Or vice versa. At that point, either someone has to change or sparks will fly. Perfection and chaos can't coexist, right?

Wrong.

Just look at God, then look at us. God is perfect. In *every* way, not just a few. We are far from perfect. And yet he doesn't roll his eyes at us while dropping passive-aggressive, semi-snarky comments about the dishes we left in the sink, metaphorically speaking.

You see, we tend to think of perfection as just being free from sin, error, or weakness. The issue is that we're works in progress. We make mistakes. We suffer lack. We struggle with weakness. So if "perfect" means never messing up, we might as well give up now. We're set for failure.

In the Bible, though, the term *perfect* refers to the idea of becoming complete. It alludes to maturity, wholeness, or fullness. We often see this term used to encourage growth in a variety of areas.

For example, on one occasion, Jesus was teaching about loving everyone, even our enemies. He instructed his listeners to share his wide, expansive, unconditional love with all people, including their enemies. Then he pointed to how God "causes his sun to rise on the evil and the good, and sends rain on the righteous and the unrighteous" (Matt. 5:45). A few verses later he concluded with this summary: "Be perfect, therefore, as your heavenly Father is perfect" (v. 48).

Do you see the connection in this passage between becoming better at *love* and becoming more *perfect*? When Jesus said "be perfect," he wasn't commanding us to meet an impossible moral standard of some obsessive, perfectionistic deity. Rather, he was challenging us to become as complete in our love as God is in his. If we want to be like him, we need to have a diverse, wide, inclusive, open-armed love, even for those who don't like us or who go out of their way to oppose us.

But love is just one of God's qualities. He is complete in every sense. He is perfectly wise, strong, good, true, faithful, kind, pure, and generous. He lacks nothing and has everything. As children of God who are made in his image, we are called to become complete or whole, to grow in holiness.

In a spiritual sense, we are already complete. That's an important truth to keep in mind, particularly when the process of personal growth is slower than we'd like. In Christ, we are children of God: loved, approved, and

accepted by him. Jesus is our advocate, so we have nothing to fear and nothing to prove.

But our journey toward perfection is a work in progress. That's obvious, right? We all have room to grow. Not because we are trying to avoid disappointing a perfectionistic God, but because we believe we can be as complete and whole as he created us to be. Perfection is a process to embrace, not a goal to reach.

The good news is God is committed to that growth process. In fact, it was *his* idea. That's why Paul wrote, "He who began a good work in you will carry it on to completion until the day of Christ Jesus" (Phil. 1:6).

What areas are you lacking in today? Where would you like to grow? What part of your inner or outer world needs to be made whole? Today, as you pray, express those things to God, and let his perfection encourage you toward growth.

*For further thought, read James 1:2-4 and 2 Peter 1:5-8.*

## **REFLECT**

1. Is it hard to believe that you are already enough in God's eyes? Why or why not?
2. In what areas would you like to grow and become more complete?
3. What is the "good work" that God began in you (Phil. 1:6)? What are some specific ways he might "carry it on to completion"?

## *respond*

---

During your devotional time, use this space to creatively express what the concept of growing and becoming whole means to you. For example, you might jot down your thoughts about God's perfection, draw something that illustrates how you feel on this journey, or write a poem about who you are becoming.

## DAY 2

# GOD IS WISE, *so i am teachable*

### REST

Take a moment to focus your thoughts on God. There is no rush, no hurry, no better place to be.

Mentally release into God's hands anything negative or painful that you are feeling. Cast your cares on him, for he cares for you.

Then tell yourself, *I am safe and loved. I am holy and whole. I am wise and teachable.*

### READ

***You Might Be Wrong*** One of the best things about social media is that it gives everyone a platform to express their opinion about anything and everything. Right? It's awesome.

Except when it's not.

Everybody is entitled to their opinion, but sometimes those opinions can get a little . . . intense. We've all seen more than a few narrow-minded posts, spiteful comments, and ignorant replies. They get our blood boiling and our brains spinning. *How can someone possibly think that?*

Responding is useless. We know that. But the temptation is too much to resist sometimes. After all, what if our carefully crafted, semi-sarcastic

response is exactly what that person needs to finally understand the point they seem to be missing?

So, we compose our thoughts, type our comeback, and hit Send. It doesn't help, of course. But at least we feel a bit better after blowing off steam. Until they reply, anyway. Then the crazy cycle continues.

We all have opinions, and that's a beautiful thing. It really is.

Even when those opinions clash and even when they are not expressed with wisdom or tact, at least we have the capacity to reason, to debate, and to grow. And that's a gift from God. He wants us to learn, and he often uses other fallible human beings to challenge or adjust our assumptions.

The problem arises when we forget that our opinion is simply that: it's ours, and it's an opinion. *Ours* means it's personal. It's a belief we stand by and a mindset we hold to. Other people can and should have their own opinions, and we need to respect each other enough to walk in love even when we strongly disagree.

*Opinion* means it's not fact. This is hard to accept because we all want to be certain about what we believe. We assume that if we study, reason, and learn enough about a particular topic, we will arrive at the truth. Then we will never have to study or reason or learn again.

Let's be honest though. We are finite, fallible, fickle human beings. We don't know everything, because we're not God. Even the truths we think we know must be held with an open hand because *we might be wrong*.

That shouldn't discourage us—but it should humble us. Even more than that, it should point us to the One who does have absolute truth.

God doesn't deal in opinions, guesses, estimates, or assumptions. He never has to change his mind or backtrack on his statements, because he's never wrong. He is the ultimate source of knowledge and understanding.

God doesn't keep his wisdom to himself though. He shares it with us. James wrote, "If any of you lacks wisdom, you should ask God, who gives generously to all without finding fault, and it will be given to you" (1:5). And even Solomon said, "The LORD gives wisdom; from his mouth come knowledge and understanding" (Prov. 2:6).

That doesn't necessarily mean God will give you the perfect comeback for that online debate, but it does mean he will help you live wisely and well. If you are willing to learn, he will show you how to make good decisions, how to handle your money, how to love people better, how to find inner peace, how to establish good habits, and more.

That wisdom rarely comes in the form of an audible voice from heaven. God typically uses less dramatic channels of communication to shape us, including—as we noted above—humans with opinions that don't line up with ours. He also uses the Bible, which is the best and most objective source of his wisdom. And along with that, God's Spirit (the spirit of wisdom) guides us into all truth as we collect experiences, counsel, logic, common sense, and more. God is committed to our growth, and he uses whatever means necessary to speak to our hearts and minds if we take the time to listen.

So, what is your role in this process? First, *be teachable*. That means holding your opinions with an open hand, allowing God to lead you, and being willing to change your mind. Second, *seek wisdom*. This is your responsibility, not God's. Personal growth requires hard work and a good dose of humility. You'll get out of the growth process what you are willing to put into it. Third, *respond quickly*. It's not enough to just know what's right—you also need to put your understanding into practice by making real changes. And finally, *keep growing*. Learning comes in stages. Just because you learned something today doesn't mean you won't need to learn it again tomorrow.

How about you? Where do you need God's wisdom today? Choose to be open, teachable, and humble. Then get ready. Answers will come.

*For further thought, read Proverbs 4:1-9 and James 3:13-18.*

## REFLECT

1. How would you define *wisdom*?
2. Is it easy or hard for you to change your mind? Why is that?
3. If you could learn about any topic or grow in any area, what would it be? Why?

*respond*

---

Think about God's vast wisdom and imagine yourself as a continual learner, receiving from him. What does it mean to you that God knows everything? That you are always growing? That God's truth brings so much life and freedom? Use the space provided to describe or illustrate these truths in whatever creative way feels best to you.

# GOD IS UNCHANGING, *so i am consistent*

### REST

There are a lot of things you don't know and a lot of things you can't control. Think about that for a moment and make peace with it.

Then let it go.

Let go of expectations. Let go of the illusion of control. Let go of the tyranny of perfection. Let go of the labels and the limits that hold you back. Take a couple of minutes to be fully present, fully you. Finish by whispering, *I am me, I am here, and I matter.*

### READ

***Taking Up Space*** Have you ever been stood up by someone? It's not a great feeling. Nobody wants to be ignored, forgotten, or snubbed, and none of us like to have our time wasted.

There are exceptions, of course. If your dentist accidentally double-booked herself and stood you up for a root canal, you probably wouldn't be all that upset. If an IRS auditor got lost trying to find your office and instead decided to cancel the audit he had planned, you'd call it God's divine intervention.

But for the most part, standing someone up is not okay. We've all been there, and we've probably all done it to others. Hopefully it wasn't on

purpose, but let's be real—we make mistakes. We agree to help somebody move and forget to show up. We set a date to hang out with a friend and then plan a trip out of town. We promise to go to our boss's party, knowing we will probably find an excuse to cancel at the last minute.

God, on the other hand, has never stood anyone up, and he never will. He doesn't forget to write things down in his calendar. He doesn't overbook himself. He doesn't bail at the last minute. He doesn't ignore us, forget us, or snub us. The prophet Balaam said this about God:

God is not human, that he should lie,  
not a human being, that he should change his mind.  
Does he speak and then not act?  
Does he promise and not fulfill? (Num. 23:19)

In the story that verse is taken from, God had promised to bless Israel, but an enemy king was trying to convince Balaam to curse Israel instead. The king thought Balaam had some special power to manipulate his deity into doing whatever he wanted. Balaam made it clear to the king that nobody tells God what to do. If God had decided to bless his people, no king or prophet or army was going to get in his way. Why? Because God wouldn't go back on his word. Ever.

God has also promised to bless you. And like the story of Balaam and Israel, he's not going to change his mind. Chances are you don't have a literal human enemy trying to bribe prophets to curse you. That would be weird. But maybe you have a voice in your head, trying to speak evil over you. Perhaps a mocking whisper echoes inside your mind, insisting you aren't enough, your failures are too great, your strength is too small.

Rather than letting that voice convince you that your mistakes have torpedoed your future, turn to God. Let his unchanging, unwavering, unalterable Word build your faith. God is the only one who is never gonna give you up, never gonna let you down (no offense, Rick Astley). In all seriousness, though, God really won't let you down. He doesn't change his mind, his Word, his will, or his ways. You can always count on him. As the author of Hebrews famously wrote, "Jesus Christ is the same yesterday

## 24 GOD IS UNCHANGING, SO I AM CONSISTENT

and today and forever” (13:8). Don’t let the ups and downs of life convince you otherwise.

You do have a role to play in all this, of course. God will show up for you, but you have to show up for *life*. You were created in the image of a faithful God, and you are called to be faithful. Not just in your appointments or your social calendar, but in who you are and how you live.

That means taking up the space God called you to fill. It means showing up, standing up, rising up, speaking up. Do your best to be consistent and faithful, day in and day out.

God doesn’t ask you to be perfect, but he does ask you to be consistent. It’s not about never failing or falling. Consistency is simply about showing up over and over. And if you do fall down, it’s about getting back up.

How can you show up for life today? How can you show up for others? For God? You can’t know everything or control everything, but you can strive for consistency in what you do. And in the long run, that will take you where you want to go.

*For further thought, read Psalm 103:13-18 and James 1:17.*

## **REFLECT**

1. Have you ever felt let down by God? How did you deal with that?
2. Is it hard for you to believe that you matter? Why or why not?
3. What are some areas where you could improve at showing up or being consistent?

*respond*

---

Write or draw something in the space below that is inspired by the unchanging, always-faithful reality of God. How could you describe or illustrate these characteristics? Is there a symbol, a picture, or a metaphor that explains how you feel?