

WHO AM I?

A Guided Reflection on God's
Thoughts About You



Christina Smith



WELCOME

*Before anyone else had
an opinion about you...
God knew you.*

God formed you intentionally.

Psalm 139 reminds us that God's thoughts toward us are precious and countless. More than the grains of sand.

This guide is an invitation to slow down, spend intentional time with God, and reflect on how He sees you.

My prayer is that as you move through these pages, you would begin to see yourself through His truth, align your thoughts with His thoughts about you, and walk more confidently in the way He created you.

You are deeply loved.
You are intentionally created.
And you are constantly on the heart of God.

— Christina Smith

BEGIN WITH PRAYER

Before moving through these pages, take a few quiet moments with God.

Ask Him to help you see yourself through His eyes and reveal any areas where your view of yourself may not align with His truth about you.

Slow down.

Quiet the distractions around you.

Allow this to be more than simply reading words on a page.
Let it become a personal moment of reflection and conversation with the One who created you intentionally and knows you fully.

Prayer

Lord, Thank You for knowing me fully and loving me deeply.

Help me quiet the noise around me so I can hear Your voice clearly.

Show me how You see me.

Remind me who You created me to be.

Help me align my thoughts with Your truth about me.

Teach me to walk confidently in the purpose You designed for my life.

Amen.



GOD'S THOUGHTS TOWARD YOU

"How precious to me are your thoughts, O God!

How vast is the sum of them!

If I would count them, they are more than the sand."

Psalm 139:17–18

**WHAT DOES IT MEAN TO YOU THAT GOD'S THOUGHTS
TOWARD YOU ARE CONSTANT, INTENTIONAL, AND LOVING?**



David says God's thoughts toward us are greater than the grains of sand.

Think about that for a moment.

We could never count every grain of sand on a beach.

And yet that is the picture scripture gives us of how often God thinks about you.

You are constantly on the heart of God.

Not because of what you do.

Simply because you are His.

GOD INTENTIONALLY CREATED YOU

*"For you formed my inward parts;
you knitted me together in my mother's womb.
I praise you, for I am fearfully and wonderfully made."*

Psalms 139:13–14

**WHAT ARE SOME QUALITIES, GIFTS, OR PERSONALITY TRAITS
GOD HAS PLACED INSIDE OF YOU THAT YOU ARE GRATEFUL FOR?**

Nothing about you is random.

God formed you intentionally.
He created you on purpose for a purpose.

Your personality.
Your gifts.
Your voice.
Your passions.
The way you think.

God created each part of you with
intention.

Some women are encouragers.
Some are leaders.
Some are caretakers.
Some serve behind the scenes.
Some are bold.
Some are quiet and gentle.

And every one of those giftings matter.



THE VOICES WE LISTEN TO



The world constantly pressures us to compare ourselves.

Look like this.

Act like that.

Be more like her.

And after a while, if we're not careful, those voices can begin shaping the way we see ourselves. Sometimes we focus more on our flaws than the truth of who God created us to be.

And before we know it, we stop seeing ourselves the way God sees us. But God's truth has the power to transform the way we see ourselves.

Whose voice has most shaped the way you see yourself?

What voices or thoughts do you feel God may be inviting you to surrender or rethink through His truth?



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*Nothing about you is random.
God formed you intentionally.
He created you on purpose for a purpose.*

TION

Take a few quiet moments with God as you reflect on these questions.

There are no perfect answers.

This is simply an opportunity to slow down, listen, and allow God to reveal more about how He sees you.

Q1

In what areas of my life have I been viewing myself differently than how God sees me?

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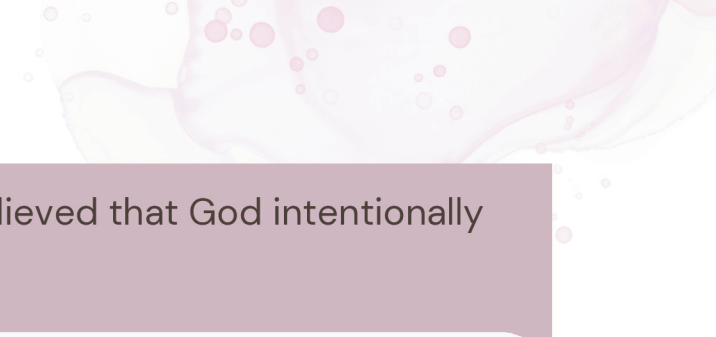


REFLECTION

Time with God

Q 2 What unique giftings or qualities has God placed inside of me?

Q 3 Are there fears, wounds, or insecurities that have affected how I see myself or my purpose?



Q4

What would change if I fully believed that God intentionally created me exactly as I am?

Q5

What truth do I believe God wants me to embrace about myself today?

ALLOW GOD TO RENEW YOUR THINKING



"Do not be conformed to this world, but be transformed by the renewal of your mind..." Romans 12:2

Sometimes life experiences, wounds, comparison, or the opinions of others can shape the way we see ourselves.

But God's truth has the power to renew the way we think and restore the way we see ourselves.

As you reflect, invite Jesus into any areas where your thoughts about yourself may not align with His truth.

It may also be helpful to walk through these reflections and prayers with a trusted friend, mentor, family member, or spiritual leader who can encourage you and pray with you as you process what God may be revealing to you.

Scripture Reflection

Read these verses slowly and reflect on what they reveal about the way God sees you.

1 Peter 2:9

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

Isaiah 43:1

"Fear not, for I have redeemed you; I have called you by name, you are mine."

Ephesians 2:10

"For we are his workmanship, created in Christ Jesus for good works..."

Isaiah 43:4

"You are precious in my eyes, and honored, and I love you."

PRAYER REFLECTION

"Search me, O God, and know my heart! Try me and know my thoughts! And see if there be any grievous way in me, and lead me in the way everlasting!" Psalm 139:23-24

Take a few quiet moments with God.

You may want to sit somewhere peaceful, play worship music softly, or pause for a moment before beginning. Ask the Holy Spirit to guide your thoughts and help you see yourself through God's truth.

STEP 1

Ask God to Reveal

Ask God to reveal any thoughts, beliefs, wounds, or experiences that may be affecting the way you see yourself.

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and extend across the width of the page. In the bottom right corner, there is a decorative graphic consisting of several overlapping circles and bubbles in shades of light pink and purple, creating a soft, bubbly effect.

PRAYER REFLECTION

"You will know the truth, and the truth will set you free."

John 8:32

STEP 2

Ask God for Truth

Ask Him what truth He wants you to embrace in place of any thoughts that may not align with His truth about you.

[illegible]

PRAYER REFLECTION

"He heals the brokenhearted and binds up their wounds."

Psalm 147:3

STEP 3

Invite God Into Healing

Invite Him to bring healing, peace, clarity, freedom, and renewal into those areas. If God brings specific people, words, or experiences to mind, ask Him to help you walk in forgiveness, healing, and truth.

[illegible]

PRAYER REFLECTION

"The Lord your God is in your midst... he will quiet you by his love."

Zephaniah 3:17

STEP 4

Ask God:

"What do You want me to know about how You see me?"

Sit quietly for a few moments and write down any scriptures, thoughts, impressions, encouragements, or reminders that come to mind.

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and extend across the width of the page. In the bottom right corner, there are several decorative pink circles of varying sizes, some overlapping each other, creating a soft, artistic touch. The overall appearance is that of a clean, unused notebook or worksheet.

DATE :

JOURNAL

Write down what God Shows You

[illegible]

Isaiah 43:1

"Fear not, for I have redeemed you; I have called you by name, you are mine."

DATE :

JOURNAL

Write down what God Shows You

This image shows a single sheet of white paper with horizontal blue ruling lines. The lines are evenly spaced and run across the width of the page. There are approximately 20 lines visible. At the bottom center of the page, there is a small, faint circular logo or watermark. The overall appearance is that of a clean, unused piece of stationery.

Ephesians 1:4

"He chose us in him before the foundation of the world..."

DATE :

JOURNAL

Write down what God Shows You

[illegible]

Colossians 3:12

"Put on then, as God's chosen ones, holy and beloved..."

DECLARATIONS

Speak these truths slowly and intentionally.

Allow God's truth to shape the way you think about yourself and the way
you see yourself.

God formed me intentionally.

Psalm 139:13

I am fearfully and wonderfully made.

Psalm 139:14

God knows me fully and loves me deeply.

Psalm 139

God's thoughts toward me are precious and countless.

Psalm 139:17–18

My life is not random.

God created me on purpose for a purpose.

"For I know the plans I have for you, declares the Lord..."

Jeremiah 29:11

God sees me fully. God knows me completely.

And He remains with me.

Psalm 139:18

I am God's workmanship, created for good works.

Ephesians 2:10

God is renewing my mind through His truth.

Romans 12:2

I am chosen, loved, and deeply valued by God.

"You are precious in my eyes, and honored, and I love you."

Isaiah 43:4



WHEN YOU LOOK IN A MIRROR

When you look in the mirror, I hope you remember:
God formed you intentionally.

He created you on purpose for a purpose.
And He sees you fully.

Psalms 139 reminds us that God's thoughts toward us are
precious and countless.

You are constantly on the heart of God.
Not because of what you do.
Simply because you are His.

Christina Smith

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WANT TO GO DEEPER?

One of the most powerful parts of my own journey has been learning more about how God uniquely created and designed me.

The Design Discovery process through Brushfires Ministries helped me better understand my God-given wiring, motivations, strengths, purpose, and recognize areas where my thinking had not fully aligned with God's truth.

If you would like to learn more about the Design Discovery process, you can scan the QR code below.



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SPIRITUAL GIFTS TEST