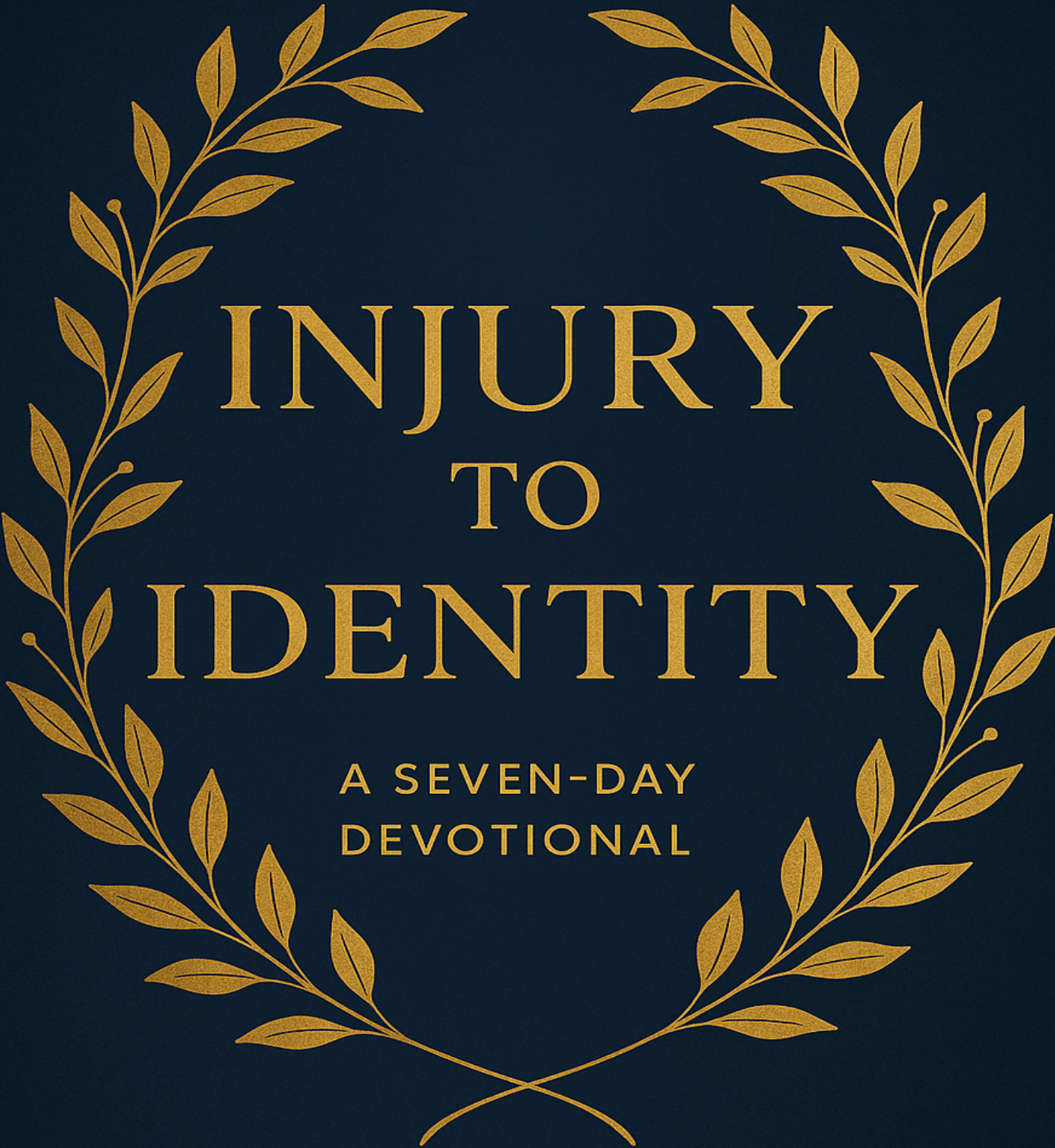




INJURY TO IDENTITY

A SEVEN-DAY
DEVOTIONAL

KeeKee Taylor

Welcome

This seven-day devotional is a guided journey from old labels to a renewed identity in Christ. Each day invites you to slow down, meet God in His Word, and practice simple steps that protect your healing.

How to Use This Devotional

- Set aside 15–20 quiet minutes each day.
- Begin with a brief prayer, asking the Holy Spirit to guide you.
- Read the Scripture slowly and reflectively.
- Speak the Power Line aloud as your daily declaration.
- Read the brief metaphor and consider how it applies to your life.
- Answer the reflection question in writing.
- Pray the short daily prayer.
- Finish with the Faith Step for that day.
- Revisit the Scriptures and Power Lines whenever you need encouragement.

What You Can Expect

- Clarity about wounds that tried to rename you.
- Freedom from false labels through the Word of God.
- Gentle but practical steps to guard your heart and build new patterns.
- A growing confidence to share your testimony with others.

My Hope for You

I pray that as you walk through these pages, you will discover that your injury is not your identity and that God has been writing a redemptive story all along. May you rise confident, restored, and free.

Day 1: Recognizing the Wound Beneath the Label

A seed cannot grow strong if it is wrapped in a hard shell of false names. Healing begins when we dare to crack the shell and see what has been hidden beneath.

Scripture: Psalm 34:18

Insight: God is not distant from our wounds. His nearness is often clearest when we finally admit where we are broken. The first step to freedom is not to hide the injury but to let His presence meet us there.

Power Line: I am no longer defined by my wound. My true name is found in Christ.

Reflection: What name or label have I believed that God never spoke over me, and how has it shaped the way I see myself?

Prayer: Father, thank You for drawing near to the brokenhearted. Today I offer You the labels I have carried and receive the name You give me. Heal the deep places I once hid. Amen.

Faith Step: Write down one false label you have lived under. Cross it out and write 'Beloved' in its place. Keep it in your Bible as a reminder of your true identity.

Journaling Cue: In one or two sentences, write what you sense God is saying to you about your name today.

Day 2: Exchanging False Names for God's Truth

A gardener removes the old tags tied to a young tree and replaces them with the right name. In the same way, God speaks a truer name over His daughters.

Scripture: Isaiah 62:2

Insight: When we let go of labels rooted in wounds, we make room for the name that reflects who we truly are in Christ. God's renaming is an act of love.

Power Line: I receive the name God gives me. I am beloved, chosen, and redeemed.

Reflection: Which label am I willing to lay down today, and which true name from God will I pick up in its place?

Prayer: Lord, I release every false name I have worn and embrace the name You speak over me. Help my heart to believe what You have declared. Amen.

Faith Step: Draw two columns in your journal. On the left, list the false labels you have carried. On the right, write the truthful names God gives you. Speak the right-hand column aloud each morning this week.

Journaling Cue: Write a short prayer thanking God for your new name and what it means for your future.

Day 3: Laying the Injury at the Cross

A traveler makes better progress when she lays down the heavy stones she was never meant to carry. The cross is where we finally put the burden down.

Scripture: 1 Peter 2:24

Insight: Freedom often comes when we let Jesus carry what we have tried to carry ourselves. At the cross, our pain meets His healing.

Power Line: I release this hurt at the cross and receive the healing Jesus secured for me.

Reflection: What memory still weighs heavy on my heart, and am I ready to lay it at the cross today?

Prayer: Jesus, thank You for carrying my shame and suffering. I surrender the pain and the story I have carried for too long. Heal my heart as I trust You with the burden. Amen.

Faith Step: Write a letter to Jesus describing the injury and how it shaped your identity. Fold the letter and place it under a cross or in your Bible as a symbol of surrender. Thank Him in prayer for carrying what you once bore.

Journaling Cue: End your journal entry with one sentence beginning: 'At the cross, I lay down...'

Day 4: Reframing the Story with Grace

*A skilled artist does not throw away a torn canvas; she weaves the flaw into a new design.
Grace shows that nothing is wasted in God's hands.*

Scripture: Romans 8:28

Insight: Redemption does not erase the past; it transforms it. God weaves what felt wasted into the testimony of His faithfulness.

Power Line: My past is not wasted. God is working all things for good.

Reflection: Where can I already see God's mercy or protection in a chapter I once wished away?

Prayer: Gracious Father, thank You that my past is not wasted in Your hands. Help me to see my story through the lens of redemption. Give me courage to trust Your wisdom. Amen.

Faith Step: Write a brief paragraph about a painful chapter of your life. Underneath it, begin a new sentence that starts with 'But God...' and describe how His grace has begun, or you believe will begin, to redeem that chapter.

Journaling Cue: Finish today's page with one line describing what you sense God is redeeming even now.

Day 5: Speaking Restoration Over Yourself

A garden flourishes when the right words are spoken over it: water, sunlight, care. Our souls respond in the same way to words of life and promise.

Scripture: Proverbs 18:21; Joel 2:25

Insight: God often begins His restoration by changing the words we speak over ourselves. Our agreement with His Word nurtures hope and healing.

Power Line: I speak God's promises until hope becomes louder than hurt.

Reflection: Which phrase in my self-talk needs to change today to agree with God's truth?

Prayer: Lord, teach me to agree with Your Word instead of my wounds. Help me to speak life and hope over every place that was once broken. Amen.

Faith Step: Choose three Scripture promises about restoration. Write them on cards or in your notes app. Speak them aloud in the morning, at noon, and at night. Thank God each time for fulfilling His Word.

Journaling Cue: Write one line today beginning with: 'God's promise over me is...'

Day 6: Building Boundaries and New Patterns

A healthy vineyard is fenced not to keep the vines trapped but to protect what is growing. Boundaries protect the good fruit that God has brought forth in you.

Scripture: Proverbs 4:23

Insight: Healing is not only about what we release but also about what we protect. Healthy boundaries allow new growth to flourish.

Power Line: I honor God by protecting what He has healed in me.

Reflection: Which boundary will keep my heart whole in this season?

Prayer: Holy Spirit, help me guard my heart with wisdom and grace. Show me the boundaries that will protect the healing You have begun in me. Amen.

Faith Step: List one boundary you need in each area: relationships, thought life, time management, and speech. Commit them to God in prayer. Share at least one with a trusted friend or mentor for support.

Journaling Cue: Write a brief note about the boundary that feels most challenging and pray over it.

Day 7: From Injury to Influence

A scar on the hand of a rescued child becomes a story of hope for another who is still waiting for help. Our healed places point the way for someone else.

Scripture: Revelation 12:11

Insight: The story of our healing often becomes the seed of hope for someone else. God uses what was once painful as a light for others still in the dark.

Power Line: My healed places carry hope for others.

Reflection: Who needs to hear my three-sentence testimony this week, and when will I share it?

Prayer: Lord, thank You for turning my pain into purpose. Use my testimony to shine Your hope into the lives of others. Help me speak with humility and faith. Amen.

Faith Step: Write a three-sentence testimony: (1) the wound I carried, (2) how God met me, (3) how I now walk in freedom. Pray for an opportunity to share it this week.

Journaling Cue: Write down the name of one person you will pray for and look for a chance to encourage.

Closing Charge

This seven-day journey is not the finish line but the beginning of a new chapter. Keep these Scriptures and Power Lines near. Revisit them whenever old voices return. Your worth was never determined by what hurt you; it is anchored in the One who heals you. Your scars are no longer your shame; they are your testimony. May you walk forward rooted in your true name and share your story so that others may believe that healing is possible.

About the Author

Kawannon “KeeKee” Taylor is a multi-state Licensed Professional Counselor and Evangelist whose heart is to see people healed, whole, and restored to their God-given identity.

She is the founder and owner of TTW Counseling & Coaching Services, where she helps individuals and families move from hurt to hope through practical guidance and Christ-centered care.

Kawannon lives and serves in ministry alongside her husband of nearly two decades, and together they are the proud parents of beautiful daughters.

Her life and work are shaped by a desire to serve others and to engage in meaningful community initiatives that bring healing, encouragement, and opportunity to those in need.

Notes & Reflections
