

FROM THE PANTRY TO THE PROMISE – CW'S CAFÉ TODAY



My True Identity

Who Am I in Christ Jesus?

November 2025
Devotional & Journal

Prepared by
CAROL A. WHITE

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Matters of the Heart Collection

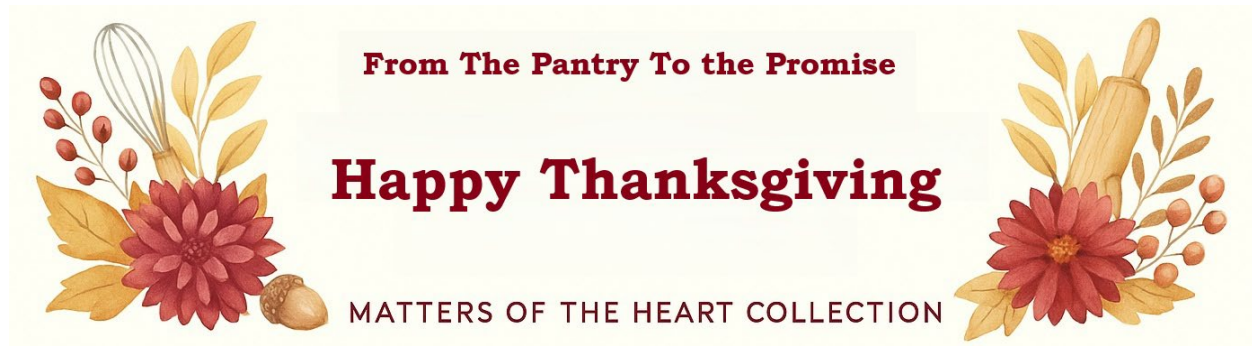


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*From The Pantry to The Promise – CW's Café Today
I Am A Woman of Substance*



This month, Theme Focus: *"My True Identity"*

Who Am I in Christ Jesus?



Dear Readers,

I greet you with warmth and gratitude as we continue our journey of faith and discovery together. This month's focus invites us to look deeply at who we are in Christ, to see ourselves not through the world's eyes, but through the truth of God's Word.

Our focus scripture, *John 1:12 (NIV)*, reminds us:

"Yet to all who did receive him, to those who believed in his name, he gave the right to become children of God."

This verse holds a powerful truth about our identity. It tells us that through faith, we are no longer defined by our past, our status, or the opinions of others. We are God's beloved children, "*Welcomed, Adopted, Chosen, Accepted, Empowered, Secure, and Sent In Christ*". This identity is not something we earn; it is a gift freely given through Jesus Christ.

From the Pantry to the Promise – CW's Café Today

I Am A Woman of Substance



From God's Pantry, this month, we take hold of Faith, the ingredient that nourishes and strengthens our spiritual walk. Faith is what connects us to every promise in God's Word. It is the key that opens the door to understanding who we are in Him and allows us to live confidently as His daughters.

As you meditate on this truth, let your heart be filled with assurance:
You are loved. You belong. You are enough—because your identity is secure in Christ.

If you have not yet received Jesus, I invite you to take a step of faith and open your heart to Him. If you already walk with Him, let your faith overflow and share this hope with someone who needs to be reminded of God's love today.

Faith from God's Pantry—it's the substance that sustains your identity and anchors your soul.

Heavenly Father,

Thank You for the gift of becoming Your child through faith in Jesus. Help us to receive Your love fully and to walk confidently in our true identity. Strengthen our faith so we may reflect Your Grace, share Your promises, and live as lights of hope in a world that needs You.
In Jesus' name, Amen.

With blessings and encouragement,

Carol A. White

 <https://cwcafetoday.com>

Psalms 45:1 (NIV) *My heart is stirred by a noble theme as I recite my verses for the King; my tongue is the pen of a skillful writer.*

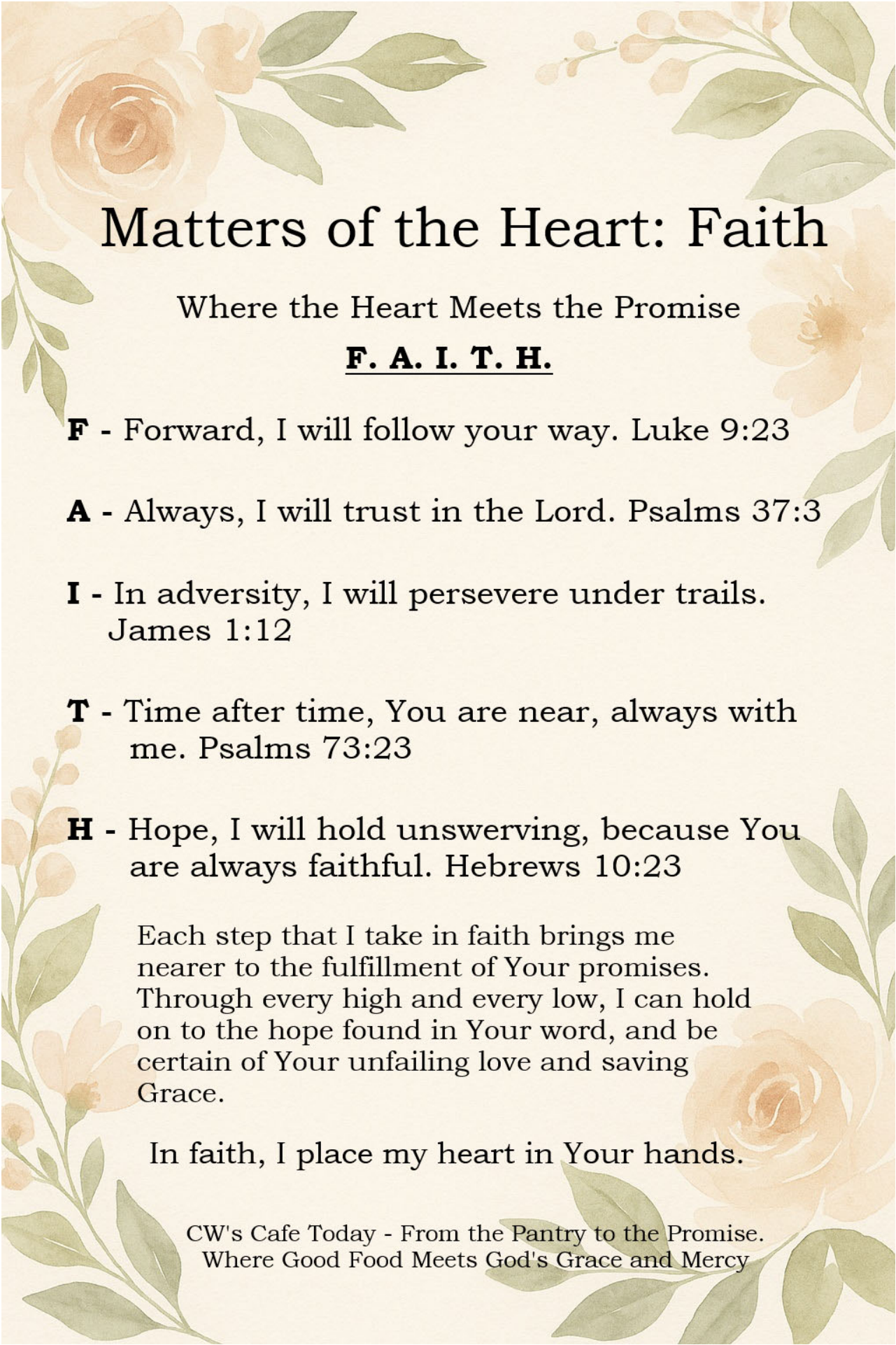
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Faith from God's Pantry
it's the substance that
sustains your identity
and anchors your soul.



Matters of the Heart: Faith

Where the Heart Meets the Promise

F. A. I. T. H.

F - Forward, I will follow your way. Luke 9:23

A - Always, I will trust in the Lord. Psalms 37:3

I - In adversity, I will persevere under trails.
James 1:12

T - Time after time, You are near, always with
me. Psalms 73:23

H - Hope, I will hold unswerving, because You
are always faithful. Hebrews 10:23

Each step that I take in faith brings me
nearer to the fulfillment of Your promises.
Through every high and every low, I can hold
on to the hope found in Your word, and be
certain of Your unfailing love and saving
Grace.

In faith, I place my heart in Your hands.

CW's Cafe Today - From the Pantry to the Promise.
Where Good Food Meets God's Grace and Mercy

From The Pantry To the Promise

Happy Thanksgiving

MATTERS OF THE HEART COLLECTION

November 2025 – My True Identity In Christ

Identify Affirmation Scripture Calendar

SUN	MON	TUE	WED	THU	FRI	SAT
						1) John 1:12 I am God's Child.
2) 2 Cor.5:17 I am a new creation in Christ.	3) Eph 1:4-5 I am chosen and adopted in Love.	4) Eph 1:7 I am redeemed and forgiven.	5) Rom 8:1-2 I am free from condemnation.	6) Col 1:13-14 I am rescued from darkness.	7) Eph 2:4-6 I am made alive and raised with Christ.	8) Eph 2:8-10 I am God's workmanship, created for good works.
9) 1 Pet 2:9-10 I am a royal priesthood, God's own possession.	10) Gal 2:20 I am crucified with Christ, and Christ lives in me.	11) Phil 3:20 I am a citizen of heaven.	12) Col 2:9-10 I am complete in Christ.	13) Rom 8:14-17 I am an heir with Christ.	14) 2 Tim 1:7 I am given a spirit of power, love, and a sound mind.	15) 1 Cor 6:19-20 I am God's temple, bought with a price.
16) Rom 8:31-39 I am inseparable from God's Love.	17) Eph 1:13-14 I am sealed with the Holy Spirit.	18) Col 3:1-4 I am hidden with Christ in God.	19) Col 3:12-14 I am chosen, holy, and dearly loved to walk in love.	20) Gal 3:26-29 I belong to Christ and share in His promise.	21) Eph 6:10-11 I am strong in the Lord and armed for battle.	22) John 15:5 I am a fruitful branch in the True Vine.
23) Matt 5:14-16 I am the light of the world in Christ.	24) 2 Cor 5:20 I am Christ' ambassador.	25) 1 Thes 5:23-24 I am being sanctified, and God is faithful to finish.	26) Heb 4:14-16 I am welcomed to God's throne of Grace.	24) 1 John 3:1-2 I am loved as a child of God, now and forever.	28) Jude 1:24-25 I am kept from falling and presented blameless with joy.	29) Rom 12:1-2 I am transformed by the renewing of my mind.
30) Rev 12:11 I am an overcomer by the blood of the Lamb and my testimony.						

I am Adopted, Redeemed, Chosen, Accepted, Empowered, Secure, and Sent in Christ.



How to use this Journal

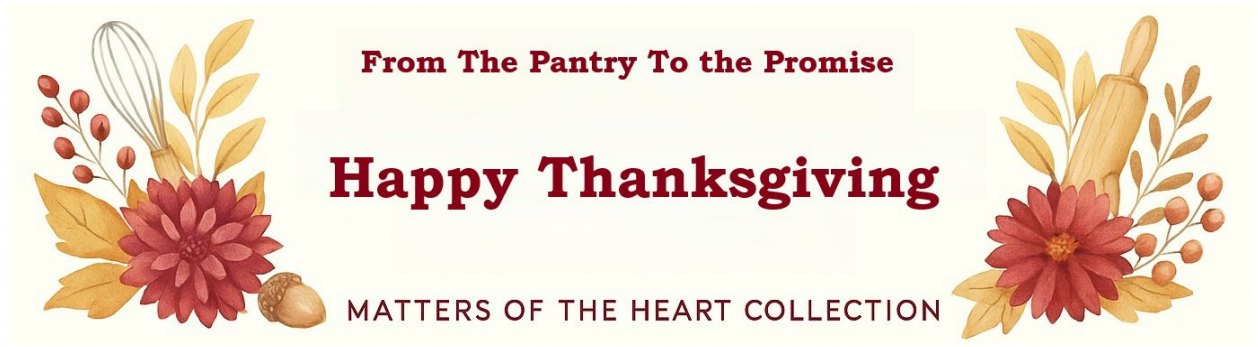
- 1. Read the daily scripture.*
- 2. Speak the identity affirmation.*
- 3. Scripture Reflection*
- 4. Closing Prayer*

Focus Scripture: John 1:12

In John 1:12, we are reminded of the incredible privilege and identity we have through our faith: “I Am God’s Child”. This simple yet profound statement carries with it a wealth of love, security, and belonging. As a child of God, you are embraced by an unconditional love that knows no bounds. You are valued and cherished just as you are, which empowers you to walk confidently in your daily life.

Remember, being God’s child means you are never alone. God is with you, guiding and supporting you through every challenge and triumph. Let this truth fill your heart with peace and strength today, knowing that you are part of a divine family that holds you close and uplifts you always.

*From The Pantry to The Promise – CW’s Café Today
I Am A Woman of Substance*



Day 1 – Identity Affirmation: I am God’s Child.

Scripture:

John 1:12 NIV

Yet to all who did receive him, to those who believed in His name,
He gave the right to become children of God.

Reflection :

From The Pantry To the Promise



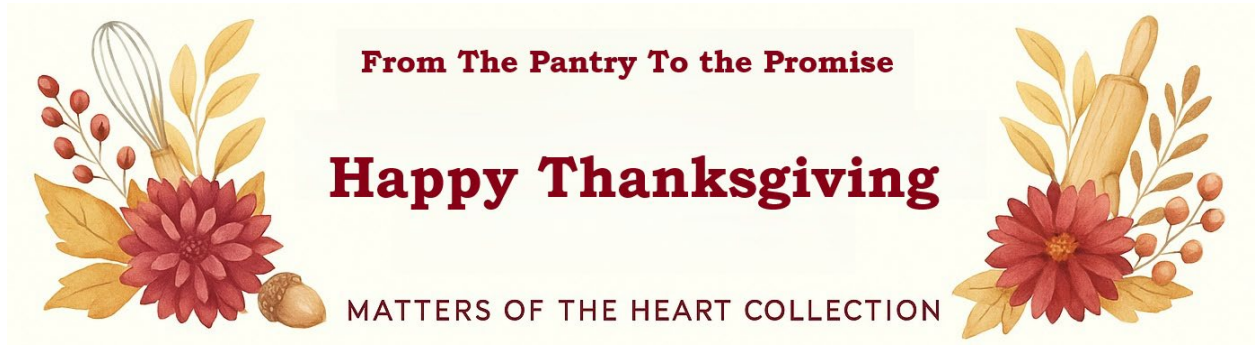
Happy Thanksgiving

MATTERS OF THE HEART COLLECTION

Prayer :

[illegible]

Supporting Scriptures



Day 2 – Identity Affirmation: I am a new creation in Christ.

Scripture:

2 Corinthians 5:17

Therefore, if anyone is in Christ, he is a new creation; the old has gone, the new has come!

Reflection :



Day 3 – Identity Affirmation: I am chosen and adopted in love.

Scripture:

Ephesians 1:4-5 NIV

For he chose us in him before the creation of the world to be holy and blameless in his sight. In love [5] he predestined us to be adopted as His sons through Jesus Christ, in accordance with his pleasure and will—

Reflection :



From The Pantry To the Promise

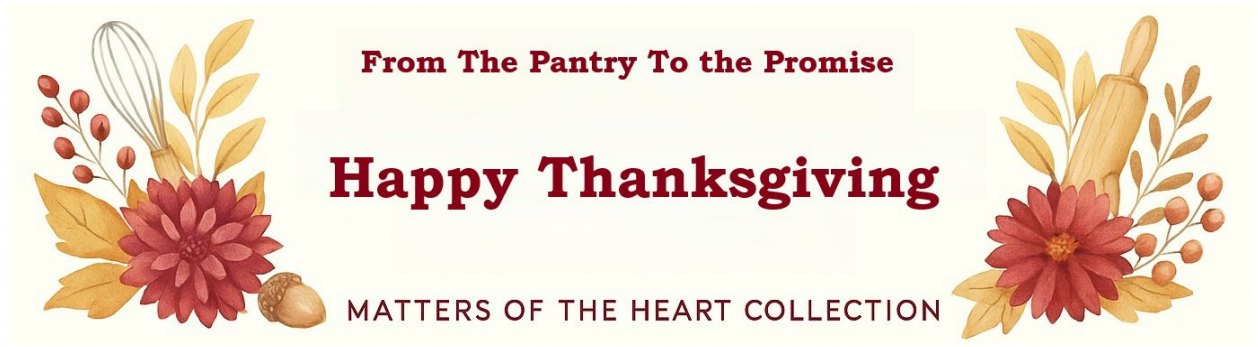
Happy Thanksgiving

MATTERS OF THE HEART COLLECTION



Prayer :

Supporting Scriptures



Day 4 – Identity Affirmation: I am redeemed and forgiven.

Scripture:

Ephesians 1:7 NIV

In him we have redemption through his blood, the forgiveness of sins, in accordance with the riches of God's Grace.

Reflection :

From The Pantry To the Promise

Happy Thanksgiving

MATTERS OF THE HEART COLLECTION



Prayer :

[illegible]

Supporting Scriptures



Day 5 – Identity Affirmation: I am free from condemnation.

Scripture:

Romans 8:1-2 NIV

Therefore, there is now no condemnation for those who are in Christ Jesus, [2] because through Christ Jesus the Law of the Spirit who gives life has set me free from the Law of sin and death.

Reflection :

From The Pantry To the Promise

Happy Thanksgiving

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Prayer :

[illegible]

Supporting Scriptures



Day 6 – Identity Affirmation: I am rescued from darkness.

Scripture:

Colossians 1:13-14 NIV

For he has rescued us from the dominion of darkness and brought us into the kingdom of the Son he loves, [14] in whom we have redemption, the forgiveness of sins.

Reflection :



Day 7 – Identity Affirmation: I am made alive and raised with Christ.

Scripture:

Ephesians 2:4-6 NIV

But because of his great love for us, God, who is rich in Mercy, [5] made us alive with Christ even when we were dead in transgressions, it is by Grace you have been saved. [6] And God raised us up with Christ and seated us with him in the heavenly realms in Christ Jesus.

Reflection :

From The Pantry To the Promise



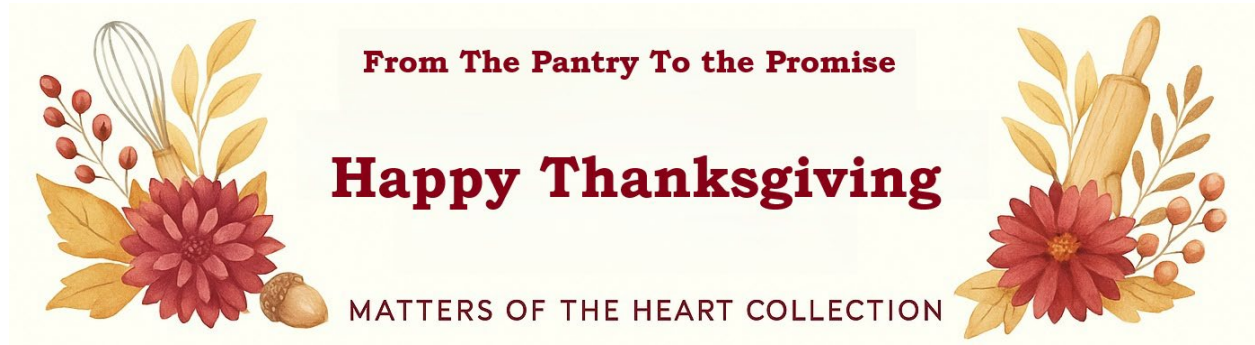
Happy Thanksgiving

MATTERS OF THE HEART COLLECTION

Prayer :

[illegible]

Supporting Scriptures



Day 8 – Identity Affirmation: I am God’s workmanship, created for good works.

Scripture:

Ephesians 2:8-10 NIV

For it is by Grace you have been saved, through faith, and this is not from yourselves, it is the gift of God. [9] not by works, so that no one can boast. [10] For we are God’s workmanship, created in Christ Jesus to do good works, which God prepared in advance for us to do.

Reflection :



From The Pantry To the Promise

Happy Thanksgiving

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Day 9 – Identity Affirmation: I am a royal priesthood, God's possession.

Scripture:

1 Peter 2:9-10 NIV

But you are a chosen people, a royal priesthood, a holy nation, a people belonging to God, that you may declare the praises of him who called you out of darkness into his wonderful light. [10] Once you were not a people, but now you are the people of God; once you had not received Mercy, but now you have received Mercy.

Reflection :

From The Pantry To the Promise



Happy Thanksgiving

MATTERS OF THE HEART COLLECTION

Prayer :

[illegible]

Supporting Scriptures

From The Pantry To the Promise



Happy Thanksgiving

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Day 10 – Identity Affirmation: I am crucified with Christ and Christ lives in me.

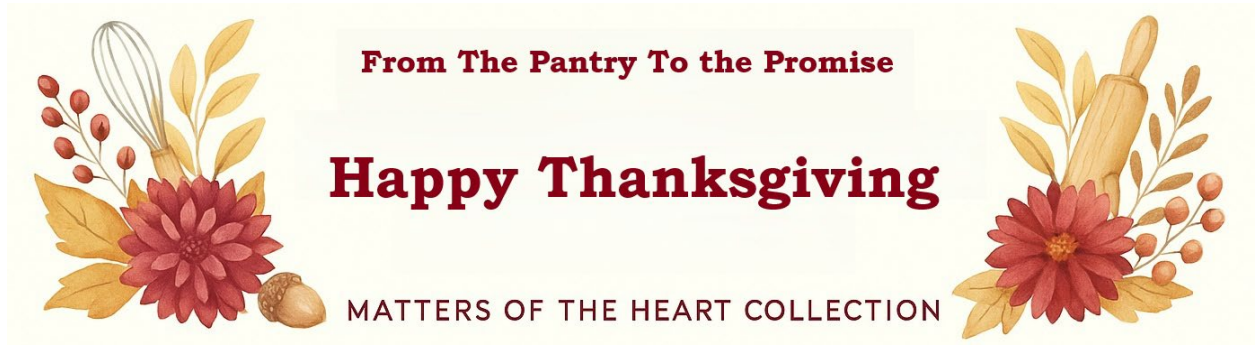
Scripture:

Galatians 2:20 NIV

I have been crucified with Christ, and I no longer live, but Christ lives in me. The life I live in the body, I live by faith in the Son of God, who loved me and gave himself for me.

Reflection :

[illegible]



Day 11 — Identity Affirmation: I am a citizen of heaven.

Scripture:

Philippians 3:20 NIV

But our citizenship is in heaven. And we eagerly await a Savior from there, the Lord Jesus Christ.

Reflection :



Day 12 – Identity Affirmation: I am complete in Christ.

Scripture:

Colossians 2:9-10 NIV

For in Christ all the fullness of the Deity lives in bodily form, [10] and you have been given fullness in Christ, who is the head over power and authority.

Reflection :

From The Pantry To the Promise



Happy Thanksgiving

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Prayer :

[illegible]

Supporting Scriptures



Day 13 – Identity Affirmation: I am an heir with Christ.

Scripture:

Romans 8:14-17 NIV

Because those who are led by the Spirit of God are sons of God. [15] For you did not receive a spirit that makes you a slave again to fear, but you received the Spirit of sonship. And by him we cry, “Abba Father”. [16] The Spirit himself testifies with our spirit that we are God’s children. [17] Now if we are children, then we are heirs, heirs of God and co-heirs with Christ, if indeed we share in his sufferings in order that we may also share in his glory.

Reflection :

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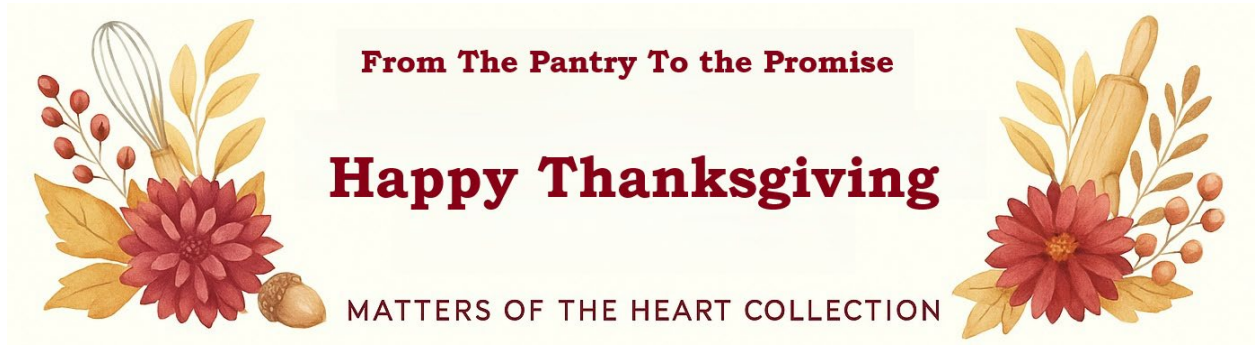
Happy Thanksgiving

MATTERS OF THE HEART COLLECTION

Prayer :

[illegible]

Supporting Scriptures



Day 14 – Identity Affirmation: I am given a spirit of power, love, and a sound mind.

Scripture:

2 Timothy 1:7 NIV

For God did not give us a spirit of timidity, but a spirit of power, of love, and of self-discipline.

Reflection :

From The Pantry To the Promise



Happy Thanksgiving

MATTERS OF THE HEART COLLECTION

Prayer :

[illegible]

Supporting Scriptures

From The Pantry To the Promise

Happy Thanksgiving

MATTERS OF THE HEART COLLECTION



Day 15 – Identity Affirmation: I am God’s temple, bought with a price.

Scripture:

1 Corinthians 6:19-20 NIV

Do you not know that your body is a temple of the Holy Spirit, who is in you, whom you have received from God? You are not your own; [20] you were bought at a price. Therefore, honor God with your body.

Reflection :

[illegible]



From The Pantry To the Promise

Happy Thanksgiving

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Day 16 – Identity Affirmation: I am inseparable from God's Love.

Scripture:

Romans 8:31-39 NIV

What, then, shall we say in response to this? If God is for us, who can be against us? [32] He who did not spare his own Son, but gave him up for us all—how will he not also, along with him, graciously give us all things? [33] Who will bring any charge against those whom God has chosen? It is God who justifies. [34] Who is he that condemns? Christ Jesus, who died—more than that, who was raised to life—is at the right hand of God and is also interceding for us. [35] Who shall separate us from the love of Christ? Shall trouble or hardship or persecution or famine or nakedness or danger or sword? [36] As it is written: “For your sake we face death all day long; we are considered as sheep to be slaughtered.” [37] No, in all these things we are more than conquerors through him who loved us. [38] For I am convinced that neither death nor life, neither angels nor demons, neither the present nor the future, nor any powers, [39] neither height nor depth, nor anything else in all creation, will be able to separate us from the love of God that is in Christ Jesus our Lord.



From The Pantry To the Promise

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Day 16 Continued

Reflection :



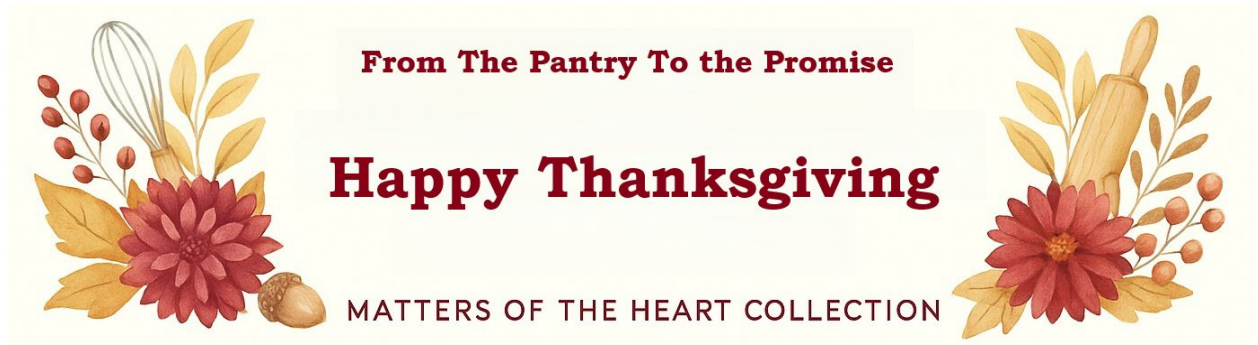
Day 17 — Identity Affirmation: I am sealed with the Holy Spirit.

Scripture:

Ephesians 1:13-14 NIV

And you also were included in Christ when you heard the message of truth, the gospel of your salvation. When you believed, you were marked in him with a seal, the promised Holy Spirit, [14] who is a deposit guaranteeing our inheritance until the redemption of those who are God's possession, to the praise of his glory.

Reflection :



Day 18 – Identity Affirmation: I am hidden with Christ in God.

Scripture:

Colossians 3:1-4 NIV

Since then, you have been raised with Christ, set your hearts on things above, where Christ is, seated at the right hand of God. [2] Set your mind on things above, not on earthly things. [3] For you died, and your life is now hidden with Christ in God. [4] When Christ, who is your life, appears, then you also will appear with him in glory.

Reflection :

From The Pantry To the Promise



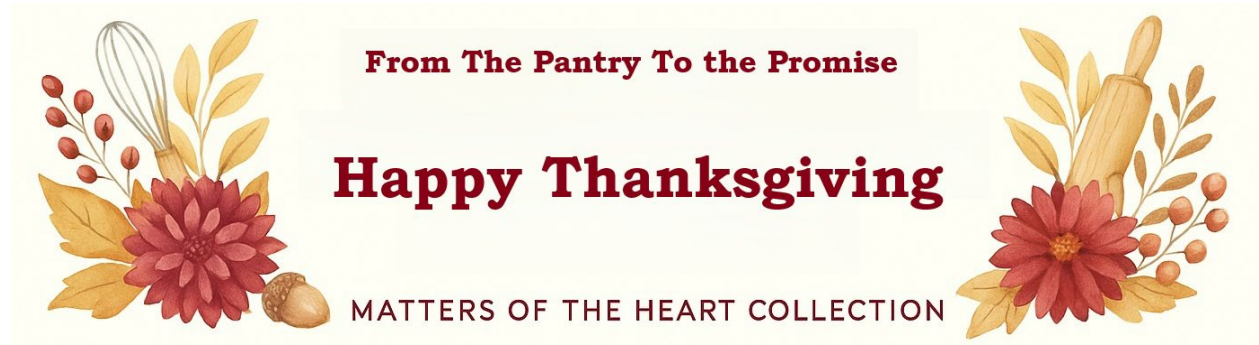
Happy Thanksgiving

MATTERS OF THE HEART COLLECTION

Prayer :

[illegible]

Supporting Scriptures



Day 19 – Identity Affirmation: I am chosen, holy, and dearly loved to walk in love.

Scripture:

Colossians 3:12-14 NIV

Therefore, as God’s chosen people, holy and dearly loved, clothe yourselves with compassion, kindness, humility, gentleness, and patience. [13] Bear with each other and forgive one another if any of you has a grievance against someone. Forgive as the Lord forgave you. [14] And over all these virtues put on love, which binds them all together in perfect unity.

Reflection :

From The Pantry To the Promise



Happy Thanksgiving

MATTERS OF THE HEART COLLECTION

Prayer :

[illegible]

Supporting Scriptures



From The Pantry To the Promise

Happy Thanksgiving

MATTERS OF THE HEART COLLECTION



Day 20 — Identity Affirmation: I belong to Christ and share in His promise.

Scripture:

Galatians 3:26-29 NIV

You are all sons of God through faith in Christ Jesus, [27] for all of you who were baptized into Christ have clothed yourselves with Christ. [28] There is neither Jew nor Greek, neither slave nor free, nor is there male and female, for you are all one in Christ Jesus. [29] If you belong to Christ, then you are Abraham's seed, and heirs according to the promise.

Reflection :

From The Pantry To the Promise



Happy Thanksgiving

MATTERS OF THE HEART COLLECTION

Prayer :

[illegible]

Supporting Scriptures

From The Pantry To the Promise

Happy Thanksgiving

MATTERS OF THE HEART COLLECTION



Day 21 – Identity Affirmation: I am strong in the Lord and armed for battle.

Scripture:

Ephesians 6:10-11 NIV

Finally, be strong in the Lord and in his mighty power. [11] Put on the full armor of God, so that you can take your stand against the devil's schemes.

Reflection :

[illegible]



Day 22 – Identity Affirmation: I am a fruitful branch in the True Vine.

Scripture:

John 15:5 NIV

“I am the vine; you are the branches. If a man remains in me and I in him, he will bear much fruit; apart from me, you can do nothing.

Reflection :

From The Pantry To the Promise

Happy Thanksgiving

MATTERS OF THE HEART COLLECTION



Prayer :

This image shows a single page from a notebook or ledger. It features ten evenly spaced horizontal blue lines across its entire width. The background is white, and there are no margins, text, or other markings present.

Supporting Scriptures



Day 23 – Identity Affirmation: I am the light of the world to Christ.

Scripture:

Matthew 5:14-16 NIV

“You are the light of the world. A city built on a hill cannot be hidden. [15] Neither do people light a lamp and put it under a bowl. Instead, they put it on its stand, and it gives light to everyone in the house. [16] In the same way, let your light shine before others, so that they may see your good deeds and praise your Father in heaven.

Reflection :

From The Pantry To the Promise



Happy Thanksgiving

MATTERS OF THE HEART COLLECTION

Prayer :

[illegible]

Supporting Scriptures



Day 24 – Identity Affirmation: I am Christ’s ambassador.

Scripture:

2 Corinthians 5:20 NIV

We are therefore Christ’s ambassadors, as though God were making his appeal through us. We implore you on Christ’s behalf: Be reconciled to God.

Reflection :

From The Pantry To the Promise

Happy Thanksgiving

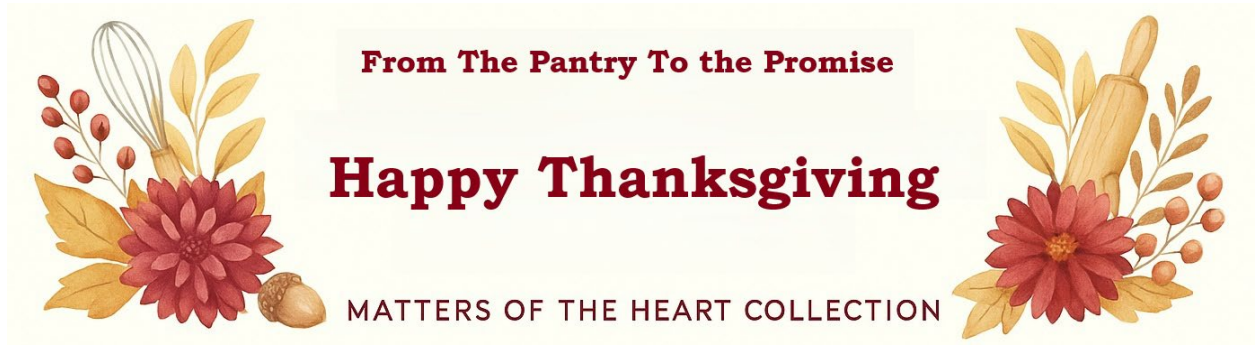
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Prayer :

[illegible]

Supporting Scriptures



Day 25 – Identity Affirmation: I am being sanctified, and God is faithful to finish.

Scripture:

1 Thessalonians 5:23-24 NIV

May God himself, the God of peace, sanctify you through and through. May your whole spirit, soul, and body be kept blameless at the coming of our Lord Jesus Christ. [24] The one who calls you is faithful, and he will do it.

Reflection :

From The Pantry To the Promise



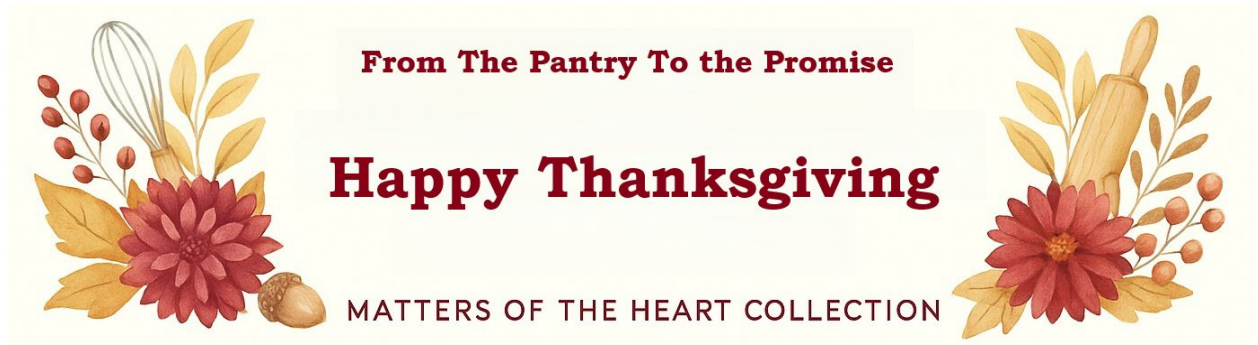
Happy Thanksgiving

MATTERS OF THE HEART COLLECTION

Prayer :

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Supporting Scriptures



Day 26 – Identity Affirmation: I am welcome to God’s throne of Grace.

Scripture:

Hebrews 4:14-16 NIV

Therefore, since we have a great high priest who has gone through into heaven, Jesus the Son of God, let us hold firmly to the faith we profess. [15] For we do not have a high priest who is unable to sympathize with our weaknesses, but we have one who has been tempted in every way, just as we are, yet was without sin. [16] Let us then approach the throne of Grace with confidence, so that we may receive Mercy and find Grace to help us in our time of need.

Reflection :



Day 27 – Identity Affirmation: I am loved as a child of God, now and forever.

Scripture:

1 John 3:1-2 NIV

How great is the love, the Father has lavished on us, that we should be called children of God! And that is what we are! The reason the world does not know us is that it did not know him. [2] Dear friends, now we are children of God, and what we will be has not yet been made known. But we know that when He appears, we shall be like him, for we shall see him as he is.

Reflection :

From The Pantry To the Promise



Happy Thanksgiving

MATTERS OF THE HEART COLLECTION

Prayer :

[illegible]

Supporting Scriptures



From The Pantry To the Promise

Happy Thanksgiving

MATTERS OF THE HEART COLLECTION



Day 28 – Identity Affirmation: I am kept from falling and presented with blame with joy.

Scripture:

Jude 1:24-25 NIV

To him who is able to keep you from falling and to present you before his glorious presence without fault and with great joy. [25] To the only God our Savior be glory, majesty, power, and authority, through Jesus Christ our Lord, before all ages, now and forevermore! Amen.

Reflection :



Day 29 – Identity Affirmation: I am transformed by the renewing of my mind.

Scripture:

Romans 12:1-2 NIV

Therefore, I urge you, brothers and sisters, in view of God’s Mercy, to offer your bodies as a living sacrifice, holy and pleasing to God; this is your spiritual act of worship. [2] Do not conform to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God’s will is, his good, pleasing, and perfect will.

Reflection :

From The Pantry To the Promise



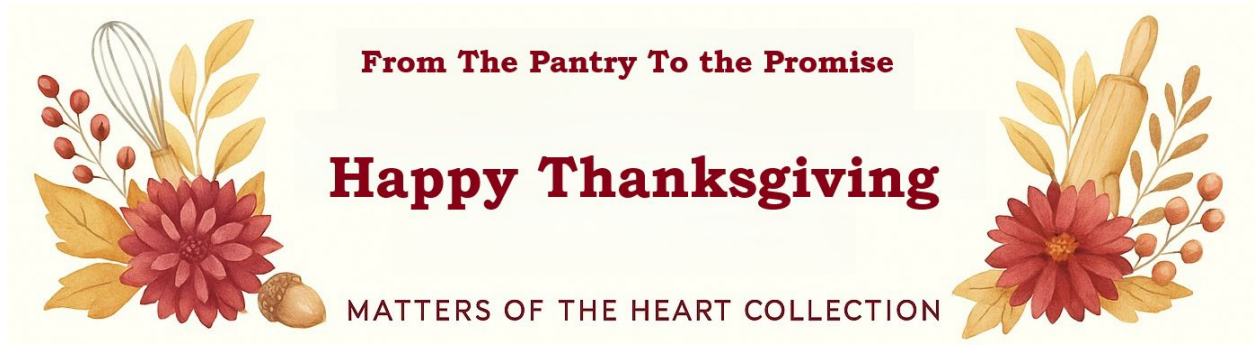
Happy Thanksgiving

MATTERS OF THE HEART COLLECTION

Prayer :

[illegible]

Supporting Scriptures



Day 30 – Identity Affirmation: I am an overcomer by the blood of the Lamb and my testimony.

Scripture:

Revelation 12:11 NIV

They overcame him by the blood of the Lamb and by the Word of their testimony; they did not love their lives so much as to shrink from death.

Reflection :

From The Pantry To the Promise

Happy Thanksgiving


MATTERS OF THE HEART COLLECTION



Prayer :


[illegible]

Supporting Scriptures



From the Pantry Thanksgiving Recipes & Reflections

MATTERS OF THE HEART COLLECTION



Quick and Simple recipes from my Cooking From the Pantry Series.

1. Sweet Potato Casserole with Pecan Topping
2. Quick and Easy Cornbread Dressing
3. Creamy Mashed Potatoes with Garlic and Herbs
4. Roasted Vegetables with Olive Oil & Herbs
5. Herb Butter Roasted Turkey (or Chicken)
6. No-Bake Pumpkin Cheesecake Cups
7. Spiced Apple Cider

I hope you enjoyed this bonus to this month's Journal.

I wish you and your family a Happy Thanksgiving.

Carol A White
CW's Café Today
From the Pantry to the Promise



From the Pantry Thanksgiving Recipes & Reflections

MATTERS OF THE HEART COLLECTION

A Simple and Grateful Feast • November 2025

Sweet Potato Casserole with Pecan Topping

Ingredients:

- 3 large sweet potatoes, peeled and cubed, boiled for about 15 minutes (or 4 cups mashed)
- 1/2 cup brown sugar
- 1/3 cup butter, melted
- 2 eggs, beaten
- 1 tsp vanilla extract
- 1/2 cup milk
- 1/2 cup chopped pecans
- 1/4 cup flour

Instructions:

Preheat oven to 350°F. Mash the sweet potatoes and mix with sugar, butter, eggs, vanilla, and milk. Pour into a greased baking dish. In a small bowl, mix pecans and flour, then sprinkle over top. Bake 30 minutes or until golden.

Reflection: Sweetness reminds us that gratitude softens even the hardest seasons of life.



From the Pantry Thanksgiving Recipes & Reflections

MATTERS OF THE HEART COLLECTION

Cornbread Dressing

Ingredients:

- 4 cups crumbled cornbread
- 1 cup chopped celery
- 1 cup chopped onion
- 1 tsp sage
- 2 cups chicken broth
- 1/2 stick butter

Instructions:

Sauté celery and onion in butter until soft. Combine with cornbread crumbs, sage, and chicken broth. Mix well and bake in a greased dish at 350°F for 30–35 minutes.

Reflection: Dressing fills the table, just as God's Grace fills the empty places in our hearts.



From the Pantry Thanksgiving Recipes & Reflections

MATTERS OF THE HEART COLLECTION

Creamy Mashed Potatoes with Garlic

Ingredients:

- 3 lbs. large potatoes, peeled and diced
- 6 cloves garlic, minced
- 1 cup milk
- 1/4 cup butter
- Salt and pepper to taste
- Fresh herbs on any kind, for garnish

Instructions:

Boil potatoes until tender. Drain, then mash with garlic, milk, and butter until smooth. Season to taste.

Reflection: Sometimes the simplest ingredients create the richest comfort—just like faith.



From the Pantry Thanksgiving Recipes & Reflections

MATTERS OF THE HEART COLLECTION

Roasted Vegetables with Olive Oil & Herbs

Ingredients:

- 2 cups carrots, sliced
- 2 cups sweet potatoes, cubed
- 2 cups red beets
- 2 small white or yellow onions, cut into chunks
- 3 tbsp olive oil, and Agave Nectar or Pure Maple syrup
- 1 tsp thyme, ground cinnamon, ground nutmeg, ginger
- 1 tsp fresh rosemary, thyme, parsley

Instructions:

Place in a large bowl, and toss the vegetables in olive oil, maple syrup, and herbs. Spread on a baking sheet and roast at 400°F for 25–30 minutes. Then garnish with additional fresh herbs.

Reflection: A little oil and seasoning remind us that God adds flavor and purpose to every life.



From the Pantry Thanksgiving Recipes & Reflections

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Herb Butter Roasted Turkey (or Chicken)

Ingredients:

- 1 whole turkey (or 4–5 lb. chicken)
- 1/2 cup butter, softened
- 1 tsp garlic powder
- 1 tsp rosemary
- 1 tsp thyme
- Salt and pepper to taste

Instructions:

Preheat oven to 325°F. Rub butter and herbs under the skin and over the bird. Roast until the internal temperature reaches 165°F.

Reflection: When we prepare the main dish, let's remember the true centerpiece of Thanksgiving—Jesus, our Bread of Life.



From the Pantry Thanksgiving Recipes & Reflections

MATTERS OF THE HEART COLLECTION

No-Bake Pumpkin Cheesecake Cups

Ingredients:

- 1 cup canned pumpkin
- 1 pkg cream cheese (8 oz), softened
- 1/2 cup whipped topping
- 1/2 cup sugar
- 1/2 tsp cinnamon
- 1 cup graham cracker crumbs

Instructions:

Beat cream cheese, sugar, and pumpkin until smooth. Fold in whipped topping: layer graham crumbs and pumpkin mix in cups. Chill before serving.

Reflection: A little sweetness in a cup reminds us that joy is found in life's small blessings.



From the Pantry Thanksgiving Recipes & Reflections

MATTERS OF THE HEART COLLECTION

Spiced Apple Cider

Ingredients:

- 1 quart apple juice
- 2 cinnamon sticks
- 4 whole cloves
- 1 orange, sliced
- 2 tbsp honey

Instructions:

Simmer all ingredients in a saucepan for 15–20 minutes. Strain and serve warm.

Reflection: A warm cup of cider brings comfort—just as God warms our hearts with His presence.





Matters of the Heart - Journal

My True Identity: Reader Feedback Questionnaire

From the Pantry to the Promise

Thank you for taking the time to read and reflect on this month's journal, *My True Identity: Who Am I in Christ Jesus?* Your thoughts and experiences are valuable. Please take a few moments to share your feedback so I can continue improving and inspiring future editions of Matters of the Heart.

Section 1 – Your Experience

1. How did this month's theme, My True Identity, speak to you personally? _____

2. Which devotional entry or scripture touched your heart the most, and why? _____

3. Did the reflections and prayers help strengthen your faith or deepen your understanding of your identity in Christ?

☐ Yes ☐ Somewhat ☐ Not Sure

Please share your thoughts:



Matters of the Heart - Journal

Section 2 – Format and Presentation

4. How would you rate the journal layout and design (font, floral theme, readability)?

☐ Excellent ☐ Good ☐ Fair ☐ Needs Improvement

5. Were the reflection and prayer spaces sufficient for your journaling style?

☐ Yes ☐ No – I need more space ☐ No – I need less space

6. Would you prefer future editions in:

☐ 8.5×11 format ☐ 6×9 format ☐ Both options

Section 3 – Looking Ahead

7. What topics or themes would you like to see in future journals?

8. Would you be interested in group studies, workshops, or virtual discussions based on the monthly journals? (*This is just a discussion*)


☐ Yes ☐ Maybe ☐ Not at this time

9. Any other comments, suggestions, or encouragement you'd like to share?

Thank you for being part of this journey!

Your feedback helps me grow my Inspiration Journal Project and continue sharing God's Word one heart, one pantry jar at a time.

Carol A. White

 Please return your completed form by email to carolwhite30@gmail.com.



Who am I in Christ Jesus? This journal invites you to discover your “*Ture Identity In Christ Jesus*”, *Adopted, Redeemed, Chosen, Accepted, Empowered, Secure, and set apart* for His glory. Through daily scriptures, affirmations, and guided reflections, you will deepen your walk with Christ and embrace the truth of who He created you to be.

Three things you can do according to His Word are to:

- ✓ Ask
- ✓ Seek
- ✓ Knock

Matthew 7:7 (NIV) Ask and it will be given to you, seek and you will find, knock and the door will be opened to you.

About the Series:

This devotional is part of the “*Matters of the Heart*” collection, designed to encourage faith, reflection, and spiritual growth month by month.

Connect:

Carol A White

From the Pantry to the Promise – CW’s Café Today

<http://www.cwcafetoday.com>

Matters of the Heart Collection
From the Pantry to the Promise – CW’s Café Today

I Am A Woman of Substance