

# Devotional + Prayer Guide



## Scripture:

“Therefore, if anyone is in Christ, he is a new creation. The old has gone, the new has come.”

—2 Corinthians 5:17 (NIV)

## What This Means:

This verse isn't just about behavior. It's about identity. When trauma hits, especially when it's early or repeated, your brain adapts. You may grow up always reading the room, pleasing people, staying quiet, staying guarded—not because that's your personality but because it's what kept you safe.

Over time, survival mode starts to feel like identity. But that's not who you are. That's who you became.

## The truth is:

- ✓ You are not your anxiety.
- ✓ You are not your defensiveness.
- ✓ You are not your past.
- ✓ You are not stuck.

You're a new creation—not just in spirit, but one that God wants to rewire from the inside out.

## Neuroscience Insight:

Trauma creates neurological loops—pathways in the brain that wire us to expect danger, rejection, or abandonment. These loops create automatic behaviors that feel like “just the way I am.” But through a process called neuroplasticity, those old trauma-based patterns can be rewired—especially when rooted in truth, safety, and consistent renewal. Romans 12:2 calls this the “renewing of the mind.”

This isn't just spiritual—it's biological.

### **Reflection Questions:**

1. What's one part of your personality that may have started as protection?
2. How has that “protective version” of you shaped your relationships?
3. What would the real you—the healed, seen, and loved version—do differently?
4. Where have you noticed yourself saying, “That's just how I am”? Could that be a trauma imprint?

### **Today's Rewiring Truth:**

> "I am not what happened to me. I am who God created me to become. I can be rewired. I can be renewed. I am a new creation."

### **Prayer:**

Father,


I've held onto patterns I didn't even know were shaped by pain. For years I've believed I was just “wired this way.” But You say I'm a new creation—not just spiritually, but in my mind, my habits, my identity.


Help me recognize what was survival and what is truly me. Help me give grace to the version of me that got through hard seasons, but don't let me stay stuck there. Rewire what trauma wrote. Show me how to live in freedom, not fear. I want to know who I am in You.


In Jesus' name,

Amen.

## Want to Go Deeper?

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