

IT STARTS WITH

Faith

IDENTITY WORKSHOP WORKBOOK

Discovering Who You Are,
What God Says About You,
and Whose You Are

“Your identity is not found in your
past or pain, your title, or other
people’s opinions. Your identity is
found in Christ.”



BELIEFS



BOUNDARIES



BALANCE



BECOMING

PRESENTED BY

Facilitator Coach B

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HEALING HANDS AND HEARTS MINISTRIES



HEALING HANDS
& HEARTS MINISTRIES

IT STARTS WITH FAITH

A Faith & Identity Reflection Guide

"Now faith is the substance of things hoped for, the evidence of things not seen."

Hebrews 11:1 - Foundational Scripture

FREE RESOURCE

A guided reflection resource for strengthening beliefs, renewing perspective, and growing in the truth of who God says you are.

Facilitator Coach B

Faith • Healing • Growth • Identity



Welcome

Faith is more than a feeling. It becomes a foundation for how we believe, how we see ourselves, how we respond to life, and how we move forward when we cannot yet see the outcome.

This reflection guide is a starting point. It is designed to help you notice the beliefs shaping your life and begin bringing them into alignment with God's truth.

Your Starting Point

Growth begins when we identify what we believe, recognize what shaped it, and choose what truth will lead us next.

My intention for this reflection guide:

Use this guide slowly: **Read. Reflect. Write. Compare. Respond.**



1. BELIEFS

What you accept as true can influence what you expect and how you respond.

Belief: a mental state or feeling of being certain that something is true or real. Beliefs can become a lens through which you interpret yourself, your experiences, your relationships, and your future.

Beliefs I currently hold about myself:

Beliefs I want God's truth to reshape:

Reflection: What have I accepted as true simply because I heard it repeatedly, experienced it painfully, or believed it for a long time?



2. FAITH

Faith • Trust • Time • Truth

"Before I formed you in the womb I knew you, before you were born I set you apart; I appointed you as a prophet to the nations."

Jeremiah 1:5

This Scripture points to God's knowledge and purpose before birth. Consider how that truth challenges beliefs built only from what others have said, what you have experienced, or what you currently see.

What does this verse reveal to me about God's intentionality?

What belief about myself needs to change in light of this Scripture?

What truth must become louder than my fear, feelings, or distorted beliefs?



3. FOUNDATION: IDENTITY

Your foundation is the truth you build your understanding of yourself upon.

A strong identity is not built on culture, comparison, rejection, performance, or failure. Identity must be anchored in what God says is true.

"For we are God's handiwork, created in Christ Jesus to do good works, which God prepared in advance for us to do."

Ephesians 2:10

Who am I?

Whose am I?

Who does God say I am?

What am I becoming as I agree with His truth?



4. FRAMEWORK: YOUR LENS

Your framework affects how you interpret who you are and what you experience.

Perception & Perspective

Words, experiences, beliefs, thoughts, emotions, relationships, culture, comparison, and past pain can shape perception. God's truth can renew perception; deception can distort it.

What lens have I been looking through?

Healed Lens vs. Hurt Lens

A hurt lens may interpret the present through unresolved pain. A healed lens allows truth, wisdom, and growth to reshape what you see.

What would change if I viewed this season through a healed lens?

Practice: Identify the belief beneath the thought, compare it with Scripture, and replace distortion with truth.



MY NEXT FAITH STEP

Faith becomes visible through the truth we choose, the words we speak, and the actions we take.

The belief I am leaving behind:

The truth I am choosing:

The Scripture I will return to:

The action I will take:

The words I will speak:

Keep building. Keep believing. Keep returning to truth.

Continue Your Journey

Stay connected with Healing Hands & Hearts Ministries for faith-based resources, encouragement, workshops, and opportunities to grow in community.

This free reflection guide is an introduction and does not replace the complete *It Starts With Faith* workbook or facilitated workshop experience.