

trueform fitness

# identity study

2024



part four

# chosen

“And this is the plan: At the right time he will bring everything together under the authority of Christ—everything in heaven and on earth. Furthermore, because we are united with Christ, we have received an inheritance from God, for he chose us in advance, and he makes everything work out according to his plan.

God’s purpose was that we Jews who were the first to trust in Christ would bring praise and glory to God. And now you Gentiles have also heard the truth, the Good News that God saves you. And when you believed in Christ, he identified you as his own by giving you the Holy Spirit, whom he promised long ago. The Spirit is God’s guarantee that he will give us the inheritance he promised and that he has purchased us to be his own people. He did this so we would praise and glorify him.”

Ephesians 1:10-14



Have you ever felt overlooked or hidden or as if everyone around you is being chosen except for you? Maybe that is what it feels like waiting on a job promotion, trying out for a sport's team, applying for colleges or longing to be included in a particular social group.

In my own life this currently manifests in the area of being single. I'm writing this to you as a single, thirty-year-old, and to be completely honest, what I struggle with most is not feeling chosen. The enemy often whispers the lie: no one is choosing you.

I can truthfully say though, I am grateful I have gotten to wrestle with this lie from the enemy because I can share this encouragement with you today with unwavering, confident hope. You see, it is not that those thoughts no longer come. It is simply that I've learned what to cling to when they come. One thing that helps the most is reminding myself that as daughters of the Most High King, you and I are already chosen.

Ephesians 1 explains that God **CHOSE YOU** in advance **AND** He makes everything work according to His plan. And it doesn't end there. Our El-Shaddai gave us His Spirit as a guarantee of our inheritance until we acquire possession of it. My favorite translation of this verse says His Spirit was given to us like an engagement ring, as the first installment of what's coming! How cool is that?

Sister, when the moments come that leave you feeling overlooked or not chosen, I pray you remember you were chosen before the beginning of time by The One who holds the whole world in His hands. I pray for wisdom and insight so that you may know Him more intimately and have deeper revelation of how much He loves you. I pray He will open the eyes of your heart to experience full revelation of the hope He has given you. I pray you walk confident and secure knowing you are the apple of Adonai's eye and He has **CHOSEN** you. Yes, the God of the universe chooses you.



Taylor Jordan

reflection

# •• questions ••

#1

1. IS THERE ANY AREA OF YOUR LIFE YOU FEEL LIKE YOU ARE NOT BEING CHOSEN RIGHT NOW?

#2

DO YOU SEEM TO BE STRIVING TO PROVE YOU ARE WORTHY OF BEING CHOSEN RATHER THAN TRUSTING GOD'S LOVE FOR YOU?

#3

DOES UNDERSTANDING THAT GOD CHOSE YOU AS HIS VERY OWN BEFORE THE BEGINNING OF TIME COMPEL YOU TO KNOW HIM MORE?



weekly  
•• challenge ••

What a gift it is to have a beautiful love letter from God to renew our minds especially in moments we are struggling to see His hand in our story, to trust His plan is better than our own and to refocus on His purposes and promises. One of the most helpful things for me is to read and journal scripture. This week, try reading Psalms 16 and, or Psalms 139 and rewrite it in your own words.

(The Passion Translation is a beautiful translation to start with!)

