

# **Growing - Christ in You**

*A 7-Day Journey to Embrace Your Identity in Christ  
and His Presence in You*

**By J. Jefferson Scott**

# **GROWING - CHRIST IN YOU: A 7-DAY JOURNEY TO EMBRACE YOUR IDENTITY IN CHRIST AND HIS PRESENCE IN YOU**

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## **CHALLENGING THOUGHT:**

So what is the difference between knowing who you are in Christ and knowing who Christ is in you?

I'm so excited you're joining me for this 7-day journey to dive deeper into what it means to have Christ in you. This study is all about discovering both who you are in Christ and how Christ lives in you—truths that can completely transform your walk with Him. Each day, we'll explore a key scripture, reflect on its meaning, and spend time talking to God. Grab your Bible, a journal, and a cozy spot—let's grow together!



## **JOURNALING?**

Journaling while studying Scripture is a beautiful way to slow down and truly connect with what God is saying to you. Perhaps you're new to journaling—and that's okay. It doesn't have to be fancy or perfectly written. Just grab a notebook and begin to write what stands out, what stirs your heart, or what questions you have. As you do, you'll start to notice how the Holy Spirit gently speaks through His Word, revealing truth in ways that are personal and timely. Journaling turns your quiet time into a conversation with God, helping you remember what He's teaching you and how He's shaping your journey.



## DAY 1: WHO YOU ARE IN CHRIST

### Scripture:

2 Corinthians 5:17 – This means that anyone who belongs to Christ has become a new person. The old life is gone; a new life has begun! (NLT)

**Key Thought:** Being “in Christ” is about your position—your new standing with God because of Jesus’ sacrifice.

### Reflection:

Let’s start with something amazing: when you said yes to Jesus, you became a brand-new person in Him! Being “in Christ” means you’re united with Him through faith. Your old self—full of sin and separation from God—has been replaced with a new identity. You’re now a child of God, forgiven, loved, and chosen. John 1:12 But to all who believed Him and accepted Him, He gave the right to become children of God. (NLT). This isn’t just a title, it also isn’t a destination you have arrived at, it’s a journey and it’s who you are at your core. Think about it: you’re not defined by your past mistakes or what others say—

## Questions To Ponder:

1. What does being a “new creature” mean to you personally?

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2. Are there areas of your old self you’re still holding onto? How can you embrace your new identity in Christ?

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3. How does knowing you’re “in Christ” change the way you see yourself today?

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## Prayer:

*Lord Jesus, thank You for making me new in You. Help me see myself the way You do—loved, forgiven, and chosen. Show me what it means to live as Your child today. Amen.*



**Journaling Prompt:** Write about what being “a new creation in Christ” means to you. What parts of your old life do you feel God is helping you leave behind? How does this truth shape the way you see yourself today? You’re defined by Christ’s victory and love. How does that make you feel? Take a minute and really reflect on this.

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.



## DAY 2: CHRIST LIVES IN YOU

### Scripture:

*Galatians 2:20 – My old self has been crucified with Christ. It is no longer I who live, but Christ lives in me. So I live in this earthly body by trusting in the Son of God, who loved me and gave Himself for me. (NLT)*

**Key Thought:** “Christ in you” is about His active presence, working in and through you by the Holy Spirit.

### Reflection:

Yesterday, we saw how you’re a new creation in Christ. Today, let’s flip that around: **Christ is *in you*!** This is such a beautiful mystery. When you accepted Jesus, the Holy Spirit brought His presence to live inside you. It’s not just you trying to live a good life—it’s Jesus living through you, guiding and empowering you. Your life becomes a partnership with Him, fueled by faith in His love. Imagine Jesus walking with you today, shaping your thoughts and actions. How might that change your day?

## Questions To Ponder:

1. What does it feel like to know Christ lives in you?

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2. How can you lean on Jesus' presence in a challenging moment today?

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3. What's one way you can live "by faith" in Christ's love this week?

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## Prayer:

*Dear Jesus, I'm in awe that You live in me. Help me trust Your presence and let You guide my heart and actions today. Thank You for loving me so much. Amen.*

**Journaling Prompt:** How do you feel knowing that Christ actually lives in you? Describe what areas of your life need His presence and power the most right now. Be honest—invite Him in through your words.

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.



## DAY 3: THE DIFFERENCE BETWEEN “WHO YOU ARE IN CHRIST” AND “WHO CHRIST IS IN YOU”

Scripture:

*Colossians 1:27 – For God wanted them to know that the riches and glory of Christ are for you Gentiles, too. And this is the secret: Christ lives in you. This gives you assurance of sharing His glory. (NLT)*

**Key Thought:** Your identity in Christ gives you security; Christ’s presence in you gives you strength to live for Him.

**Reflection:**

Being in Christ is about your new identity—you’re secure in Him, forgiven, and part of God’s family. It’s your position. But Christ in you is about His presence—Jesus actively living in you through the Holy Spirit. Think of it like this: being in Christ is like getting a new passport; Christ in you is like the King living in your heart.

## Questions To Ponder:

1. How does understanding the difference between these two truths deepen your faith?

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2. Are you more aware of your identity *in Christ* or His presence *in you*? Why?

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3. What's one area of your life where you need Christ's strength to shine through?

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## Prayer:

*Father, thank You for the gift of being in Christ and having Christ in me. Help me rest in my identity and rely on Your presence every day. Show me how to live out this truth. Amen.*



**Journaling Prompt:** What's one area in your life where you often try to perform or prove yourself? How would it look different if you truly lived from Christ within you instead of your own strength?

This image shows a single page of white paper with horizontal blue ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.



## DAY 4: ABIDING IN CHRIST'S PRESENCE

Scripture:

*John 15:4–5 – Remain in Me, and I will remain in you. For a branch cannot produce fruit if it is severed from the vine, and you cannot be fruitful unless you remain in Me. Yes, I am the vine; you are the branches. Those who remain in Me, and I in them, will produce much fruit. For apart from Me you can do nothing. (NLT)*

**Key Thought:** Abiding is how we experience Christ's presence in us, letting His life flow through us.

### Reflection:

Jesus uses such a vivid picture here: He's the vine, and we're the branches. Just like a branch needs to stay connected to the vine to bear fruit, we need to stay connected to Jesus to live out His love and purpose. Abiding means spending time with Him—through prayer, reading His Word, or just talking to Him throughout your day. When you abide, His life flows through you, producing fruit like joy, peace, and kindness. How can you carve out a moment to abide in Jesus today?

**Questions To Ponder:**

1. What does “abiding” in Jesus look like in your daily routine?

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2. Are there distractions keeping you from staying connected to the Vine? How can you address them?

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3. What “fruit” do you hope Christ will produce in your life?

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**Prayer:**

*Jesus, You're my Vine, and I want to stay connected to You.  
Teach me to abide in Your presence, even in my busy moments.  
Let Your life flow through me today. Amen.*

**Journaling Prompt:** Have you ever sensed the Holy Spirit leading you—even in small ways? Journal about a time you followed or ignored His nudge. What might God be inviting you to notice or respond to today?

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## DAY 5: CHRIST'S STRENGTH IN YOUR WEAKNESS

Scripture:

*2 Corinthians 12:9 – Each time he said, “My grace is all you need. My power works best in weakness.” So now I am glad to boast about my weaknesses, so that the power of Christ can work through me. (NLT)*

**Key Thought:** Christ in you provides strength to overcome weakness, turning struggles into opportunities for His power.

**Reflection:**

We all have moments when we feel weak or overwhelmed. But here's the good news: Christ in you means His strength is there, especially when you're at your lowest. Paul learned that Jesus' power shines brightest in our weaknesses. When you're struggling, lean into Christ's presence—He's not just with you; He's in you, ready to carry you through. Think of a challenge you're facing. Can you invite Jesus to show His strength in that area today?

**Questions To Ponder:**

1. What's a weakness or struggle you're facing right now?

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2. How does it feel to know Christ's strength is available in that area?

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3. What's one step you can take to rely on Jesus' power today?

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**Prayer:**

*Lord, I feel weak sometimes, but I know Your strength is in me. Help me trust Your grace and let Your power shine through my struggles. Thank You for being enough. Amen.*



**Journaling Prompt:** In what ways have you seen growth in your relationship with Jesus? Where do you long to grow more? Ask God to show you how to receive His grace instead of striving for perfection.

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## DAY 6: CHRIST IN YOU, THE HOPE OF GLORY

### Scripture:

*Romans 8:10–11 – And Christ lives within you, so even though your body will die because of sin, the Spirit gives you life[a] because you have been made right with God. The Spirit of God, who raised Jesus from the dead, lives in you. And just as God raised Christ Jesus from the dead, He will give life to your mortal bodies by this same Spirit living within you. (NLT)*

**Key Thought:** Christ in you assures you of eternal life and empowers you to live with hope.

### Reflection:

Here's something to hold onto: Christ in you isn't just for today—it's your hope for eternity! The same Spirit who raised Jesus from the dead lives in you, giving you life now and promising resurrection in the future. This means no matter what you face, you have a living hope that carries you toward God's glory. When life feels heavy, remember that Christ's presence in you is a guarantee of His victory. How does this hope encourage you today?

**Questions To Ponder:**

1. How does knowing Christ's Spirit lives in you give you hope for the future?

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2. What's one situation where you need to cling to this "hope of glory"?

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3. How can you share this hope with someone else?

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**Prayer:**

*Holy Spirit, thank You for living in me and giving me hope. Remind me of Your power and the promise of glory when I feel discouraged. Let me shine Your hope today. Amen.*

**Journaling Prompt:** Think of someone you know who needs encouragement, love, or support. How might Christ in you show up for that person? Write a prayer asking God to love through you this week.

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## DAY 7: LIVING OUT CHRIST IN YOU

### Scripture:

*Ephesians 3:17–19 – Then Christ will make His home in your hearts as you trust in Him. Your roots will grow down into God’s love and keep you strong. And may you have the power to understand, as all God’s people should, how wide, how long, how high, and how deep His love is. May you experience the love of Christ, though it is too great to understand fully. Then you will be made complete with all the fullness of life and power that comes from God. (NLT)*

**Key Thought:** Christ in you equips you to love others and live a life that reflects Him.

### Reflection:

We’ve come so far this week! Let’s wrap up by thinking about how to live out “Christ in you” every day. It starts with faith—trusting that Jesus is in your heart. From there, let His love root you, like a tree planted by a river. His presence fills you with love so deep and wide it’s hard to grasp! When you live out Christ in you, you reflect His love to others—through kindness, forgiveness, or just listening. What’s one way you can show Christ’s love today?

**Questions To Ponder:**

1. How has your understanding of “Christ in you” grown this week?

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2. Who in your life needs to see Christ’s love through you? How can you show it?

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3. What’s one habit you can start to keep growing in Christ’s presence?

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**Prayer:**

*Jesus, thank You for dwelling in my heart. Root me in Your love and help me share it with others. Let my life reflect You more every day. I love You, Lord. Amen.*



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**Closing Note:** You've taken a beautiful step toward knowing Christ in you more deeply. Keep talking to Him, reading His Word, and letting His presence shape you. You're not alone—He's right there in you, every step of the way.



# NEXT STEPS

## 1. Keep Journaling Your Walk with Jesus

Don't stop now—make journaling a regular part of your time with God. Continue writing about what you're learning, where you're growing, and how Christ is showing up in your daily life.

## 2. Join a Bible Study or Small Group

Growth happens in Christian community. Find a local or online group where you can study God's Word, ask questions, and share the journey with others who want to grow in Christ too.

## 3. Memorize Key Scriptures

Choose a few verses that stood out to you during this devotional like Colossians 1:27 *For God wanted them to know that the riches and glory of Christ are for you Gentiles, too. And this is the secret: Christ lives in you. This gives you assurance of sharing His glory.* (NLT) Personalize this Scripture for you - that's the way it was intended! *For God wanted **me** to know that the riches and glory of Christ are for **me**, too. And this is the secret: Christ lives in **me**. This gives **me** assurance of sharing His glory.*

Another good Scripture to memorize and personalize could be Galatians 2:20:

*My old self has been crucified with Christ. It is no longer I who live, but Christ lives in me. So I live in this earthly body by trusting in the Son of God, who loved me and gave himself for me.*(NLT)

#### **4. Begin Serving in a Way That Reflects Christ in You**

Ask God how He wants to use your life to bless others. Whether it's volunteering, encouraging a friend, or helping someone in need, let Christ in you overflow to the world around you.

#### **5. Start a New Devotional or Bible Reading Plan**

Spiritual growth is ongoing. Keep the momentum going by starting a new devotional, reading through a Gospel, or following a Bible-in-a-year plan. Ask the Holy Spirit to guide you as you go.

# KEEP GROWING: NEXT STEPS & RESOURCES

You've just completed Growing in Christ in You—and this is only the beginning! Here are some great ways to continue deepening your faith and living out the truth that Christ is alive in you.

## 1. The Bible Project: The Bible in One Year (*YouVersion*)

**Overview:** This plan takes you through the entire Bible in a year, combining daily readings with beautifully animated videos from The Bible Project to help you understand the big picture.

**Why It's Great:** It's both visual and devotional—perfect for growing in biblical knowledge and seeing how Christ is present throughout Scripture.

*Available on the YouVersion Bible App*

## 2. First Steps for New Believers (*YouVersion*)

**Overview:** A 15-day plan designed to help new believers build foundational habits—prayer, reading the Word, understanding salvation, and growing in faith.

**Why It's Great:** It's short, approachable, and deeply encouraging—ideal for those continuing their faith journey after a devotional like yours.

*Available on the YouVersion Bible App*

### **3. Reading God's Story: A Chronological Daily Bible Reading Plan (Bible Gateway)**

**Overview:** This one-year plan leads you through the Bible chronologically, giving you a clear sense of the historical flow of God's redemptive story.

**Why It's Great:** It helps you see how the Bible fits together and how Christ is revealed through all of Scripture.

*Available at [BibleGateway.com](https://www.biblegateway.com)*

# READ MORE FROM J. JEFFERSON SCOTT

- ***Empowered For More*** (Available on Amazon)

Discover what it means to live in the power of the Holy Spirit every day. This book walks you through practical and personal steps to walk boldly in the Spirit's leading.

- **Guided: Living a Holy Spirit-Led Life in a Busy Real World** (*Devotional*)

A 7-day devotional to help you slow down and follow the Holy Spirit's voice in the middle of real life.

- **Never Alone** (*Devotional*)

Overcome loneliness with this 7-day journey that shows how the Holy Spirit connects us deeply with God and with others.

You can find access to all of these on my website. The devotionals are complementary downloads on my website and my book is available through my website as well as on Amazon.

## Visit the Website

Learn more, explore new resources, and get updates at:

[www.jjeffersonscott.com](http://www.jjeffersonscott.com)





## ABOUT THE AUTHOR

**J. Jefferson Scott** is passionate about helping Christians discover the power and presence of the Holy Spirit in their everyday lives. He is the author of two books—*Empowered For More* and *Now What? Taking Your Next Steps with God (to be released)*—as well as devotionals that encourage and equip believers in their daily walk with the Holy Spirit.

Jeff is the founder and co-author of the **Discipleship Walk** and the co-founder of **Growth Seekers**—both designed to help believers deepen their faith and take meaningful next steps in their Christian journey. Drawing from over 40 years of leadership, teaching, and personal experience, Jeff guides people in growing spiritually and living a Spirit-led life.

His relatable style and practical approach make complex spiritual truths easy to understand and apply. Jeff's passion is encouraging others to move beyond simply knowing about God to experiencing a life empowered by His Holy Spirit—full of peace, power, and purpose.

When he's not writing or speaking, Jeff enjoys spending time outdoors, hunting, fishing, and exploring the beauty of God's creation. He and his wife, Sue, have been married for over five decades and live out their faith together, mentoring others and enjoying life's adventures.

You can connect with Jeff and explore resources at:

[www.jjeffersonscott.com](http://www.jjeffersonscott.com)