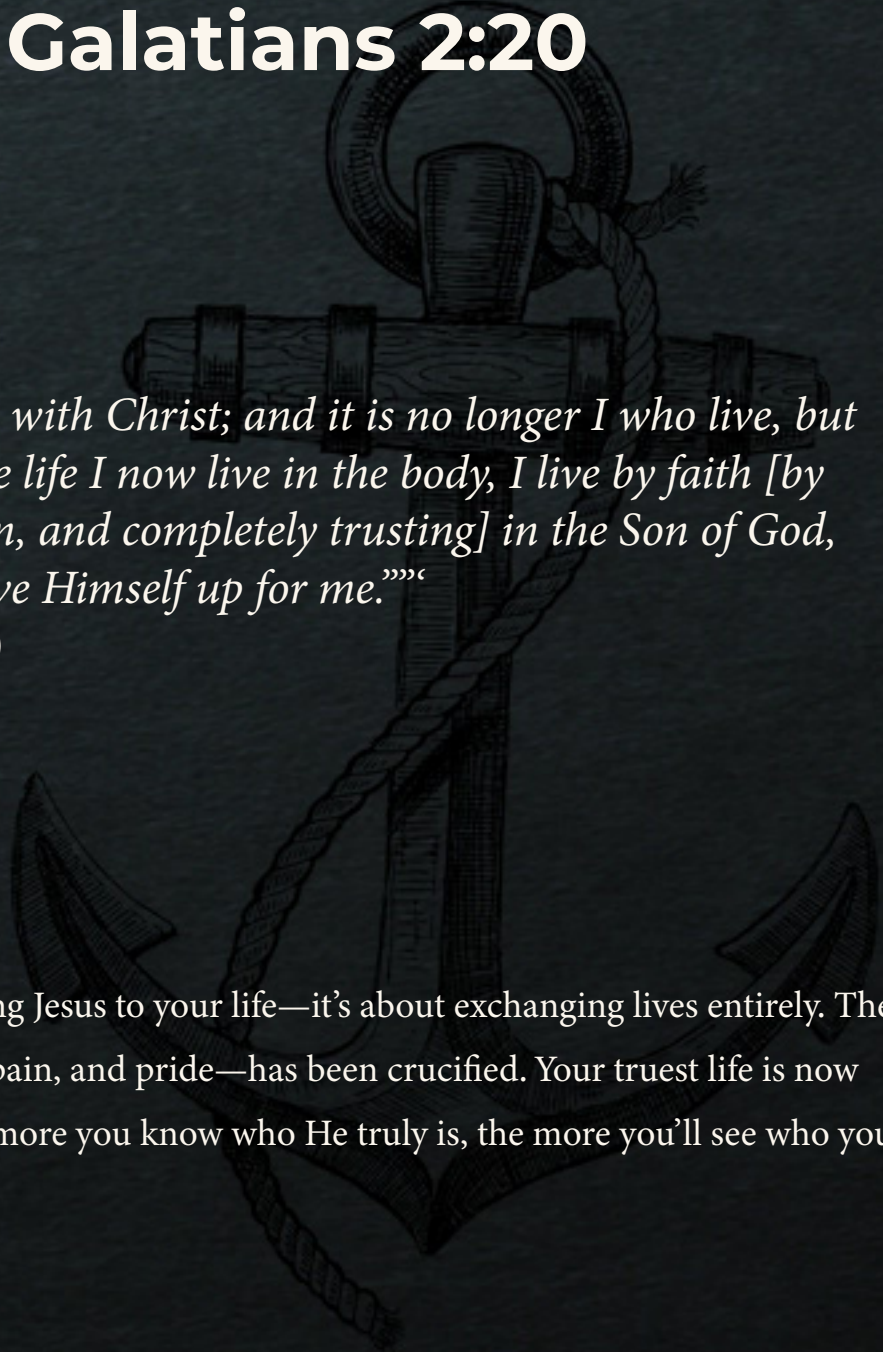


Anchored

Anchored Identity: Who Are You When the Labels Fall Off?

— Galatians 2:20



“I have been crucified with Christ; and it is no longer I who live, but Christ lives in me. The life I now live in the body, I live by faith [by adhering to, relying on, and completely trusting] in the Son of God, who loved me and gave Himself up for me.”“

— GALATIANS 2:20

This verse isn't about adding Jesus to your life—it's about exchanging lives entirely. The false self—shaped by fear, pain, and pride—has been crucified. Your truest life is now hidden in Christ. And the more you know who He truly is, the more you'll see who you truly are.

ANCHORED:

Galatians 2:20 — Anchored Identity

So much of what we call “personality” is often just survival. Self-promotion, overachievement, distraction—they feel like who we are, but they’re really fear wearing a mask. The deeper question is: Who are you when the labels fall off?

“I have been crucified with Christ; and it is no longer I who live, but Christ lives in me. The life I now live in the body, I live by faith [by adhering to, relying on, and completely trusting] in the Son of God, who loved me and gave Himself up for me.”

—Galatians 2:20 (AMP)

Spiritually Anchored:

In the Kingdom, strength begins with surrender. And maturity looks like deeper dependency, not greater independence. Let God father you again.

Clinical Insight:

Childlike faith reflects secure attachment—healing begins when we stop performing and start receiving.

Anchor Thought:

My old self is crucified. My true life is hidden in Christ—secure, whole, and free. To know who I am, I must know who He is.

Life Application:

Take a quiet moment and ask yourself:

- What labels or roles have I worn to feel safe or valuable?
- Which parts of my “identity” are really just fear or pain in disguise?
- Am I living to become someone, or living from who I already am in Him?

Breathwork: “Release & Recenter (4–7–8)”

Inhale 4s: *“It is no longer I who live...”*

Hold 6s: *Picture yourself laying down every false label, every survival mask.*

Exhale 6s: *“...but Christ lives in me.”*

Repeat this cycle 5–7 times. As you breathe, release self-reliance and receive the peace of being held in Him.

Pro Tip: Incorporate this practice before prayer or meditation to center your mind and open your heart to God’s presence

Jesus,

I’ve spent so much of my life building an identity out of fear—trying to prove myself, protect myself, or earn love I could never keep.

But You say my old self is crucified. You say I’m hidden with You.

I want to know You more, because I can’t know who I am apart from knowing who You are. Strip away every false label I’ve worn. Anchor me in Your love and let Your life in me be my truest identity.

Amen.

For more tools like this, weekly insights, and upcoming resources— Subscribe SeanBrannan.com/subscribe

Journal Prompts:

1. What false labels or identities have shaped how you see yourself?
2. How might your life change if you truly believed your worth was secure in Christ, apart from anything you do?