

Identity in Messiah: A Messianic Jewish Workbook

Introduction

Shalom! This workbook is designed to help you explore and strengthen your identity in Messiah Yeshua from a Messianic Jewish perspective. As believers who honor both the Jewish roots of our faith and the fulfillment found in Yeshua, we stand at a beautiful intersection of covenant promises and redemptive fulfillment.

Throughout this workbook, you'll find exercises, reflections, Scripture meditations, and affirmations that will guide you on a journey to better understand who you are in Messiah and how your identity is shaped by both the heritage of Israel and the renewal brought through Yeshua.

How to Use This Workbook

1. Set aside dedicated time for reflection and prayer before beginning each section
 2. Read the Scripture passages slowly, preferably aloud
 3. Complete the written exercises with honesty and openness
 4. Speak the affirmations aloud daily for at least one week
 5. Discuss your insights with trusted friends in your kehilah (congregation)
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Section 1: Rooted in Covenant

Scripture Focus

"For you are a people set apart as holy for ADONAI your God. ADONAI your God has chosen you out of all the peoples on the face of the earth to be His own unique treasure."

— *Deuteronomy 7:6*

"But you are a chosen people, the King's cohanim, a holy nation, a people for God to possess! Why? In order for you to declare the praises of the One who called you out of darkness into His wonderful light."

— *1 Peter 2:9*

Reflection Questions

1. What does it mean to you personally to be part of a "chosen people"?
2. How do you understand the relationship between God's covenant with Israel and your faith in Yeshua?

3. In what ways does your identity as part of God's "unique treasure" influence your daily life?

Exercise: My Covenant Heritage

Draw a tree with deep roots. On the roots, write aspects of the biblical covenant promises that form the foundation of your faith. On the trunk, write how Yeshua fulfills and extends these promises. On the branches, write how these truths shape your identity today.

Daily Affirmations

- I am grafted into the rich olive tree of Israel through my faith in Messiah Yeshua.
 - The covenants God made with Abraham, Isaac, and Jacob provide the foundation for my relationship with Him.
 - As part of God's chosen people, I carry the responsibility to be a light to the nations.
 - My identity is secured in both the ancient promises and their fulfillment in Messiah.
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Section 2: New Creation in Messiah

Scripture Focus

"Therefore, if anyone is united with the Messiah, he is a new creation — the old has passed; look, what has come is fresh and new!"

— *2 Corinthians 5:17*

"For in union with the Messiah, you are all children of God through this trusting faithfulness; because as many of you as were immersed into the Messiah have clothed yourselves with the Messiah, in whom there is neither Jew nor Gentile, neither slave nor freeman, neither male nor female; for in union with the Messiah Yeshua, you are all one."

— *Galatians 3:26-28*

Reflection Questions

1. What parts of your "old self" have been transformed since coming to faith in Yeshua?
2. How do you experience being a "new creation" while still honoring your heritage?
3. What tensions do you sometimes feel between different aspects of your identity in Messiah?

Exercise: Before and After

Create two columns on a piece of paper. In the first column, describe aspects of your identity before knowing Yeshua. In the second column, write how each aspect has been transformed or redeemed through your relationship with Him.

Mirror Exercise

Stand before a mirror and look at yourself for one full minute. As you do, consider that you are looking at someone created in God's image and redeemed by Messiah's blood. Write down what emotions arise and any insights that come to mind.

Daily Affirmations

- In Messiah, I am a new creation while still honoring the heritage of faith.
 - My identity is not defined by my past mistakes but by God's redemptive work in my life.
 - I carry both the wisdom of tradition and the freedom of renewal in Messiah.
 - The Spirit of God is constantly renewing my mind and transforming my character.
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Section 3: Royal Priesthood

Scripture Focus

"But you are a chosen people, the King's cohanim [priests], a holy nation, a people for God to possess!"

— *1 Peter 2:9*

"Blessed be ADONAI, God of Isra'el, who has not left himself without a witness in my presence; and blessed be his great name forever! May his glory fill the whole earth! Amen and Amen!"

— *Psalms 72:18-19*

Reflection Questions

1. What does it mean to you to be part of a "royal priesthood"?
2. How can you fulfill your priestly role in bringing others closer to God?
3. In what ways do you "declare the praises" of God in your daily life?

Exercise: My Priestly Service

List five specific ways you can function as part of God's priesthood this week:

- 1.
- 2.
- 3.
- 4.
- 5.

Practical Application

Choose one day this week to be especially mindful of your priestly role. Throughout the day, look for opportunities to:

- Bless others with words of encouragement
- Pray for those you encounter
- Represent God's character in your interactions
- Bridge understanding between God and others through explanation or example

At the end of the day, journal about what you experienced.

Daily Affirmations

- I am called to represent God to the world and the world to God as part of His royal priesthood.
 - The light of Messiah shines through me as I walk in my priestly calling.
 - My words and actions can create sacred space wherever I go.
 - I stand in the gap for others through prayer and compassionate presence.
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Section 4: Inheritors of Promise

Scripture Focus

"Now if you are of the Messiah, then you are seed of Avraham and heirs according to the promise."
— *Galatians 3:29*

"For I claim that the Messiah became a servant of the circumcised in order to show God's truthfulness by making good his promises to the Patriarchs, and in order to show his mercy by causing the Gentiles to glorify God — as it is written in the Tanakh, 'Because of this I will acknowledge you among the Gentiles and sing praise to your name.'"
— *Romans 15:8-9*

Reflection Questions

1. What promises in Scripture do you find most meaningful for your identity?
2. How does being an "heir according to the promise" affect your sense of purpose?
3. What responsibilities come with being an inheritor of God's promises?

Exercise: Promise Meditation

Choose three promises from Scripture that speak to your identity in Messiah. For each one:

- Write out the full verse

- Rewrite it in the first person ("I am..." or "I have...")
- Draw or find an image that represents this promise to you
- Create a short prayer of thanksgiving for this aspect of your inheritance

Inheritance Mapping

Draw a map that represents your spiritual inheritance. Include landmarks such as:

- Biblical promises that apply to you
- Spiritual gifts you've received
- Heritage of faith passed down to you
- Blessings you want to pass on to future generations

Daily Affirmations

- I am an heir to the promises God made to Abraham, Isaac, and Jacob.
 - My inheritance in Messiah is secure and cannot be taken away.
 - I walk in the fullness of God's promises, both ancient and fulfilled.
 - As an inheritor of promise, I have responsibility to steward my spiritual legacy.
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Section 5: Set Apart for Purpose

Scripture Focus

"You did not choose me, I chose you; and I have commissioned you to go and bear fruit, fruit that will last."

— *John 15:16*

"But you are a chosen people... Why? In order for you to declare the praises of the One who called you out of darkness into His wonderful light."

— *1 Peter 2:9*

Reflection Questions

1. For what specific purposes do you believe God has set you apart?
2. How does your Messianic identity uniquely position you to serve God's purposes?
3. What "fruit" has your life produced that will last into eternity?

Exercise: Purpose Discovery

Complete these sentences:

- My greatest passion is...
- I feel most alive when I...
- People often come to me for help with...
- I would like to be remembered for...
- The need I see in the world that moves me most is...

Reflect on how these answers might reveal God's purpose for your life.

Vision Board

Create a visual representation of how you see God using your identity in Messiah to impact the world. This can be a collage, drawing, or digital creation that represents your calling and purpose.

Daily Affirmations

- I am set apart by God for specific purposes that align with His kingdom plans.
- My unique blend of heritage, gifts, and experiences equips me for my calling.
- The light of Messiah shines through me in distinctive ways that only I can express.
- I bear fruit that will last by remaining connected to Yeshua, the true vine.

Section 6: Community Identity

Scripture Focus

"For just as there are many parts that compose one body, but the parts don't all have the same function; so there are many of us, and in union with the Messiah we comprise one body, with each of us belonging to the others."

— *Romans 12:4-5*

"Don't you know that you people are God's temple and that God's Spirit lives in you? So if anyone destroys God's temple, God will destroy him. For God's temple is holy, and you yourselves are that temple."

— *1 Corinthians 3:16-17*

Reflection Questions

1. How does being part of a Messianic community strengthen your identity in Messiah?
2. What unique role do you play in the body of believers?
3. How do you balance your individual identity with your communal identity?

Exercise: Community Connections

Draw a circle representing yourself. Around it, draw circles representing different communities you belong to (family, congregation, work, etc.). Write how each community:

- Shapes your identity
- Provides opportunities for you to serve
- Challenges you to grow
- Reflects aspects of God's character

Practical Application

Attend a community gathering this week with heightened awareness of how your identity in Messiah is expressed through community. Notice:

- How do you feel different when worshipping together versus alone?
- What gifts do others bring that complement yours?
- How does shared practice strengthen individual identity?

Journal your observations afterward.

Daily Affirmations

- I am a vital part of the Body of Messiah, uniquely gifted to serve the whole.
- My identity is strengthened through connection with other believers.
- Together with my community, I more fully reflect God's character.
- I honor the diversity within the Body while celebrating our unity in Messiah.

Section 7: Identity in the Face of Opposition

Scripture Focus

"Blessed are you when people insult you and persecute you and tell all kinds of vicious lies about you because you follow me! Rejoice, be glad, because your reward in heaven is great — they persecuted the prophets before you in the same way."

— *Matthew 5:11-12*

"Yes, everyone who wants to live a godly life united with the Messiah Yeshua will be persecuted."

— *2 Timothy 3:12*

Reflection Questions

1. What challenges or opposition have you faced because of your identity in Messiah?
2. How has opposition strengthened or clarified your identity?
3. What biblical figures inspire you in maintaining your identity despite opposition?

Exercise: Resilience Building

Identify three challenges you face in maintaining your identity in Messiah. For each challenge:

- Name the specific difficulty
- Identify a Scripture that addresses this challenge
- List practical steps you can take to stand firm
- Write a prayer for strength in this area

Letter to Your Future Self

Write a letter to yourself that you can read during times of opposition or difficulty. Include:

- Reminders of who you are in Messiah
- Truths that cannot be shaken
- Encouragement from Scripture
- Testimonies of God's faithfulness in your past

Daily Affirmations

- My identity in Messiah remains secure even when challenged by others.
- Opposition refines and strengthens my faith rather than diminishing it.
- I stand in a long tradition of faithful witnesses who faced opposition.
- Through trials, my true identity in Messiah becomes more evident, not less.

Section 8: Eternal Identity

Scripture Focus

"For our citizenship is in heaven, and from there we eagerly wait for the Deliverer, the Lord Yeshua the Messiah."

— *Philippians 3:20*

"Beloved, now we are God's children; and it hasn't yet been made clear what we will become. We do know that when He appears, we will be like Him, because we will see Him as He really is."

— *1 John 3:2*

Reflection Questions

1. How does your eternal identity influence how you view your present circumstances?
2. What aspects of your future identity in the olam haba (world to come) are you most looking forward to?
3. How does knowing you will "be like Him" shape who you are becoming now?

Exercise: Beyond the Horizon

Create a timeline of your identity:

- Mark significant moments in your past that shaped who you are
- Indicate where you are now in your journey
- Project forward to what you believe God is forming you to become
- Extend the timeline beyond this life into eternity, noting what Scripture reveals about your eternal identity

Meditation: Heavenly Citizenship

Spend 15 minutes in quiet meditation, contemplating what it means to have your citizenship in heaven. Consider:

- How might a heavenly citizen view earthly problems?
- What rights and responsibilities come with this citizenship?
- How would you live differently if you were constantly aware of your heavenly citizenship?

Write your insights afterward.

Daily Affirmations

- My true and ultimate citizenship is in heaven with Messiah.
- My identity extends beyond this life into eternity with God.
- I am becoming more like Yeshua each day as I behold Him.
- The fullness of who I am in Messiah will be revealed when He appears.

Conclusion: Living Your Identity

As you complete this workbook, take time to reflect on how your understanding of your identity in Messiah has deepened. Remember that identity is not static—it's a living reality that continues to unfold as you walk with God.

Consider creating a personal identity statement that captures the core of who you are in Messiah, incorporating elements from each section of this workbook. This can serve as a touchstone to return to in times of confusion or doubt.

May you walk in the fullness of who you are in Messiah Yeshua, rooted in the rich soil of God's covenant with Israel and reaching toward the heights of His calling on your life.

Final Blessing

May ADONAI bless you and keep you.

May ADONAI make His face shine on you and show you His favor.

May ADONAI lift up His face toward you and give you peace.

In the name of Yeshua the Messiah, the hope of Israel and light to the nations. Amen.

Resources for Further Study

Recommended Reading

- The Bible (Complete Jewish Bible translation)
- Works on Messianic Jewish identity and theology (consult your rabbi for specific recommendations)
- Books on spiritual formation and identity in Messiah

Community Connection

- Share insights from this workbook with your kehillah (congregation)
- Form a small group to work through these exercises together
- Discuss your identity journey with a spiritual mentor