

## Named and Claimed Series

### Day 4: The Name We Gave Ourselves

*Because sometimes, the loudest lies aren't spoken by others - they're whispered by us!*

#### Key Scripture:

“Never again will you be called ‘The Forsaken City’ or ‘The Desolate Land.’ Your new name will be ‘The City of God’s Delight’ and ‘The Bride of God,’ for the Lord delights in you and will claim you as his bride.” Isaiah 62:4 (NLT)

#### Context

We’ve looked at identity being shaped by what people called us (Day 1), what God renamed us (Day 2), and who we walk with (Day 3). But Day 4 goes deeper: What happens when we are the ones who labelled ourselves?

- “I’ll never be enough.”
- “I’m the strong one - no room for weakness.”
- “If I don’t perform, I’ll lose everything.”
- “This is just who I am - broken, bitter, and coping.”
- “I don’t need help. I’ve got this.”

These aren’t names others gave us. They’re names we gave ourselves. And over time, we buried our true identity beneath them.

- We called ourselves strong so no one would see our weakness.
- We called ourselves invisible so we’d stop expecting to be noticed.
- We called ourselves the dependable one — because being needed felt safer than being known.
- We labelled ourselves before the world had a chance to, thinking it would protect us from disappointment.

But here’s the truth: We can’t heal from names we’ve normalised. And we can’t walk in our God-given identity while still hiding under the one we built in survival.

#### Why this matters now

Because inner vows become silent scripts that rewrite how we show up – whether in leadership, in relationships, in careers, and even in worship. When we self-label out of pain or pressure, we end up building identities that are guarded, not God-

given. Over time, we start performing instead of being real. We look strong on the outside but avoid being honest. We stay busy in our lives, but lose our peace. This matters because if we don't surrender the self-given names, we will pass them on to our teams, our families, our ministries, and the next generation. God isn't just trying to heal what others did to us. He's trying to rename what we've done to ourselves.

## **Why We Struggle With This**

Because admitting we named ourselves feels harder than forgiving those who misnamed us. We built entire belief systems around survival identities, for example, "We've always been this way," "We're fine," "This is just who we are." We used achievement to cover insecurity, independence to mask fear, and spiritual language to justify emotional walls. And over time, the false name started to feel like home.

We struggle because those labels helped us function. But what helped us function isn't always what helps us flourish. And part of spiritual maturity is unlearning the names we gave ourselves when we didn't yet know who we really were.

## **Verse Breakdown: Isaiah 62:4 (NLT)**

- **"Never again will you be called 'The Forsaken City'..."** This was a name rooted in pain, history, and abandonment, but it wasn't their future.
- **"...or 'The Desolate Land.'"** God addresses the emotional state of their identity. Not just forsaken, but empty, barren, without life.
- **"Your new name will be 'The City of God's Delight'..."** God replaces their self-perception with His delight. This is not pity - it's pleasure.
- **"...and 'The Bride of God,'"** Their new identity is intimate, honoured, and chosen. Not just functional, but loved.
- **"For the Lord delights in you and will claim you..."** The source of our identity is not in our performance. It's in being claimed by the One who delights in us.

## **Key Themes**

- We often shape our identity around what we needed to survive.
- God is not afraid to confront the names we've buried ourselves under.
- Functioning identities can still be false identities.


- Healing requires honesty about who we thought we had to be.
- God's delight dismantles the lies we've lived in.
- Renaming is restoration - not rejection of who we once were.

## Practical Application

- **Name the name.** What have I called myself to feel safe, strong, or seen? Write it down honestly.
- **Trace the root.** Ask: When did I start believing this? Where did it come from?
- **Replace the name.** Find scriptures that reflect how God sees you, and speak them aloud daily.
- **Ask the hard question:** Am I living from a healed identity or a hidden one?
- **Pray through it together.** Invite God to uncover and heal the parts of you still tied to false names - even the ones that look strong from the outside.

## Prayer

Abba Father, I'm tired! Tired of living under names I gave myself. I lay down every false identity I built just to survive. Show me what I've buried. Rename what I've hidden. Let my soul remember who You say I am. In Jesus' name, Amen.

 **Final Takeaway:** Not all false names come from others. Some we gave ourselves in silence, hoping no one would notice our need. But God sees past the labels we created and calls us by the name He gave us from the beginning.