

# Remember **ME**

Reclaiming Your God-Given Identity,  
Authority, and Strength



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# WELCOME

Hi! I'm so grateful you are here! This means you are a brave and courageous woman, you just need a little help remembering it. I, too, lived a large part of my life forgetting who I was. Once I got intentional about remembering what God said about me, everything changed! I know things will change for you too. Welcome in!

*Keya Erving*



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# Remember

When we break down the word Remember, we find something deeply spiritual hidden within it. The prefix Re- means “to return” or “to do again,” while Member refers to being a part of or belonging to something greater—like a body, a family, or an organization. So, to remember literally means to return to membership—to go back and reconnect with what you were once a part of. It’s not just recalling information; it’s an act of restoration, of reuniting with your true identity and divine source.

That’s why God continually calls us to remember—to return to Him, the One from whom we came. We were created in His image, designed to be members of His body and participants in His Kingdom. But life, sin, and distraction often cause us to forget who we are and whose we are. When we remember, we step back into alignment with Heaven’s reality. We reclaim our place, our purpose, and our power as children of God. To remember is to return home—to the heart, the truth, and the identity we had in Him from the very beginning.

## How to use this exercise

Read through each section and then use the included journaling pages to complete the Reflection Action Items.

*Questions?*

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# INTRODUCTION



## **I DIDN'T FALL AWAY...I DRIFTED**

I didn't lose my faith.  
I didn't walk away from God.  
I didn't rebel or renounce or retreat in any dramatic way.  
I drifted.

Quietly. Slowly. Respectably.

I still believed in God.  
I still prayed.  
I still showed up.

But I stopped standing as who God said I was.

Somewhere between daily responsibilities, heartbreaks, and disappointment, between faith language and real life, I forgot something essential:

**I forgot I was God's child. I forgot I came from Him**

This book is for the woman who hasn't lost God—but has lost herself somewhere along the way.

It's not about becoming more spiritual.  
It's about remembering what's already true.  
You don't need to become someone new.  
You need to come back to yourself.

**“Wake up, sleeper, rise from the dead, and Christ will shine on you.” — Ephesians 5:14**





SECTION ONE

# THE DRIFT

HOW STRONG WOMEN FORGET  
WHO THEY ARE



"My people are destroyed for lack of  
knowledge."

— Hosea 4:6

# Most women don't forget who they are because they are weak...

They forget because they are busy surviving.

We forget ourselves in seasons of:

- Prolonged waiting
- Disappointment with people or God
- Trauma we never processed
- Over-responsibility
- Religious performance without intimacy

No one ever told me outright that I was small. Life just whispered it long enough—and I began to live like it was true.

I confused:

- Exhaustion with humility
- Silence with maturity
- Self-neglect with faithfulness

The most dangerous part of the drift is that you can remain faithful—and still forget who you are.

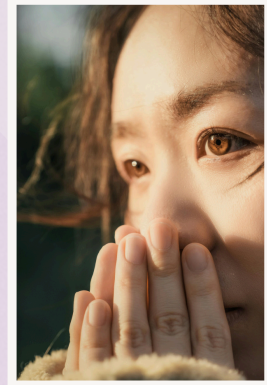
Identity doesn't disappear overnight. It erodes slowly through unchallenged thoughts.



# Key Truth

You don't lose your identity suddenly.

It slowly disappears through agreements you never questioned.



ACTION ITEM

## Reflection

Write down at least 10 phrases you use most often to describe yourself.

Now ask yourself:  
Did God ever say this about me?

Cross out anything that doesn't align with truth.

# Journaling Page



SECTION TWO

# IDENTITY BEFORE ASSIGNMENT

WHO YOU ARE COMES FIRST



"Before I formed you in the womb, I knew  
you."

— Jeremiah 1:5

# God always establishes identity before giving instruction.

Before Moses led, he was chosen.  
Before Esther acted, she was positioned.  
Before Jesus taught or healed, the Father said: "This is My beloved Son."

But many women live in reverse.

**We try to earn confidence through competence.**

We chase validation through productivity.  
We postpone peace until performance improves.

I believed:

- If I do more, I'll feel secure
- If I'm useful, I'm valuable
- If I get it right, I'll finally rest



But identity is not a reward.  
It's a foundation.

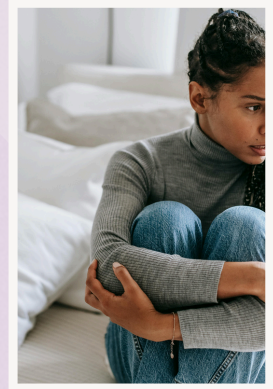
When you know who you are:

- You obey without panic
- You move without striving
- You rest without guilt



# Key Truth

Your calling flows from who you are—  
not the other way around.



ACTION ITEM

## Reflection

Finish this sentence daily for one  
week:

“Because I am \_\_\_\_\_ in Christ, I  
choose to \_\_\_\_\_.”

Examples:

Because I am loved, I choose to  
rest.

Because I am chosen, I choose  
not to chase approval.

# Journaling Page

Mon. Tues. Wed. Thurs. Fri. Sat. Sun.



SECTION THREE

# BREAKING AGREEMENT

WITH THE LIES THAT NAMED YOU



"You will know the truth, and the truth will  
set you free."

— John 8:32

# Lies don't only attack us...they wait for agreement.

And every agreement shapes how we see ourselves.

Some of the most dangerous lies sound responsible or spiritual:

- "I shouldn't want more."
- "Staying small keeps me holy."
- "God tolerates me, but doesn't delight in me."

**Whatever you don't challenge, you empower.**

Freedom didn't begin for me when I felt strong.

It began when I got honest.

Truth doesn't coexist with lies—it confronts them.



# Key Truth

Freedom starts with truth, not feeling.



ACTION ITEM

## Reflection

Write one lie you've believed about yourself.

Now write a truth statement to replace it.

Say that truth out loud every day for the next seven days.

# Journaling Page

Mon. Tues. Wed. Thurs. Fri. Sat. Sun.



SECTION FOUR

# STRENGTH HEALED

YOU WERE NEVER WEAK, JUST  
WOUNDED



“He heals the brokenhearted and binds up  
their wounds.”

— Psalm 147:3

# I thought I lacked strength but what I actually lacked was healing.



Many women label themselves timid when they're actually wounded.

Reserved when they're protecting themselves.

Insecure when they're simply unsafe to be fully seen.

God never confused your wounds with your worth.

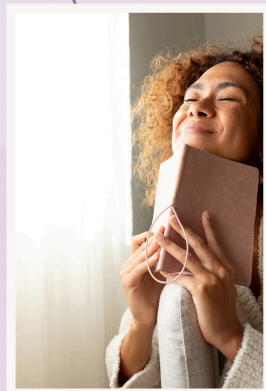
**Healing didn't make me softer.  
It made me clearer.**

Clearer about boundaries.  
Clearer about my calling.  
Clearer about what I would no longer tolerate.



# Key Truth

Healing doesn't disqualify you.  
It restores your vision.



ACTION ITEM

## Reflection

Ask God:

"Where did pain distort how I see myself?"

Write what comes without censoring.

# Journaling Page



SECTION FIVE

# THE WOMAN WHO REMEMBERS

LIVING FROM IDENTITY DAILY



"Put on the new self, created to be like  
God."

— Ephesians 4:24

# Remembering is not a one-time revelation...it is a daily decision

**I don't wake up confident every morning.  
I wake up committed to truth.**

A woman who remembers:

- Sets boundaries without apology
- Obeys without asking permission
- Moves without chasing validation

She doesn't strive to be seen. She stands because she already is.

This isn't about becoming louder or bolder.

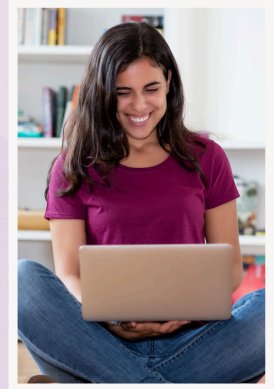
It's about becoming aligned.

And alignment produces authority.



# Key Truth

When you live from identity,  
everything else begins to follow.



ACTION ITEM

## Reflection

Write a personal declaration  
beginning with:

"I am the woman God says I am,  
and from this place I choose to..."

# Journaling Page

# Conclusion

You are becoming by  
returning to who God called you to be!

You were never lacking.  
You were never forgotten.  
You were never powerless.  
You simply remembered away from truth.

Now—  
you're coming home to what has always been yours.

Stand up.  
Take your place.  
This is who you've always been.



THANK YOU  
YOU HAVE COMPLETED THIS EXERCISE.

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The Genesis Woman

The Genesis Woman is a community for women to safely and peacefully restore their identity in Christ. Subscribe to The Genesis Woman for access to resources, both paid and free, to help you remember who God called you to be, restore your confidence, and walk in the authority God gave you.

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