



# 7 Days of True Names

Discovering Who God Says You Are

*By Michelle Morris • Divine Echo Press*

## Your Real Names

For too long, you've worn names that were never yours. Names whispered by doubt, shouted by critics, and echoed by your own wounded heart.

**But those are not your real names.**

Over the next seven days, we'll strip away the false labels and discover the names God has always called you. These aren't goals to achieve—they're truths to receive.

You are not what they said. You are who God says. And that changes everything.

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# 1 Chosen

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*"~~He~~ chose us in him before the creation of the world to be holy and blameless in his sight."*

*— Ephesians 1:4*

Chosen.

Not after you cleaned up your act. Not when you finally got your life together. Not because you earned it through good behavior or perfect attendance at church.

## **Before the creation of the world.**

Picture this: Before the first star blazed to life, before the first ocean crashed against the shore, before time itself began its relentless march—God looked at you and said, "That one. I want that one."

You weren't picked last for God's team. You weren't an afterthought when His first choice fell through. You weren't Plan B, C, or Z.

The Greek word here is "eklego"—meaning to select out, to choose for oneself. It's the same word used when a king chooses his closest advisors or when a master craftsman selects his finest materials.

Truth to Remember

When the world makes you feel overlooked, invisible, or unwanted, remember this: The God who spoke galaxies into existence chose you before He made the stars. Your worth isn't determined by human selection—it's established by divine election.

### Today's Prayer

*"God, when I feel forgotten or passed over, help me remember that You chose me before time began. Not because of what I could do for You, but because of who You are. Thank You for seeing something in me that I can't see in myself. Amen."*

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## 2 Beloved

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*"To all in Rome who are loved by God and called to be his holy people: Grace and peace to you from God our Father and from the Lord Jesus Christ."*

*— Romans 1:7*

There's a profound difference between being *loved* and being *beloved*.

Loved is general—the way you might love pizza or sunsets. Beloved is personal—the way you love the person who makes your heart skip.

Loved is a category you fall into. Beloved is a name you're called.

Loved is what God does. Beloved is who you are.

The original Greek word is "agapetos"—meaning supremely loved, esteemed, worthy of love. It's used to describe the special, cherished relationship between a parent and child, or between intimate friends.

This isn't the love reserved for the spiritually elite or the morally pristine. This is the love poured out on you—right now, right here, with all your mess and doubt and fear.

## The Heart of the Father

God doesn't merely tolerate you or put up with you. He delights in you. He thinks about you. He enjoys your company. You bring Him joy—not because you're perfect, but because you're His beloved.

### Today's Prayer

*"Father, it's hard to believe that You don't just love me—You call me beloved. Help me receive this truth in the deepest places of my heart. When I feel unloved or unlovable, remind me that I am Your beloved child. Amen."*

*"In him we have redemption through his blood, the forgiveness of sins, in accordance with the riches of God's grace."*

*— Ephesians 1:7*

**Forgiven.**

Not "will be forgiven" if you pray hard enough. Not "might be forgiven" if you're good enough from now on. Not "partially forgiven" with a few strings attached.

**Forgiven. Past tense. Done deal.**

The Greek word used here is "aphesis"—meaning to send away completely, to release, to grant complete pardon. It's the same word used when prisoners were released from prison or when debts were completely cancelled.

Your sins haven't been swept under a cosmic rug where God might trip over them later. They haven't been hidden in a drawer where shame can find them. They've been sent away—removed "as far as the east is from the west."

That thing you did in high school? Forgiven. That choice you made last week? Forgiven. That thought you had this morning that made you cringe? Already forgiven.

That thing you can't forgive yourself for? God already has.

## The Freedom of Forgiveness

You're not on spiritual probation. You're not one mistake away from losing God's love. You're not carrying a debt you can never pay. The work of forgiveness is complete, and you are free.

### Today's Prayer

*"Jesus, thank You for paying a debt I could never pay. Help me stop trying to earn forgiveness that's already mine. When shame tries to remind me of my past, help me remember that You've already sent it away. I am forgiven. Amen."*

## 4 Worthy

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*"With this in mind, we constantly pray for you, that our God may make you worthy of his calling, and that by his power he may bring to fruition your every desire for goodness and your every deed prompted by faith."*

— 2 Thessalonians 1:11

This word probably made you flinch. "Not me," you think. "I know what I've done. I know what I think. I know who I really am. I'm not worthy."

But here's what you're missing in this verse: Paul prays that **God** would make you worthy. Not that you would make yourself worthy through better behavior or deeper

devotion.

God makes you worthy. Not your performance.

The word "axios" means having weight, having value, measuring up to a standard. In ancient times, it was used in commerce—something was "axios" if it had real value in the marketplace.

You have weight in God's economy. You have value in God's eyes. You measure up in God's grace.

Not because of what you've done, but because of what He's done. Not because you're impressive, but because He is good. Not because you earned it, but because He gives it.

## Your Divine Worth

Stop trying to become worthy and start believing you already are. Your worth isn't determined by your track record—it's determined by God's grace record. And His record is perfect.

### Today's Prayer

*"God, it's hard to believe I'm worthy when I feel so flawed. Help me understand that my worth comes from You, not from me. You are the One who determines value, and You say I am worthy. Help me believe it. Amen."*

## 5 Seen

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*"She gave this name to the Lord who spoke to her: 'You are the God who sees me,' for she said, 'I have now seen the One who sees me.'"*

— *Genesis 16:13*

### Seen.

Hagar spoke these words. She was a slave, pregnant, alone in the desert. Everyone who should have protected her had failed her. Everyone who should have cared had looked the other way. She was invisible to everyone who mattered.

Sound familiar?

But God saw her. Not just glanced at her or noticed her in passing. **SAW** her. The Hebrew is "El Roi"—the God who sees. Really sees. Completely sees.

He sees you when you feel overlooked at work, passed by in relationships, forgotten by friends. He sees you in your 3 AM anxiety, your quiet desperation, your secret struggles.

He sees you when others look through you. He sees you when you try to hide. He sees you when you feel invisible.

And here's the beautiful part: He doesn't just see your failures and flaws. He sees your heart, your potential, your beauty. He sees who you really are beneath the masks you wear.

## Never Invisible

You are not overlooked by the One whose sight matters most. You are not forgotten by the One who counts the hairs on your head. You are seen, known, and cherished by El Roi—the God who sees.

### Today's Prayer

*"God who sees me, thank You for noticing me when others don't. Thank You for seeing not just my failures but my heart. When I feel invisible or forgotten, remind me that You see me completely and love me anyway. Amen."*

## 6 Favored

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*"Surely, Lord, you bless the righteous; you surround them with your favor as with a shield."*

*— Psalm 5:12*

Favored.

Not tolerated. Not put up with. Not grudgingly accepted. **Favored.**

The Hebrew word "ratson" means delight, goodwill, acceptance, grace. It's the favor a king shows to his most trusted advisor, the delight a parent takes in their child.

Notice how this verse describes God's favor: it surrounds you like a shield. It's not just over you—it's around you. Behind you. Before you. Beside you. Completely surrounding you.

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This isn't about being God's favorite (that leads to pride). It's about being favored (that leads to gratitude). There's a difference.

You walk in divine favor—not because you're special, but because He is good:

- Doors open that should be closed
- Grace appears where judgment was expected
- Provision comes from unexpected places
- Peace exists where chaos should reign

## Surrounded by Grace

God's favor isn't something you have to chase or earn—it surrounds you right now. You're not fighting for His attention; you already have it. You're not working for His approval; you already possess it.

### **Today's Prayer**

*"Lord, help me recognize Your favor in my life. When circumstances are difficult, help me remember that Your favor surrounds me like a shield. Thank You for delighting in me, not because I'm perfect, but because You are good. Amen."*

# 7 Complete

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*"So you also are complete through your union with Christ, who is the head over every ruler and authority."*

*— Colossians 2:10 (NLT)*

## Complete.

Not "will be complete" when you finally fix yourself. Not "almost complete" except for that one area you're still working on. Not "partially complete" with some assembly required.

## **Complete. Now. In Him.**

The Greek word "pleroo" means filled up, lacking nothing, perfect. It's used to describe a ship fully loaded with cargo or a cup filled to the brim.

You lack nothing you need for life and godliness. You are missing nothing essential for your identity. You are not a project to be finished or a puzzle with missing pieces. Yes, you're still growing. Yes, you're still learning. Yes, you're still healing. But in Christ, you are already complete. The work He needed to do for your identity is finished. The names He wanted to give you are yours.

You don't have to wait until you're "better" to start living as who you are. You don't have to earn these names through spiritual performance. You don't have to qualify for what's already been given.

# Already Yours

Every name we've explored this week—Chosen, Beloved, Forgiven, Worthy, Seen, Favored, Complete—these aren't goals to achieve. They're truths to receive. They're not destinations to reach; they're realities to embrace.

## Today's Prayer

*"Jesus, thank You that the work is finished. Help me stop trying to complete what You've already made whole. These names You've given me—help me wear them with confidence, knowing they're not based on my performance but on Your finished work. Amen."*

# Your Real Names

CHOSEN

BELOVED

FORGIVEN

WORTHY

SEEN

FAVORED

COMPLETE

These seven names aren't the end of your story—they're the beginning of a new chapter.

Now that you know who you really are, the question becomes:  
How will you live differently?

When doubt whispers the old names, which of these seven will you choose to remember?

When fear tries to convince you that you're not enough, which truth will you speak back?

When the world attempts to shrink you back into old identities, how will you stand firm in these new names?

**You are not what they said. You are who God says.**

And that's more than enough.

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Continue your journey of discovering your true identity in Christ.

**"Who Do You Think You Are?"** is available now at [dailydosedevotional/  
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Coming Soon: *"From Forgotten to Favored"* and *"The Gospel of the Outcasts"*

With hope,  
Michelle Morris  
Divine Echo Press