

April 15, 2026

My Old Life No Longer Defines Me

April Series: Living The Resurrection Life

Week Focus: Live the Crucified Life

Scripture – Romans 6:6

“Our old self was crucified with Him...”

Devotional Reflection

The crucified life means your old identity no longer defines you. Scripture teaches that your old self was crucified with Christ, which means the version of you that was controlled by sin, fear, and unhealthy patterns has lost its authority. You are no longer bound to who you used to be. Your identity has been changed, even if your habits are still catching up.

This can feel confusing at times because old thoughts and tendencies may still appear. You may still feel familiar emotions or face familiar struggles. But what you feel is not always who you are. The key is recognizing that those patterns no longer have control over you. You now have the ability to choose differently.

The challenge is not that the old self still has power—it is that we sometimes continue to give it influence. We respond from habit instead of identity, reacting in ways that no longer align with who we are becoming. But transformation grows when you begin choosing from your new identity, even when it feels unfamiliar.

Today, remind yourself that your past does not define you. When old patterns try to rise, pause and make a different choice. That moment of pause is evidence of transformation. Each time you choose differently, you are strengthening the new life God has already placed within you.

Focus for Today

I am not who I used to be.

Practice

- Notice old patterns when they arise
 - Pause before responding
 - Choose from your new identity
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Prayer

Lord, help me live from my new identity in You. In Jesus name, Amen.

Reflection Question

Where do I need to stop responding like my old self?