



*with Dana Grindal and Laura Gallier*

[FearlessAndFreeCommunity.com](http://FearlessAndFreeCommunity.com)

**PODCAST EPISODE 42**  
**Worthy Series, Part 1: Realizing My Self-Worth**

**PRAYER EXERCISE**

Make this a time of prayer and reflection. Remove distractions. Begin an authentic conversation with Jesus. Consider writing down thoughts as they come to you.

*Thank you, Jesus, that You are here with me. I ask You to reveal truth to my heart and guide me in this time of prayer and reflection.*

- 1. Self-worth is defined in Merriam Websters dictionary as *a sense of one's own value as a human being.***
  - a. When you look in the mirror, what do you say to yourself?
  - b. How do you feel about yourself?
  - c. How do you think others see you?
  - d. Does your answer to question (c) affect the answers to question (a) or (b)?
  - e. Pause now to pray: *Lord is there anything You want me to know about how I value myself? Wait for His response.*
  
- 2. Does having self-worth clash with the Christian teaching of humility? Not at all!**
  - a. Self-worth is NOT self-worship (putting yourself as more important than others or God).
  - b. Self-worth is NOT self-hatred (disregarding your value and rejecting who God created you to be).
  - c. Jesus is our example for humility. He models love and compassion for others in a life of serving others, yet He is not weak or confused about who He is or His value to the Father. He serves willingly, not out of shame or compulsion to prove Himself.
  - d. Prayerfully read through Philippians 2.
  - e. Pause now to pray: *Lord, is there anything You want me to know about who or what is determining my value? (Wait for His response.)*
  
- 3. How can you grow in your self-worth?**
  - a. Our worth is predetermined by the One who created us, loves us, and destined us.
  - b. Every person alive has this predetermined value, but many don't believe it because they are receiving the messages of comparison, competition, and performance through and in the world around them.

- c. Growing in your self-worth comes from a daily, personal relationship with Jesus.
- d. Pray: *Lord, will You show me how You see me? Will You show me what You think of me?* Wait for His response. Journal what He shows you.
- e. If you are still struggling to know your value, ask trusted friends what they see in you and what you are good at. Ask your parents what you were like as a child. These answers will help identify your natural bent and talents. Bring those to Jesus and ask Him for opportunities to serve Him in those areas. This will increase your awareness and confidence in your self-worth.
- f. When we serve to get something from other people, we will never be satisfied. But when we serve to honor God with our gifts, we will feel great joy and fulfillment.

For more on growing your self-worth, and how to have a positive impact on others, check out our Free to Be Me online course [www.fearlessandfreecommunity.com](http://www.fearlessandfreecommunity.com) and the I AM WORTHY Program at [www.WorthyProgram.com](http://www.WorthyProgram.com).

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**If you have yet to call on Jesus as your Lord and Savior,  
find a biblical explanation of the vital need and a prayer guide at  
[FearlessAndFreeCommunity.com/Saving-Faith](http://FearlessAndFreeCommunity.com/Saving-Faith)**