



with Dana Grindal and Laura Gallier

FearlessAndFreeCommunity.com

**PODCAST EPISODE 43
Instilling Self Worth in Kids**

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. In our busy society, families are so often looking at screens instead of each other. Making intentional time to connect communicates to children that we value them. Even when our children are grown, we can build their sense of self-worth with:**
 - a. Eye contact.**
 - b. Words that encourage and validate their feelings and interests.**
 - c. Body language that communicates “I am interested in you”.**
 - d. Planning quality time together, like dinnertime.**
 - e. Which of these are most challenging for you?**
 - f. Pause and prayer.** *Lord, please show me how to communicate self-worth to each of my children in these areas. I am willing to do things differently. In Jesus’ name, amen.*

- 2. Common stumbling blocks families face in instilling self-worth are:**
 - a. Unrealistic expectations for their age or skill level.**
 - b. Comparing them to other kids or to ourselves when we were their age.**
 - c. Hovering over them.**
 - d. Doing things for them instead of giving them space to try and fail.**
 - e. Which of these stood out to you?**
 - f. Pause and pray.** *Lord, I recognize I am limiting my child’s self-worth. Please forgive me for reacting out of fear or my own need for performance. Help me see each child as You see them. Help me to build their self-worth by encouraging them in their gifts at the right time and pace for them. In Jesus’ name, amen.*

- 3. Creativity is a gift from God to all His children—adults and young people alike. Creativity is necessary for maturity, development of personality, and problem solving.**
 - a. What play time is built into your child’s schedule to play freely without technology?**

- b. What play time is built into your schedule to have fun as a family without technology?**
- c. What could you do to make more time for play together?**
- d. Pause and pray.** *Lord, thank You that You designed us to have fun together and enjoy life. Please forgive me for limiting creative activities for myself and for my family. Restore our creativity, and show us how to use it to build up one another. In Jesus' name, amen.*

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 and the I AM WORTHY Program at www.WorthyProgram.com

**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**

