



*with Dana Grindal and Laura Gallier*

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

#### PODCAST EPISODE 44

#### Worthy Series, Part 3: Inspiring Self-Worth in My Relatives and Friends

#### 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 the previous prayer exercises for this series, we have discussed and reflected on what self-worth is from a biblical perspective, how to grow in your own sense of self-worth, and how to instill self-worth in your children. Practice these tools and continue to apply them in your life and family.**
  - a. **Pause and pray for your own self-worth.** *Lord, please show me how to receive and accept my self-worth. I am willing to do things differently. In Jesus' name, amen.*
  - b. **Pause and pray for instilling self-worth in children.** *Lord, please show me how to communicate self-worth to each of my children. I am willing to do things differently. In Jesus' name, amen.*
  - c.
2. **For this exercise today, here's a true story that exemplifies inspiring self-worth in others:**

A young intern was invited into his boss's office to do a practice round of interviews before interviewing for a permanent job in the coming weeks. The boss began the normal series of questions related to the applicant's resume, which included grades. He noticed that the last two semesters, the intern's grades were high; however, the year before, there was one semester where the intern had done very poorly and was in danger of failing out of the program. The boss asked, "What happened in this semester when your grades were so poor?" The intern immediately looked down in shame. He struggled to answer, and when he did, he belittled himself. The boss said, "Time out," and stopped the interview. The intern looked up, concerned. The boss went on to ask the intern some very strategic questions.

"How did you respond to what happened—to nearly failing out of the program?"

“What did you learn through the process of nearly failing?”

“What did you apply to your life that caused you to be successful in the following semesters?”

As the intern answered the questions, he began to regain confidence. He had learned some very important skills for overcoming challenges, persevering, and studying effectively. Those skills were continuing to help him be a good student and good worker.

The boss replied with a smile. “This is your answer. When someone asks you about that semester when your grades were so poor, you reply with what you learned from that time and how it has made you a better student and worker. That is what a company is looking for.”

The intern beamed. He completed the rest of the interview smoothly and walked out of that interview with a greater sense of self-worth than he brought in. The boss not only completed a task but changed his life.

**3. Reflect on the story.**

- a. **What stood out to you?**
- b. **Can you relate to the boss or the intern?**
- c. **Pause and pray.** *Lord, please show me how to see value in others and how to communicate that self-worth to my friends and relatives. I am willing to do things differently. 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](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)**