



3 STEPS TO UNDERSTAND YOUR VALUE

KNOW YOUR IDENTITY, BE CONFIDENT AND JOYFUL

BY BRYANT WESTBROOK

IN CHRIST YOU ARE MADE
BRAND NEW. YOU ARE A NEW
CREATION AND YOUR VALUE
COMES FROM HIM.

THEREFORE, IF ANYONE IS IN
CHRIST, THE NEW CREATION
HAS COME: THE OLD HAS
GONE, THE NEW IS HERE!
(2 CORINTHIANS 5:17)

UNDERSTANDING YOUR
VALUE FIRST STARTS WITH
UNDERSTANDING THAT
YOUR VALUE COMES FROM
YOUR RELATIONSHIP WITH
JESUS. HE'S THE CREATOR,
HE'S WHO GETS TO DECIDE
WHO YOU ARE AND HE CALLS
YOU LOVED, VALUED AND
GIFTED.

HERE ARE 3 WAYS YOU CAN
UNDERSTAND THIS BETTER
AND LEARN ABOUT JUST
HOW VALUABLE YOU REALLY
ARE.

1.LIFE-GIVING WORDS

HOW PRECIOUS ARE YOUR
THOUGHTS ABOUT ME, O
GOD. THEY CANNOT BE
NUMBERED! I CAN'T EVEN
COUNT THEM; THEY
OUTNUMBER THE GRAINS OF
SAND! (PSALM 139:17-18 NLT)

THOSE WHO LOOK TO HIM
ARE RADIANT; THEIR FACES
ARE NEVER COVERED WITH
SHAME.
(PSALM 34:5 NIV)

THOSE ARE JUST SOME OF
THE MANY WORDS THAT OUR
LOVING HEAVENLY FATHER
SAYS ABOUT US. THOSE
WORDS ARE TRUE AND LIFE-
GIVING! GOD SAYS YOU ARE
LOVED, VALUED AND ADORED
BY HIM.

YOU ARE NOT YOUR OWN
BUT A CHILD OF THE
CREATOR OF THE STARS, THE
OCEAN, NATURE, SCIENCE
AND EVERYTHING IN
BETWEEN. HE LOOKS AT YOU,
HE CALLS YOU GIFTED,
TALENTED AND ANOINTED.

WHAT ARE SOME WORDS YOU RECOGNIZE THAT YOU REPEAT EVERY DAY TO YOURSELF? YOU MAY NOT HAVE EVEN REALIZED IT. MAYBE YOU'VE REPEATED, "I CAN'T DO IT, I DON'T HAVE WHAT IT TAKES." OR "I'M NOT PRETTY AND POPULAR ENOUGH." SEE IF YOU CAN POINT OUT ANY OTHER WORDS LIKE THAT THAT YOU'VE BEEN SAYING TO YOURSELF AND LET'S GET READY TO REPLACE THEM WITH THE TRUTH.

TAKE THE SCRIPTURES FROM ABOVE AND TAKE TRUTH FROM THEM AND THAT BECOMES YOUR LIFE-GIVING WORDS. FOR EXAMPLE, USING THE VERSES ABOVE, YOU CAN TAKE TRUTH FROM THEM AND SAY THIS ABOUT YOURSELF:

"I AM A LOVED CHILD OF GOD WHO IS VALUED AND LOVED. I AM CONFIDENT THAT MY GOD IS WITH ME AND I KNOW HE'S WITH ME, I DON'T HAVE TO FEAR."

- HOW COULD LIFE-GIVING WORDS OF YOUR OWN TRANSFORM YOUR MIND AND DAYS?

PRAYER TO PRAY:

JESUS, HELP ME TO UNDERSTAND THE TRUTH ABOUT MYSELF. HELP ME TO WALK IN CONFIDENCE KNOWING WHO I AM IN YOU. THANK YOU FOR LOVING ME FOR WHO I AM. AMEN.

2. YOU ARE A CHILD OF GOD

BUT WHEN THE RIGHT TIME CAME, GOD SENT HIS SON, BORN OF A WOMAN, SUBJECT TO THE LAW. GOD SENT HIM TO BUY FREEDOM FOR US WHO WERE SLAVES TO THE LAW, SO THAT HE COULD ADOPT US AS HIS VERY OWN CHILDREN.

AND BECAUSE WE ARE HIS CHILDREN, GOD HAS SENT THE SPIRIT OF HIS SON INTO OUR HEARTS, PROMPTING US TO CALL OUT, “ABBA, FATHER.” NOW YOU ARE NO LONGER A SLAVE BUT GOD’S OWN CHILD. AND SINCE YOU ARE HIS CHILD, GOD HAS MADE YOU HIS HEIR.
(GALATIANS 4:4-7 NLT)

JESUS’ PURPOSE FOR COMING WAS TO BE A SACRIFICE SO WE COULD BE RECONCILED TO GOD. BECAUSE OF THIS, WE ARE ADOPTED AS SONS AND DAUGHTERS OF GOD. HE GIVES US HIS SPIRIT WHICH CALLS OUT TO GOD BY SAYING “ABBA” WHICH IS AN ARAMAIC WORD FOR FATHER, USED BY JESUS AND PAUL TO ADDRESS GOD IN A RELATION OF PERSONAL INTIMACY. THAT WORD ABBA SIGNIFIES INTIMACY.

YOUR NEW IDENTITY AS A NEW
CREATION IN CHRIST IS THIS: LOVED
BY GOD.

FOR YOU CREATED MY INMOST BEING;
YOU KNIT ME TOGETHER IN MY
MOTHER'S WOMB. I PRAISE YOU
BECAUSE I AM FEARFULLY AND
WONDERFULLY MADE; YOUR WORKS
ARE WONDERFUL, I KNOW THAT FULL
WELL. MY FRAME WAS NOT HIDDEN
FROM YOU WHEN I WAS MADE IN THE
SECRET PLACE, WHEN I WAS WOVEN
TOGETHER IN THE DEPTHS OF THE
EARTH. (PSALM 139:13-15)

- WHAT DO YOU SEE IN YOUR LIFE
THAT YOU PLACE YOUR IDENTITY
IN?
- HOW COULD PLACING YOUR
IDENTITY IN GOD CHANGE YOUR
FEELINGS ABOUT YOURSELF?

PRAYER TO PRAY:

HEAVENLY FATHER, HELP ME TO SEE
MYSELF THE WAY YOU SEE ME. LOVED,
VALUED AND GIFTED BY YOU. HELP ME
TO SEE THE REAL ME, WHO I AM IN
YOU. HELP ME TO LIVE OUT MY NEW
IDENTITY AND MAY IT REFLECT WHO I
AM. I LOVE YOU FATHER, THANK YOU
FOR MAKING INTO WHO I AM. AMEN.

3.COMPARISON TRAP

GOD MAKES NO MISTAKES
AND HE DIDN'T START WITH
YOU.

SCRIPTURE TALKS ABOUT
HOW WE DON'T LACK
ANYTHING. HERE'S WHAT THE
BOOK OF PSALMS SAYS:

THE LORD IS MY SHEPHERD, I
LACK NOTHING. (PSALM 23:1)

THINK ABOUT YOUR OWN
LIFE FOR A MINUTE. DO YOU
COMPARE YOUR LIFE TO
SOMEONE ELSE? DO YOU SEE
SOMEONE ON SOCIAL MEDIA
AND THINK HOW PERFECT
THEIR LIFE IS AND HOW PUT
TOGETHER THEY SEEM?

- WHAT AREAS OF YOUR LIFE
ARE YOU COMPARING
YOURSELF TO OTHERS IN?

PRAYER TO PRAY:

HEAVENLY FATHER, HELP ME
TO APPRECIATE WHAT I HAVE
AND WHO I AM IN YOU. HELP
ME TO BE THANKFUL FOR ALL
I AM AND WHAT YOU'VE
GIVEN ME. AMEN.