

"You are precious and honored in my sight, and I love you." — Isaiah 43:4

Where do you currently get most of your sense of worth? Circle all that apply:

Grades / Achievement Appearance Friends' Opinions Social Media Family Approval Talents Relationships

Rate how much each source currently affects how you feel about yourself (1 = not much, 5 = a lot):

Source	Rating (1–5)
What others think of me	
How I look	
How I perform at school or work	
My past mistakes	
My accomplishments	
What God says about me	

What does this tell you about where your identity is rooted right now?

Fill in the blanks using the verses provided:

God says I am _____ (Psalm 139:14)

God says I am _____ (John 15:15 — "I have called you friends")

God says I am _____ (1 John 3:1 — "children of God")

God says I am _____ (Isaiah 43:4 — "precious and honored")

Think of one label you have carried about yourself that is not true.

The label I've believed: _____

Where did that label come from? _____

What does God say instead? _____

1. Why do you think it is so easy to base our worth on things that change?

2. Has there been a moment when you felt truly valued — not for what you did, but for who you are?

3. What would change if you fully believed you were loved by God exactly as you are?

◆ **Personal Challenge This Week**

Write the words "I am loved by God" somewhere you will see it every day this week — your mirror, your phone lock screen, your notebook. Notice how it feels each time you read it.

You are seen. You are known. You are loved.