



SELF-WORTH

Hearing the Voice That Gives You Life

The Control Trap

The Foundation of Identity

John 1:12–13 (ESV): “But to all who did receive him... he gave the right to become children of God, who were born, not of blood nor of the will of the flesh nor of the will of man, but of God.”

Identity is not achieved. It is received.

When behavior comes first:

Fear drives you.
Shame shapes you.
People rate you.
God supervises you.

When identity comes first:

Love secures you.
Peace centers you.
People connect with you.
God is near to you.

"Not of Blood"

Luke 15:1–2 (NIV): “Now the tax collectors and sinners were all gathering around to hear Jesus. But the Pharisees... muttered, ‘This man welcomes sinners and eats with them.’”

Comparison creates anxiety. Anxiety undermines self-worth.

"Not of the Will of the Flesh"

Luke 15:19 (NIV): “I am no longer worthy to be called your son; make me like one of your hired servants.”

If I can earn love, I can keep love. But if love is given, I cannot control it.

If worth is earned, it can be lost.

"Not of the Will of Man"

Matthew 23:13 (NIV): “You shut the door of the kingdom of heaven in people’s faces.”

Luke 15:28 (NIV): “The older brother became angry and refused to go in.”

The Real Issue

You are not tired because you lack discipline.
You are tired because you are managing fear.

Underlying fear for many women: “If I stop holding everything together, I lose value.”

Underlying fear for many men: “If I lose strength, I lose worth.”

The Father’s Declaration

Luke 15:20 (NIV): “But while he was still a long way off, his father saw him and was filled with compassion...he ran... threw his arms around him and kissed him.”

Return to your identity.

MORNING DECLARATION

I am a child of God.
You are a child of God.
Our worth cannot be ranked.

All scriptures referenced are from the New International Version (NIV) translation of the Bible unless otherwise indicated.