**Faith-Based Self-Worth and Confidence Worksheet**

**Purpose:**
This worksheet is designed to help you explore and strengthen your sense of self-worth and confidence from a faith-based perspective. Many people struggle with insecurity, feeling inadequate, or questioning their value. However, the Bible teaches us that our worth is not based on our achievements, appearance, or the approval of others, but on our identity in Christ. Understanding and embracing your worth in God’s eyes is essential for living with confidence, purpose, and peace.

This worksheet will guide you in reflecting on the biblical truths that affirm your value and help you cultivate a strong, Christ-centered self-esteem. As you engage in these steps, you will begin to replace feelings of inadequacy with the truth of God’s love and purpose for your life.

**Step 1: Understanding Your Worth in Christ**

**Instructions:**
Take time to reflect on the following biblical truths about your worth in Christ. These truths affirm that your value comes from being created in the image of God and redeemed through Christ's sacrifice. Meditate on these scriptures and let them challenge any thoughts or feelings of inadequacy you may have.

**Key Scriptures to Reflect On:**

* **You are fearfully and wonderfully made.** (Psalm 139:14)
* **You are created in God’s image.** (Genesis 1:27)
* **You are God's masterpiece.** (Ephesians 2:10)
* **You are loved with an everlasting love.** (Jeremiah 31:3)
* **You are more than a conqueror through Christ.** (Romans 8:37)
* **You are redeemed and forgiven.** (Ephesians 1:7)
* **You are a royal priesthood, a holy nation.** (1 Peter 2:9)
* **You are valuable to God.** (Matthew 10:29-31)

**Questions for Reflection:**

* How do these scriptures speak to your sense of worth and value?
* In what areas of your life do you feel undervalued or insecure?
* What lie or misconception about your worth do you need to let go of?
* How can you embrace these truths more fully in your life?

**Your Reflection:**

**Step 2: Overcoming Lies and False Beliefs**

**Instructions:**
Sometimes, our sense of self-worth is influenced by lies, past wounds, or the world’s standards. In this step, you will identify negative beliefs or lies you may have been believing about your worth and replace them with the truth of God’s Word.

**Questions for Reflection:**

* What are some lies or negative beliefs I have about my worth? (e.g., “I’m not good enough,” “I’ll never amount to anything,” “I need to be perfect to be loved,” etc.)
* How have these lies affected my confidence and decisions?
* What biblical truths can replace these lies and affirm my value in God’s eyes?

**Example Reflection:**

* **Lie:** "I’m not good enough to be loved by God."
* **Truth:** "I am loved with an everlasting love (Jeremiah 31:3). I don’t have to be perfect to be accepted by God, because He loves me as I am."

**Your Reflection:**

**Step 3: Embracing Your Identity as God’s Beloved**

**Instructions:**
Embracing your true identity in Christ means accepting that you are loved and valued by God, regardless of your circumstances or what others think of you. This step will help you move from knowledge to practice by learning to live in the reality of your worth as a beloved child of God.

**Questions for Reflection:**

* How can I remind myself daily that I am God’s beloved child, fearfully and wonderfully made?
* What specific steps can I take to live out my worth in Christ, even when I feel insecure or discouraged?
* How can I extend love and compassion to myself as God does, especially in moments of self-doubt?

**Example Reflection:**
"I want to begin my day by reminding myself that I am loved by God, regardless of what I accomplish. I will stop seeking approval from others and start seeking affirmation from God through prayer and Scripture."

**Your Reflection:**

**Step 4: Building Confidence in God’s Plan for You**

**Instructions:**
True confidence comes from knowing that you are part of a bigger plan—God’s plan. He has created you for a purpose, and He will equip you to fulfill that purpose. This step is about shifting your confidence from self-reliance to God-reliance. Trust that He has a plan for you and that He will provide everything you need to fulfill your calling.

**Questions for Reflection:**

* How can I shift my focus from self-reliance to God-reliance in order to build my confidence?
* In what areas of my life do I need to trust more deeply in God’s plan for me?
* How can I step out in faith, knowing that God will empower me to do what He’s called me to do?

**Example Reflection:**
"I will focus on trusting God with the areas where I feel insecure. Instead of trying to do everything on my own, I will ask for His strength and guidance in moments where I feel inadequate."

**Your Reflection:**

**Step 5: Prayer for Confidence and Self-Worth**

**Instructions:**
Take time to pray, asking God to help you fully embrace your true worth in Christ and to build your confidence in Him. Surrender any insecurity or self-doubt to Him, and ask for the strength to live boldly in the truth of who He says you are.

**Prayer:**
"Lord, I thank You for creating me in Your image and for loving me with an everlasting love. Help me to let go of the lies I’ve believed about myself and to embrace the truth of who I am in You. I ask that You would build my confidence, not in my own abilities, but in Your plan and power. Help me to live out my purpose with boldness and faith, trusting that You will equip me for everything You’ve called me to do. In Jesus’ name, Amen."

**Step 6: Reflection and Action Plan**

**Instructions:**
Now that you’ve reflected on your worth in Christ, create an action plan to help you live out the truths you’ve discovered. This plan will guide you in strengthening your self-worth and confidence in Christ as you move forward.

**Action Plan:**

* **Action 1:**
* **Action 2:**
* **Action 3:**

**Conclusion:**
Your worth and confidence are not dependent on your achievements or the opinions of others. They are rooted in who you are in Christ—loved, chosen, redeemed, and equipped for a purpose. As you live out these truths and replace insecurity with God’s affirmation, you will begin to walk with greater confidence and assurance in His plan for your life. Remember that your value is secure in Him, and you are enough because He says you are.