



WHAT DOES IT MEAN TO ME?

Ephesians 1:7-10

From life's outset, we find ourselves on the prowl, searching to satisfy some inner, unexplained yearning. Our hunger causes us to search for people who will love us. Our desire for acceptance pressures us to perform for the praise of others.

Our desire to be loved and accepted is a symptom of a deeper need—the need that governs our behavior and is the primary source of our emotional pain. Often unrecognized, this is our need for self-worth.

The Search for Significance, Robert McGee

Self-Worth = Performance + Others' Opinions

Misbelief:

I must avoid failure at all costs. I must work harder and longer to be successful and never fail.



Worthiness Truth:

I am now a righteous person in God's sight. I have trusted Christ's redemptive sacrifice for me. I am covered by the robe of His purity and goodness. Also, since I have a new nature, I am a good person in my general practice of life as I continue to grow in Christ.

2 Corinthians 5:17

Misbelief:

I am a prisoner of the opinions of the important people in my life. I agonize when my best judgment and direction from the Lord are different from theirs. Disagreeing with them will harm our relationship irreparably, so I attempt to please everyone, creating an unhealthy lifestyle.



Significance Truth:

People love me and want me to live a life of joy, rhythm, rest, and fruitfulness in all areas of my life. I do not need to prove my worth through compulsive achievement and extraordinary productivity; I am accepted, loved, and greatly valued just for who I am.

Galatians 1:10

## Assignments

1. Where and how have you sought significance apart from Christ?

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2. What lies do you consciously or subconsciously believe about what makes you valuable? Significant? Important?

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3. Write out the Misbelief/Truth cards and review them slowly and prayerfully. Ask God to help you believe what is true of you because of Christ.

4. OPTIONAL: For deeper understanding, read pages 75-80 of the **Discover Your True Self** book or listen to the Day 8 audiobook excerpt.