

## SELF-WORTH

### GOD LOVES US. . . .

**D&C 18:10** Remember the worth of souls is great in the eyes of God.

**Isaiah 13:12** I will make a man more precious than fine gold. . .

**Isaiah 64:8** But now, O Lord, thou art our father; we are the clay, and thou our potter; and we are the work of thy hand.

### AND WILL HELP US TO FIND HIM AND FIND OUR OWN WORTH.

**Isaiah 35:3** Strengthen ye the weak hands, and confirm the feeble knees.

4 Say to them that are of a fearful heart, be strong, fear not; behold, your God will come with a vengeance; . . . he will come and save you.

**Isaiah 40:29** He giveth power to the faint; and to them that have no might he increaseth strength

31 But they that wait upon (trust), the Lord shall renew their strength; they shall mount up with wings as eagles; they shall run and not be weary; and they shall walk, and not faint

**Isaiah 41:10** Fear thou not; for I am with thee; be not dismayed, for I am thy God; I will strengthen thee; yea, I will help thee; yea, I will uphold thee with the right hand of my righteousness.

**Isaiah 54:10** For the mountains shall depart, and the hills be removed; but my kindness shall not depart from thee, neither shall the covenant of my peace be removed saith the Lord that hath mercy on thee

**Isaiah 58:11** And the Lord shall guide thee continually, and satisfy thy soul in drought and make fat thy bones: and thou shalt be like a watered garden, and like a spring of water, whose waters fail not.

**Isaiah 32:17** And the work of righteousness shall be peace; and the effect of righteousness quietness and assurance forever.

**D&C 121:45** Let thy bowels also be full of charity towards all men and in the household of faith, and let virtue garnish thy thoughts unceasingly; then shall thy confidence wax strong in the presence of God; and the doctrine of the priesthood shall distil upon thy soul as the dews from heaven.

Feelings of self-worth are a natural consequence of knowing we are living in harmony with our Heavenly Father's plan for us. They are the result of **keeping the commandments, evaluating ourselves and others correctly, being humble and teachable, working hard, and loving others.**

1. . . the only true measure of success (or self-worth) is the degree that one actually does "feel good" . . .  
--L.S. Baksdale, BUILDING SELF-ESTEEM
2. Self-esteem is a **feeling**, not a mental idea, of who you are. **Feeling good is feeling worthy**
3. The starting place to building a solid self-esteem must be a **reconciliation** of the estranged Father-child relationship.  
--Robert Schuller
4. The real voyage of discovery consists not in seeking new landscaped, but in having new eyes.  
--Marcel Proust

**Excerpts: A PRETTY GOOD PERSON by L. B. Smedes:** (Antidotes to counteract feelings of worthlessness.)

#### **I. GRATITUDE:**

- Life is out of joint whenever a person is ungrateful for its gifts.
  - Are we not butterflies fluttering on the fragile flower of existence sipping life freely from God's own nectaries? And ought we not be grateful for the privilege?
  - To give thanks is to give one's self to the giver who came tucked into her gift. Gratitude is our way of welcoming the giver, and thanks is our way of stitching an inch of ourselves alongside the giver.
  - We can learn to celebrate imperfect gifts--the gifts we give each other.
  - Saying some thanks primes the pump of gratitude.
- It may take time for gratitude to overcome us. And it may come only through suffering. We cannot control it. But we can give it space.

## II. COURAGE AND HONESTY

--Courage is at home in the frightened heart.

--We corrupt our consciousness and give up courage when: 1) reality dashes our faith  
2) our passion blinds us to what we know 3) we are too tired to cope

The art of honesty is to tell the right truth to the right person at the right time in the right way....  
When we mix a little love with our honesty, we tell the right truth to the right person at the right time in the right way. We also tell it for the right reason.

## III. SURRENDER AND FORGIVENESS

--We get control of our lives, ultimately, not by willpower but by surrender.

--The only way back to control over our painful memories is the way of forgiveness. -----When we forgive, we surrender our basic human right to get even with the person who hurt us. But this surrender is not a defeat. It is the ultimate win.

--One way to get in control of one's life is surrender to unconditional love--the love that accepts me with no reference to my deserving.

## IV. REPETITION AND PRACTICE

--There is only one way to stay in control of anything. Everlasting repetition. Practice!

--In the discipline of surrender we admit to ourselves that we try to get control of our own lives by controlling other people's opinions of us, and this doesn't work.

--And then we move on to the practice of surrender. We repeat over and over again to ourselves, alone and aloud, that God's love and our own integrity give us freedom to live without other people's approval. The very repetition of the words becomes a means of grace that brings them alive.

## V. NECESSARY SKILLS OF DISCERNMENT

To develop a keen sense for the realities inside all the voices buzzing around us, we have to develop our natural skills. To find our worth it takes:

Awareness--Many people fail simply because they do not see what is happening around them or in them.

An honest memory--People forget their commitments and justify forgetting them.

Control--We need to keep our cool. Hot feelings can bring on a temporary case of blindness.

Willingness to listen--to listen is to wait in silence for the revelation of a mystery. There is always something being said inside of what is being said.

Focus--Nobody can take in everything. We do not need to know everything. We need to focus on what matters most.

## VI. LOVE AND COMPASSION

--Love is the heart's power for union with another human being. It is the heart's power to love anyone--lovely or ugly, lovable or repulsive--not because he gives us what we need but because he needs what we can give. God loves us like this. We need what He can give

--The essence of self-esteem is compassion for yourself. Compassion is actually a skill composed of understanding, acceptance and forgiving.

--Life is really all about making some progress at being what we are meant to be--the way being a bud is about becoming a blossom. . . None of us is going to get beyond our need for the grace of God and the charity of our friends. But with some help from both, we can become the sort of people who lean toward goodness. In other words, pretty good people.

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## From YOU COULD FEEL GOOD by Suzanne Harrill

**Concepts that build self-esteem:**

1. Accept yourself right NOW
2. Look inside yourself not outside to feel good
3. Stop judging yourself and others
4. Separate "you" from your behavior and accomplishments
5. Avoid comparing and competing with others
6. Know that you are always doing your best
7. Practice unconditional loving (substitute "accepting" for "loving")
8. No one is to blame for your unhappiness; stop blaming and take responsibility for your life.

**Awareness is the first step in change.**