

### H5: The Gift of Worth

- 1. You don't belong on the \_\_\_\_\_ rack.
- 2. Value = what someone is willing to \_\_\_\_\_.
- 3. Control your "\_\_\_\_\_" (music, social, video, print)
- 4. Extend the gift of worth to others through \_\_\_\_\_.



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#### "to do" this week:

- *Activity Sheet:* Write a "Love Letter from Jesus". Then take an extra step and try reading it to yourself in the mirror. Speaking TRUTH brings LIFE.
- *Journal Prompt:* Christian songs are a great addition to our "feed" - write the lyrics of a song you love.

#### Notes:

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#### this week's Word:

"For by grace you have been saved through faith. And this is not your own doing; it is the gift of God."

- Ephesians 2:8 (ESV)

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# a love letter from Jesus

To God, you are a **TREASURE**, and your life is a **GIFT**. Write a love letter to yourself from Jesus, with what you really need to hear from him about your value. Try not to self-edit, and feel free to color. Try reading it to yourself in the mirror and sharing with a friend.



"For it is by grace you have been saved, through faith—and this is not from yourselves, it is the gift of God."

**Ephesians 2:8 (NIV)**



"But God demonstrates His own love toward us, in that while we were still sinners, Christ died for us."

**Romans 5:8 (NKJV)**



"But let each one examine his own work, and then he will have rejoicing in himself alone, and not in another."

**Galatians 6:4 (NKJV)**



"Fear not, therefore; you are of more value than many sparrows."

**Matthew 10:31 (ESV)**



"For am I now seeking the approval of man, or of God? Or am I trying to please man? If I were still trying to please man, I would not be a servant of Christ."

**Galatians 1:10 (ESV)**



"Do nothing from rivalry or conceit, but in humility count others more significant than yourselves."

**Philippians 2:3 (ESV)**



"The fear of human opinion disables; trusting in God protects you from that."

**Proverbs 29:25 (MSG)**



## TRANSLATION KEY

NIV—New International Version

NKJV—New King James Version

ESV—English Standard Version

MSG—The Message Translation

## HOW TO USE THESE CARDS

Print onto cardstock and trim on dotted lines. Tuck into your Bible, journal, or stick on your mirror, refrigerator, or anywhere you need a reminder of what is TRUE.

**They're also great for sharing...**



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eat well. live free.