

DISCOVER *YOUR* TRUE WORTH

A woman with dark hair, seen from the back, is holding a large, lush bouquet of white peonies with dark, almost black, centers. She is wearing a long, flowing white dress. The background is a textured, light beige color.

Becoming the Woman
God Created You to Be

LINDSAY ROBERTS

A PDF COMPANION TO THE AUDIOBOOK

Discover Your True Worth

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DISCOVERY GUIDE

Dear Woman of Worth,

I trust that your journey through the pages of this book has opened your eyes to your worth and value as a daughter of God. As I think of you, I can sense the Father's heart for you. You are precious to Him and more loved than you can imagine.

My hope for you is that you will continue to discover your worth and value, and that you will become so firmly established in them that nothing and no one will ever again cause you to question them. That's why I have developed this discovery guide. In it you'll find several questions designed to help you think deeper and more personally about the lessons you've learned in this book and to lead you to an even greater understanding of how special you are and how much God loves you.

I don't know about you, but when I think about myself, I can easily identify negative things I don't like, but pointing out the positive aspects of who I am can be challenging. In this discovery guide, I encourage you to consider the questions and frame your answers in ways that will help you identify and recognize your true worth—your true value—chapter by chapter.

You may want to work your way through this discovery

guide alone, or you may want to invite some friends to read this book and work through the discovery guide with you. I believe it can benefit you personally, and that it can be an important resource for groups of women who may want to help and encourage each other to discover how loved and special they are. Whether you use it on your own for personal growth or with a group—or both (you could work through it by yourself and then perhaps lead a group through it), I pray that it will lead you to an amazing and ever-deepening sense of your worth and value to God.

May the Lord bless you today and always!

Love in Christ,

Lindsay

1

WELCOME TO THE UN-CONVENTION

1. Because God has made you special, I have no doubt there are many wonderful, unique things about you. Which of these unconventional characteristics do you like most about yourself?
2. What are your favorite unconventional characteristics in other people—your friends, family members, coworkers, or people you admire from a distance?
3. List three ways you can share your unique characteristics with someone as a blessing to them. For example, I'm a good organizer, and my daughters like it when I organize their closets. One of my daughters is a chef, and I love it when she makes homemade bread for me.
4. Think about your answers to question 2. How can you incorporate something you value in someone else into your life? For example, if you tend to be late and you admire someone who is always on time, what can you learn from that person about

being more punctual? Perhaps you could set your alarm clock five minutes earlier, or maybe you could plan your next day's outfit the night before. Though you are already full of worth and value, you may wish to add more wonderful qualities to your life. Identifying them in others and allowing others to prompt you to develop them can help you while also giving value to those who inspire you.

2

MARY MAGDALENE, JOANNA, AND SUSANNA: THE GUCCI GIRLS

Before you begin answering the questions below, reread Luke 8:1–3.

1. What substance has God given you?
 - For example, you may have enough financial provision to share with others because of a successful job.
 - You may have a strong knowledge of the Bible and the gift of teaching biblical truth to others.
 - Perhaps your living room is large enough to host a prayer meeting for a few friends.
 - Maybe you're a retired teacher who can help children with their homework.
 - Or perhaps you can bake a great casserole.

2. List something you think you can do with what you identified as your substance in question 1.
3. If you could give to God something that you don't yet have, what would it be? (It may be something in your marriage, your children, your home, or a skill or talent you'd like to develop.)
4. Is there someone God is leading you to bless out of your substance? If so, who is it and what can you give to that person? It could be something like prayer, a word of encouragement, a God-given skill or talent, a financial gift, a meal, or hosting a Bible study. In other words, how can you use something God has given you to bless someone else?
5. How can you put your substance to use in ways you've never thought of before? I'm sure the possibilities are endless!

3

IF IT'S BROKEN, FIX IT. IF IT'S NOT, LEAVE IT ALONE. BUT DO NOT GIVE UP.

1. When have you felt someone did a job that you *know* you could have improved upon? What happened, and why do you believe you could have done it better?
2. In a few words, can you identify something you wanted to change but didn't or couldn't—and then you were so glad you didn't change it?
3. Have you ever wanted to quit too soon for a good reason (or even for the silliest reason) but didn't? What happened, and what made you keep going?
4. If you have ever started something but didn't finish it, what good lessons did you learn from it? I really believe I learn a lot of great lessons from things I messed up or didn't finish, so hopefully you'll have a positive answer to this question.

4

BATHSHEBA: THE GOSSIPED GIRL

Since gossip usually uses words to tear down people, let's turn the tables on the devil and use our words to build people up.

1. Do you remember something someone said about you that really made you shine, have hope, or believe in yourself? If so, what was it?
2. Think of three people and of something positive about each one. How can you speak in such a way that you give voice to something about their good qualities or abilities so you properly "spread" praise instead of gossip? For example, my daughter is an anointed singer, so I love to bring that to her attention. Another daughter is a great designer, and I love to tell her she is a creative genius in ways I could never imagine. Another daughter went to culinary school and is also a pastry chef. I love to see her creations and tell her that she should write a cookbook or submit her pastries to a magazine.

3. List words of encouragement that you would like to hear someone say to you. Then say them to yourself. Then, when given the proper opportunity, say them to others. I personally like words such as *kind*, *creative*, *funny*, and so forth.

5

IF LIFE WERE A ONE-ACT PLAY . . .

1. First Samuel 30:19 says, “David recovered all.” How do these words encourage you and give you hope? If someone asked you to consider practicing words of encouragement and hope about moving into an amazing future in God, what words come to mind?
2. Consider Deuteronomy 30:19 and John 10:10. What can you believe God for to begin a life filled with the blessing and abundance of God?
3. If someone said they would pray for three things to boost you into a life of abundance in God, what would your prayer requests be? Now, take those three things to God and start believing that He hears your prayers and can begin to answer them as He chooses, in His perfect will, and in His perfect timing.

6

ESTHER: MORE THAN JUST A PRETTY FACE

1. For you, what seems like a challenging, perhaps impossible, yet important task? For me, one thing was trying to keep up with and carry out all my father-in-law's creative ideas. It was really amazing to see the ideas he came up with, but it was equally challenging to figure out how to implement them. For you, perhaps it's finding the time to care for young children or aging parents while also taking care of yourself. While these challenges are not the same as Esther's, they may seem overwhelming at times.
2. As you have prayed about what God would have you do, what is the most unusual task you feel He has ever asked you to undertake? Why is it challenging, and why is it important?
3. When God gives me an assignment or an idea, I do two things before anything else: I pray, and I look to His Word. What scriptures can you stand on as you discover and pray about how your God-given assignment or idea unfolds?

4. If you could write a movie script for your own personal “such a time as this” task from God, what would your character be doing in her life right now?

DELILAH: QUEEN ESTHER'S TWIN?

When I was in school, I encountered a really unusual teacher who was also a very “difficult” human being. However, strange as it may sound, I learned a great deal from this teacher about the subjects of what not to do and who not to become. With that thought in mind, let’s imagine that Delilah was the school-teacher who best taught everyone what not to do.

1. If you had been in Ms. Delilah’s class, what might you have noticed about her life that she *could* have used for good, had she chosen to do so? For example, she was dedicated to the mission, she was fearless, and so forth.
2. If Delilah had served God, what could she have done to help Samson instead of defeating him?
3. If you were to privately pray to God for Delilah, how would you pray for her? (I like to remember that when someone prays, anything wonderful from God can happen.)

8

DON'T PUT A COMMA WHERE GOD PUT A PERIOD

1. Can you identify something in the past that you know God has asked you to let go of but you just don't know how to release it or don't want to let go of it? (Keep in mind that this is not a person but rather a thing or an event.)
2. If you can release that "thing," what positive result do you expect to see?
3. Take a moment to read Isaiah 43:18–19. What does this passage mean to you personally, and how does it strengthen you or give you hope?
4. Have you ever reached a point where you had to decide whether the Bible is true or not? What brought you to that point, and why did you make the decision you made?

9

DEBORAH: A WOMAN OF AUTHORITY AND INFLUENCE

1. Do you have a dream, idea, thought, or godly desire about being in a particular leadership role?
2. If yes, do you feel ready for the position?
3. If not, can you identify three basic steps you could take to be prepared for your dream or idea of leadership in the future?
4. As you think and pray about any leadership role to which God may be leading you, have you spent sufficient time in prayer to hear from Him about it? And can you select three scriptures to firmly stand on while you pray it through?

10

BITTER, BETTER, OR SWEET REVENGE?

Question: Should we just skip this and move on?

Answer: Umm, no.

1. Let's make this simple. Ask God to take any bitterness out of your heart.
2. Ask God to reveal to you anyone you need to forgive and to help you forgive that person or those people.
3. Ask God to bless you with His recompense of reward for anything He would like to send your way.

How's that? Short? Sweet but life changing?

11

EVELYN ROBERTS: AN UNFORGETTABLE WOMAN OF KINDNESS

1. Can you identify three women who have influenced your life in similar ways to the ways Evelyn influenced mine?
2. I have been on several podcasts lately, and sometimes I ask the questions and sometimes I answer them. So, if you had a chance to interview the three women you named in question 1 and could ask each woman three questions (the same questions or different ones), what would you ask and why?
3. Concerning each woman in question 1, what three words best describe what you love about her?
4. If you could temporarily switch places with one of the three women, which would it be and why?
5. Rather than switching places with one of the women who has influenced you powerfully in such a positive way, how could you embrace your own worth and celebrate your uniqueness while also incorporating into your life the qualities you most admire in these women?

12

CRAZY, AMAZING MIRACLES

Write down what you would say to me in an interview if we went on a talk show together. Just kidding! However . . .

1. Let's say you were believing God for a miracle and you received it. If someone were to interview you about it, how would you describe what you had believed for, and what would you say happened as God brought it to pass?
2. If someone asked you to believe with them for a miracle, how would you respond?
3. If you were to reach out to Jesus, like the woman in Mark 5:25–34, what unusual miracle would you ask Him for? Do you believe He is able to do that for you?
4. If God were to answer your prayer with what I call a “notable miracle,” what would be the first thing you would do? Who would be the first person you would call, and what would you say?

5. Psalm 139:14 says we are “fearfully and wonderfully made.”
When was the last time someone told you or you told yourself how really wonderful you are to God? Let me say it: “God thinks you are wonderful!” Should I say it again? Okay: “God thinks you are wonderful!” Now will you repeat “God thinks I’m wonderful” at least seven times per day, every day for one month?

13

BECOMING A WOMAN OF FAITH

1. Women reportedly speak approximately twenty thousand words per day. My husband, Richard, says I speak twenty thousand words per day—with gusts of up to thirty thousand words sometimes. So, can you write down at least ten positive words to describe characteristics of some of your favorite people?
2. Use twenty words to describe the things you like best about yourself.
3. Use four sentences to describe your favorite person in the world.
4. Use fifteen meaningful words to describe your goals for yourself in the next few months. These should be actual things that you are currently working on.
5. Now, carefully make a faith-based list of goals you are believing God to help you reach through Christ. Remember Philippians 4:13.

14

DESTINED FOR VICTORY

1. Have you ever thought that discovering and developing a strong sense of your worth to God was prideful? If so, how has this book taught you that celebrating your worth and value with humility is not only biblical, but that it actually honors Him and helps you fulfill His call on your life?
2. Of the Scripture confessions listed in chapter 14, which one (or two) resonates most with you in this current season of your life? Focus on it intensely for several weeks—allowing the speaking of the words to cause them to take root in your heart, transform your thoughts, and change your life.
3. What are some spiritual ways you can fight the good fight of your faith for your sense of worth and destiny while still holding your peace?
4. Thank you for allowing me to pray for you as you finished reading this book. Will you now consider taking that prayer, or a similar one in your own words, and, during your regular

prayer time, spend a few minutes praying for some women in your life? If so, what are their names?

5. Now it's your turn to write a personal statement of faith, hope, worth, and value. I would encourage you to use these three headings or similar ones in your own words. Under each heading, write whatever the Holy Spirit brings to your mind:

- What Positive Things I Believe About Myself According to God's Word (You can find a lot in this book to put under that heading.)
- What I'm Hoping, Praying, and Trusting God For
- I Have True Godly Worth and Value Because . . . (Go ahead and say it all. Brag on yourself. It's okay!)



SCRIPTURES FOR REFLECTION

OLD TESTAMENT

“The LORD will fight for you, and you shall hold your peace.” (Exodus 14:14)

“Choose for yourselves this day whom you will serve. . . .
But as for me and my house, we will serve the LORD.”
(Joshua 24:15)

“Who knows whether you have come to the kingdom
for such a time as this?” (Esther 4:14)

Your word I have hidden in my heart,
That I might not sin against You.
(Psalm 119:11)

There are many plans in a man’s heart,
Nevertheless the LORD’s counsel—that will
stand. (Proverbs 19:21)

To everything there is a season,
A time for every purpose under heaven . . .
A time to keep silence,
And a time to speak. (Ecclesiastes 3:1, 7)

[The LORD says,] “For as the heavens are
higher than the earth,
So are My ways higher than your ways,
And My thoughts than your thoughts.” . . .
“So shall My word be that goes forth from
My mouth;
It shall not return to Me void [without
producing any effect, useless],
But it shall accomplish what I please,
And it shall prosper in the thing for which I
sent it.” (Isaiah 55:9, 11)

“For I know the plans I have for you,” declares the LORD,
“plans to prosper you and not to harm you, plans to give
you hope and a future.” (Jeremiah 29:11 NIV)

Through the LORD’S mercies we are not
consumed,
Because His compassions fail not.
They are new every morning;
Great is Your faithfulness. (Lamentations
3:22–23)

NEW TESTAMENT

The words you say will either acquit you or condemn you. (Matthew 12:37 NLT)

But Jesus looked at them and said to them, “With men this is impossible, but with God all things are possible.” (Matthew 19:26)

[Jesus said,] “The thief does not come except to steal, and to kill, and to destroy. I have come that they may have life, and that they may have it more abundantly.” (John 10:10)

And do not be conformed to this world, but be transformed by the renewing of your mind, that you may prove what is that good and acceptable and perfect will of God. (Romans 12:2)

We have the mind of Christ. (1 Corinthians 2:16)

For the weapons of our warfare are not carnal but mighty in God for pulling down strongholds, casting down arguments and every high thing that exalts itself against the knowledge of God, *bringing every thought into captivity to the obedience of Christ.*” (2 Corinthians 10:4–5, emphasis mine)

Let us not grow weary while doing good, for *in due season* we shall reap if we do not lose heart. (Galatians 6:9, emphasis mine)

That you, being rooted and grounded in love, may have strength to comprehend with all the saints what is the breadth and length and height and depth, and to know the love of Christ that surpasses knowledge, that you may be filled with all the fullness of God. (Ephesians 3:17–19 ESV)

God can do anything, you know—far more than you could ever imagine or guess or request in your wildest dreams! He does it not by pushing us around but by working within us, his Spirit deeply and gently within us. (Ephesians 3:20 THE MESSAGE)

And be ye kind one to another, tenderhearted, forgiving one another, even as God for Christ's sake hath forgiven you. (Ephesians 4:32 KJV)

We do not wrestle against flesh and blood, but against principalities, against powers, against the rulers of the darkness of this age, against spiritual hosts of wickedness in the heavenly places. (Ephesians 6:12)

One thing I do, forgetting those things which are behind and reaching forward to those things which are ahead, I press toward the goal for the prize of the upward call of God in Christ Jesus. (Philippians 3:13–14)

I can do all things through Christ who strengthens me.
(Philippians 4:13)

The just shall live by faith. (Hebrews 10:38)

Therefore submit to God. Resist the devil and he will
flee from you. (James 4:7)