

her *True* worth

Breaking Free from a Culture of Selfies,
Side Hustles, and People Pleasing to
Embrace Your True Identity in Christ

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Cassandra Speer**

Leaders of the Her True Worth Community

A COMPANION PDF TO THE AUDIOBOOK

Her True Worth

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One

Misplaced Identity

The War for Your Worth

Reflect and Respond

1. Have you clung to something in your life so tightly that if God were to take it away, it would devastate you? If so, write the first thing that comes to mind.
2. Do you have a friend who seems totally secure in their identity in Christ? How has their friendship influenced your life in a positive way?
3. How does it make you feel to know you were created in God's image?
4. When was the first time you questioned your worth? How did that experience affect your life?

Two

People Pleasing

The Lies We Believe

Freedom Framework

Lie: _____.

How I act on the lie: _____.

How it affects my life: _____.

The wound it leaves: _____.

Truth: _____.

How I can act on the truth: _____.

How it will affect my life: _____.

The healing I want to experience through

Christ: _____.

Reflect and Respond

1. What do you think of when you hear the word *identity*? How would you describe yourself?
2. Are you a people pleaser? How has the pursuit of gaining the approval of people affected your life?
3. How does it make you feel to be told you can't earn God's love?
4. Have you ever allowed a lie to anchor itself within your heart? If so, take a moment to tackle the lie with the freedom framework.

Three

Affirmation Addiction

*Chasing After Our Worth
in All the Wrong Places*

Permission Slip



I _____ have permission
to listen to the voice of God above all others
and filter my life through the Word of God
instead of the opinions of others. I hereby grant
myself permission to be misunderstood.

Signature

Date



Reflect and Respond

1. Describe a time in your life when the desire for affirmation became unhealthy.
2. Have you believed a statement like this: "I'm more loved, accepted, and worthy if/when _____"? How did this affect you?
3. Do you use social media? If so, do you have healthy boundaries with your social media? If your answer is no, what do you think needs to change?
4. In what ways do you find the four characteristics of healthy affirmation challenging?

Four

Removing the Filter

Exposing the Real You

Reflect and Respond

1. Do you practice self-care? If so, how? Is the concept of soul-care a practice you're willing to implement into your daily life? If so, in what ways will you care for your soul moving forward?
2. Do you define yourself by the standards of the world instead of the Word? If so, you're not alone! When we find ourselves dealing with doubt and uncertainty, we need to bring it to God. Try it! Take a moment and tell him what you're struggling with.
3. Have you allowed the shame of your past to define you? If so, how has this affected your life?
4. What is your earliest memory of battling insecurity? Do you feel like insecurity is an issue you currently struggle with? If so, how will you combat insecurity moving forward?

Five

Prodigal Daughter

Wounded and Wandering

Reflect and Respond

1. Do you find yourself wandering? If so, how?
2. Have you accepted Christ? If so, have you felt on fire for him for a period of time and then found yourself drawing back to your old ways? What did that look like?
3. In what areas, if any, do you feel like you've wandered back into prodigal-daughter territory?
4. How does it make you feel to know that God isn't mad at you? Is that hard to believe? Is this information a relief?

Six

Your Created Value

Fearfully and Wonderfully Made

Reflect and Respond

1. What habits do you need to implement on a daily basis to renew your mind?
2. Have you accepted Christ and gotten sure about your relationship with God? How has this affected you?
3. In what ways, if any, have you strived to find worth?
4. How does it make you feel to be told that you are fearfully and wonderfully made? (Psalm 139:13-14)

Seven

Undistracted, Unfiltered, and Unfettered Before God

Discovering Intimacy with God

Reflect and Respond

1. Do you struggle to spend time with God? If so, what distractions do you need to turn off or put aside to prioritize seeking God's presence?
2. What emotion stirs up within you when you think about the concept of being seen and known by God?
3. Was there a part of Hagar's story that you personally resonated with? If so, what did you resonate with and why?
4. Are you carrying the burden of bondage in your life? If so, what chains are you trusting Jesus to break off today?

Fight

Fertile Soil and a Firm Foundation

Why It's Important to Be Rooted and Grounded

Reflect and Respond

1. What kind of soil best represents you today? What would it take to move you closer to the good soil more often?
2. What wolves in your life are you currently dealing with?
3. What would it take for you to take your mornings back and incorporate the thankful morning routine?
4. Have you ever placed a Do Not Enter sign on the door of your heart? Have you ever worried that your foundation is damaged beyond repair? If so, how has this chapter affected you?

Nine

Circumstances Change

Your Identity in Christ

Remains the Same

Reflect and Respond

1. Is it hard for you to believe in the goodness of God on hard days? Why or why not?
2. Have you ever allowed your circumstances to cause you to lose sight of who you are and whose you are? If so, how will you combat this train of thought in the future?
3. What was your immediate reaction to reading that you are loved and precious to God? How has this truth affected your life?
4. Have you experienced contagious freedom in your life? What did it look like?
5. Do you have a Spiritual Sally in your life? Can you think of someone whose tenacity through trials inspires your walk with God and encourages your own?

Yen

Course Correcting

*It's Not Too Late to Turn
Down the Right Path*

Reflect and Respond

1. In what areas of your life do you need a course correction?
2. What are some of the lies the Enemy tries to get you to believe?
3. Is there any shame you are still carrying that you need to lay at the feet of Jesus?
4. Let's practice telling the difference between hearing the voice of God and Satan's voice. Fill in the blank in the following sentences:

I know that God is speaking when _____.

The voice of Satan sounds like _____.

Eleven

Remind Me Again

When We Forget Our Worth

Reflect and Respond

1. Do you struggle to remember your worth? How so?
2. If applying the Word of God daily is the key to remembering your worth, are you in?
3. What, if anything, stood out to you in the Worthy Woman Manifesto? Why?
4. Are you ready to live life free and fully convinced of your true worth in Christ?