A Resolution to value myself and celebrate others

Day 1

Intelligent Design

We often base our self worth on some second-rate inconsequential detail or assumption - like the way we look, or the clique we fit into.

What are some minor incidentals you've allowed to shape your self-image or self-worth?

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We cannot pick these totally false and inappropriate things or ideas to be hung as our focal points, and then base our life around them. Maybe you’ve picked up bits and pieces of false, worldly ideology or philosophy, then have chosen to change your perspectives (and ultimately yourself) to match.

How has changing your perspective for these false ideas turned out differently than you would have liked them to be?

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Have you blown things out of proportion, like an isolated event or a momentary setback, then basically allowed it to identify you, forcing you to build the rest of your life around it?

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Do you have baggage from your culture or ancestors, that cause pressure to follow their beliefs instead of your own?

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Before you know it, you are being controlled by something that honestly doesn't have the clout to boss you around.

This commitment is to assign genuine value to who we are. What are some of your God-given worth, talents, gifts, and abilities?

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Dig deep and lean in to the truth - the truth of who you are and what He's created you to offer to the world - and then orbit your life around that steadfast knowledge.

Read 1 Peter 2: 9-10 and record the statements of value declared concerning you.
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Day 2

Supernatural Selection

Even the most put together world-renowned celebrities have problems with self-esteem. A person with so much talent and prestige can still struggle with happiness with who she is. We are no different.

Lasting value must be based on something besides the visible and exterior. Not just something else but someone else.

How do you measure your value? Your job, your children, your marriage? Why is this a bad idea?

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Jeremiah 1:5
“I knew you before I formed you in your mother’s womb. Before you were born I set you apart and appointed you as my prophet to the nations.”

This is truly who you are. You are not here by accident. It is no mistake that you are living right now with your own set of circumstances, dealing with your specific set of issues, all the while working within your personalized set of skills and abilities.

Goad has made you YOU and has placed you here. On purpose.

What about you do you think God gave you for a purpose? Something truly special...a instance that helps you minister to people, a skill, or person?

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He chose you. You are involved in a divinely designed, carefully calculated, and eternally significant plan. You may not understand it now, but He chose you. It was a deliberate, volitional act of God Himself, made with thoughtful, consideration and wisdom.

His choice of you was based on a deep, intimate knowledge of who you are.
Look around your life at all the people and places you are intertwined with. Now think God put you here for a purpose. How do you feel about this, why?

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Has something from the past effected how worthy you feel for what God has placed on you?

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Your value is ultimately found in the underserved but wholly divine selection processes of God.

Consider the things you may have failed to do because you felt ill equipped or unworthy to participate. Choose one of them and if possible begin doing it!
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Day 3

Supernatural Selection continued

He set you apart! If we spend all our time worrying about others, wishing we had their skills and talents, you will not be fulfilling your own unique roles in this time and place.

You are a special instrument, set apart, useful to the Master. 2 Timothy 2:21

He has blessed you in Christ with every spiritual blessing in the heavens (Ephesians 1:3) freeing you to engage fully in the life He has called you to lead, in ways He is faithful to reveal to you as you walk closely with Him.

What in your life do you think you could use some more engaging? Something God Himself may have led you to fulfill.

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Name some talents that others have that you would love to have.

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What are some talents that you have?

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Enjoy the thrill of capitalizing on your strengths without wallowing in misery over your lacks and differences or allowing yourself to feel threatened by those traits you should be celebrating in those you admire. You are no mistake, no mere outcome of happenstance. You are extraordinarily significant.

He has appointed you. Being chosen and set apart come with great responsibility.
What does the following scripture mean we should be doing in our lives?

**John 15:16**
16 You did not choose me, but I chose you and appointed you so that you might go and bear fruit —fruit that will last—and so that whatever you ask in my name the Father will give you.

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God has planted us here with design and intention. Surrounding you with the conditions that allow your unique gifts and abilities to reach maximum potential. To grow, To yield, To produce.

**Is there something that God has been tugging at your heart strings about, but you have been fearful or unsure if you have what it takes to fulfill?**
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**Is there something in your life that you are not abundantly happy with that could be helping you to grow?**
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He loved you enough to make you like no other. Resolve to love being you, the way He loved creating you.

Chose at least one of these following verses to study and memorize:

- Ephesians 2:10 - a declaration of your importance to God.
- Jeremiah 1:5 - a confirmation of your selection by God.
- 2 Corinthians 3:5 - a verification of your sufficiency in God.
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Day 4

Happy to Be You

The Authentic You. Many of us spend so much of our lives wishing or pretending we were someone different from who we are, we never get to experience the sheer freedom of just being ourselves.

How do you feel about who you are? Do you ever want to be someone else? why?
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Putting all this effort into being someone else is stifling your true self; the person God created you to be.

Look at Psalm 139 New Living Translation and see how many much time and attention He put into creating YOU.

Examined by God. Followed by Him. Supported by Him.
Known by Him. Blessed by Him. Carefully created by Him.
Seen by Him. Guided by Him. Led by Him.
Protected by Him. Strengthen by Him.

When you strip away the facades and remove veneers, when you take off any masks and remove any pretense or disguise, what’s left is the authentic person who is precious in the sight of God Himself - fully capable and distinctively designed to achieve His purpose for your life.

What disguises are you wearing?
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Take some time to uncover and reconnect with these things that truly describe you: your gifts, talents, passions, eccentricities, dislikes, weaknesses, interests and uniquenesses. Don't rush this. Pray for God to show you how He sees you.

Find someone you trust and ask them to point out, from their perspective, what makes you unique. Write these things down, internalize them. Accept them.

You get used to yourself. You overlook the astounding, remarkable aspects that make you uniquely special because you've grown accustomed to having them. Your gifts, your skills. Your personality and temperament. The things that make you noticeably, singularly you. Your strengths and, yes your weaknesses.

Pinpoint what ways that you have neglected to use or celebrate these characteristics and become intentional about honoring your uniqueness in the future.

Being able to live in genuine freedom, unburdened from the exhaustion of making impressions or trying to act like somebody you are not. No longer overcompensating for things that have kept you feeling like you don't measure up. Aligning yourself with God's will instead of constantly fighting

How do you think your family, your workplace, your relationships would benefit from you celebrating your characteristics?
A man will never understand some things that are crystal clear to a woman. Especially the fact that we love to compliment each other.

**Do you find you feel more confident or full of joy when you receive a compliment?**

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Men do not do this! But it is something we do, and something we ought to do a lot more often. We are relational in a way that most men are not. We thrive on our friendships with women and appreciate the commendation we receive from them.

**Why do we enjoy these comments so much? What do they do for you?**

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**What is the difference between a woman’s compliment and a man’s?**

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Our self-worth should never depend on others compliments or approval; do you have a problem in this area? Do you NEED those compliments to feel self-worth?
Priscilla says on page 64 that Others compliments can also diffuse the need for ____________? Do you agree? Have you seen this happen? Have you tried this?

When you take this resolution seriously - this decision to truly accept yourself and your uniqueness - you will finally be comfortable offering the same favor of acceptance to those around you.

**How do you think a confident person, and a person with low self esteem differ in getting compliments as well as giving them?**

This resolution not only affects you. It will also enhance the women around you as they experience the affirmation that bubbles up from the security you're living in.

**How do you picture your life, attitude, and image changing as you live this crusade?**

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**AUTHENTICALLY ME**

*I will accept and celebrate my uniqueness, and will esteem and encourage the distinctions I admire in others.*

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