

Take some time this week and pick some of the favorite objects that you have. These are not the most expensive items you own, but instead pick 5 or so items that mean the most to you.

Find a spot to put them in a line together. Take a moment to think about each one and answer these questions:

1. Why did you pick this item/what does this item mean for you?
2. Does this item mean a lot to you because of how much it cost, how much you use it, who gave it to you, or how long you have had it? Or is it some combination of those?
3. What would it take for you to give up that item?

Next, take some time to think of some items that mean a lot to other people. Why do you think that those items mean so much to some people?

What is the most valuable thing that you can think of?

What makes that thing, or idea, or whatever, so valuable?

How much value do you have?

How do you assess what you think your value is?

I want you to know that you are more valuable than words can describe. You are wonderfully created and all the things about you are intentional. When you compare yourself to another person, you diminish what you are actually worth. You were not created to be anyone other than yourself.

You are a beautiful and wonderful creation, created in the image of God, created to do amazing things.

What is one thing about yourself that you like (not a thing that you like but rather something about who you are fundamentally that you like)?