

Discovering Your Worth

THE KEY TO A WORKING MARRIAGE AND PERSONAL WELL-BEING

The True Source of Your Worth

Understanding the true source of your worth is crucial for your marriage and overall well-being. It influences every aspect of your relationship: how you engage with your partner, how you receive love, and how you cope with challenges. If your sense of value is contingent on performance, approval, or your partner's moods, you may face anxiety, people-pleasing tendencies, and a persistent fear of rejection. Mistakes might feel like evidence of being unlovable, and conflicts could lead to withdrawal or defensiveness. When worth is rooted in conditional sources like achievements or external validation, marriage risks becoming a scorecard where affection must be earned, intimacy becomes transactional, and forgiveness is rare.

TWO KINDS OF LOVE

CONDITIONAL (IMPERFECT) LOVE

Conditional love decreases your value. When love is dependent on performance, it turns worth into a shifting target that no one can consistently meet. This type of love makes you feel like your value is always at stake.

UNCONDITIONAL (PERFECT) LOVE

Unconditional love increases your value. It assures you that you are valuable regardless of performance or approval. This love provides a stable foundation for self-worth and relationships.

IMPERFECT PEOPLE PRACTICE IMPERFECT LOVE

Your sense of worth is heavily influenced by how you were loved as a child. If your upbringing tied affection and acceptance to achievements or behavior, you might equate love with performance. However, performance-based love is a losing proposition that erodes your sense of value over time, since nobody is perfect.

In contrast, God offers a relationship that recognizes human imperfection and provides grace—a love without conditions. God's perfect love doesn't require performance; it invites faith—the trust and belief that you are loved. This faith is not just intellectual; it is demonstrated in how you live and is key to discovering your true worth.

FAITH REVEALED IN LOVE

Scripture teaches that faith is best seen in action (Jeremiah 17:10). In Luke 6:35–36, Jesus connects God’s love to how we should love others: love your enemies, act kindly without expecting repayment, and be merciful just as your Father is merciful. When you love others unconditionally, you demonstrate your belief in being loved unconditionally, forming the foundation of your worth.

YOUR WORTH AS A CHILD OF GOD

Accepting God’s perfect love means embracing your identity as "a child of the Most High." This truth is validated not just by feelings, but by actions—obedience, forgiveness, and generosity. The greatest commandments—love God and love your neighbor as yourself (Matthew 22:37–40)—summarize the outward evidence of inward worth.

QUESTIONS TO REFLECT ON

- Do you believe you are loved by God without conditions?
- Do your actions reflect that belief, particularly in how you treat others?
- Are you merciful to others as your Father is merciful?
- Do you forgive yourself when you fall short?

THE WAY YOU LOVE YOURSELF

Your self-love reflects the kind of love you have received—either the conditional love learned from imperfect people or the accepting love offered by God. When you root your worth in God’s love, you can love yourself and others in healthier, more generous ways.

PRACTICAL NEXT STEPS

- Practice claiming God’s love daily through short prayers or Scripture reminders.
- Seek opportunities to show unconditional kindness, especially when it costs you something.
- Intentionally forgive yourself; see your failures as opportunities for grace, not proof of unworthiness.
- Let your actions toward others measure what you truly believe about your worth and value.

RECEIVE YOUR WORTH

Your worth is not earned; it is received. By anchoring yourself in God’s unconditional love and allowing that faith to shape your actions—obedient, generous, and forgiving—you live out the truth that you are a child of the Most High. This is the truest source of your worth.