

**M4+ Podcast**  
**MADE FOR SELF-WORTH**  
**Study Guide**

**BIBLE VERSE**

**Romans 5:8 (NIV)**

“But God demonstrates his own love for us in this: While we were still sinners, Christ died for us.”

**QUESTIONS FOR REFLECTION**

**1. What are you using to measure your value?**

Helgi talks about how early we learn to compare ourselves with others: grades, achievements, appearance, relationships and, today, likes and followers.

What are the things that most affect how valuable you feel? When they go well, how do you feel about yourself? What happens when they don't?

**2. What mask are you wearing?**

Helgi says that sometimes we even come to church wearing “masks that look like perfection” because we're afraid to admit weakness or ask for help.

Where in your life do you feel pressure to look like you have everything together? Who could you be more honest with about what is really happening behind the mask?

**3. What would change if you believed your dignity couldn't be earned or lost?**

Helgi explains that dignity isn't based on what we do or achieve. We have dignity simply because we exist, and while someone can violate our dignity by treating us badly, they cannot take it away.

Think about a failure, rejection or experience that has affected how you see yourself. How might you see it differently if you truly believed that it did not reduce your value?

**AN UNCOMFORTABLE QUESTION**

If your grades, achievements, appearance, relationships, followers and other people's opinions disappeared tomorrow, what would be left that tells you who you are and what you are worth?

**CHALLENGE**

For one week, notice the moments when you automatically compare yourself with someone else. It might happen while scrolling, studying, working, looking in the mirror, at church or spending time with friends.

When you catch yourself doing it, stop and ask:

**“What am I using right now to measure my value?”**

Then remind yourself:

**“My value cannot be erased.”**

At the end of the week, write down what triggered comparison most often and talk about it honestly with God or with someone you trust.

## PRAYER

*Father,*

*thank You that my value does not depend on my grades, achievements, appearance, relationships or what other people think about me.*

*Help me recognise the places where comparison, shame or the need to look perfect are shaping the way I see myself.*

*Give me the courage to take off the masks I wear and to ask for help when I need it.*

*Teach me to see myself and others through Your eyes, remembering that You loved us before we had anything to prove.*

*Help me live knowing that my dignity is a gift and that my value cannot be erased.*

*In Jesus' name,  
Amen.*