



# FIVE TRUTHS TO OWN YOUR WORTH



How to claim your personal worth to activate the  
call God has for you

# FIVE TRUTHS ABOUT YOU:



The events surrounding the birth of my first daughter, Addie were life altering. And what you're about to read may cause you to raise an eyebrow. You may or may not agree or understand where I'm coming from. Try not to judge. It's my perspective and my story.

I had a flood of questions that filled the room when we received her official diagnosis of Down Syndrome on day 3 of her precious life. There's one thought, in particular, that I am almost ashamed to admit, and in that moment did not even fully understand myself. It was, "Do I change her name?"

Often we bring honor to someone of significance in our life by choosing to give our child their name, in a sense carrying on a legacy or acknowledging their importance to our lives. Bottom line, you and your spouse spend many nights looking through books and searching the Internet until you find that "perfect name". So here I was with the perfect name, looking

into the eyes of an "imperfect" child. I do have a relationship with God. And like any true friend or loving father would, He was quick to correct me. He showed me the truth and revealed a different perspective, one that wasn't shaped by what society would say, but what He, God the creator, God of the universe, had to say about Addie. And it's what has shaped my perspective about YOU. This moment many years ago has been the power behind my passion to shout from the rooftops the worth of every human being that enters this world. YOU are a gift. YOU are worthy. YOU are no mistake.

*James 1:16-17 says: "Do not be deceived, my beloved brethren. Every good gift and every perfect gift is from above, and comes down from the Father of lights, with whom there is no variation or shadow of turning."*

**1. I am completely ACCEPTED.** We all have wounds of rejection. Often we base how well we are doing on others acceptance or approval. Instead we should look first to God's approval. You are chosen and completely accepted as you are.

**2. I am extremely VALUABLE.** What makes something valuable? It's who owns it; the value is in the beholder. Who do you belong to? You are a daughter of God, a child of the King, highly valued.

**3. I am LOVED.** No matter what you've done or will do. You don't have to earn this love or fight to keep it. He loves you wholeheartedly.

**4. I am FORGIVEN.** God knows all you've done, and it's washed white as snow. Release your shame and move forward with your God-given wholehearted identity.

**5. I am FULLY CAPABLE.** He needs you, He wants you, you CAN. Even the most difficult and scary things - you can handle through the power you have in Christ.



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