

**The Institute of Self-Worth®**  
**Teaching Notes**

**Your Identity Produces Your Self-Worth**

Before we can begin to understand our worth, we must consider the price that was paid for us. When Jesus gave his life, it was for us. When Jesus went to the lower parts of the earth, it was for us. When he was raised from the dead, it was for us. We are priceless!

This was God's grace in action. It was free, with no strings attached.

**Grace and Peace**

One of the definitions of grace is receiving something that we don't deserve. Jesus is God's expression of grace. In John 1:17, the Word says that grace and truth came by Jesus Christ. Not only is Jesus truth, He is also grace.

One of the purposes of grace is to bring us the peace **of** God in our hearts. It's this peace that produces rest for our souls.

There are two types of peace. There is peace **with** God that refers to a person's salvation. Then there is the peace **of** God that refers to a person's life after the new birth. When a person receives Jesus as their Lord, they have made their peace **with** God. However, having made peace **with** God does not mean that you will have the peace **of** God in your life. The peace **of** God comes to our hearts when we have the understanding or revelation of God's grace for our lives.

In Hebrews 13:9, the writer states that our heart or soul needs to be established with grace. Since grace and truth come together, then when our heart (or soul) is established with grace, it is also established with truth. If your heart is established with truth you will be free. Truth always produces freedom.

We can only give what we have; nothing more or nothing less. If grace is not in our heart, we will never be able to give grace or truth.

Matthew 11:28-30:

Verse 28: come unto me, all ye that labor and are heavy laden, and I will give you rest.

Verse 29: take my yoke upon you, and learn of me; for I am meek and lowly in heart: and you shall find rest unto your souls.

Verse 30: For my yoke is easy, and my burden is light.

There is a place in life, ministry, and leadership where there is continual rest for your soul. Leaders must have peace in their souls to supply rest for the souls for those they are leading.

In Hebrews 13:17, the writer gives the responsibility of pastors: they are to watch over the souls in their congregations. Pastors are not to take care of all of the circumstances or problems of the people. They are to take care of their souls (mind, will, emotions, thoughts, and feelings) so the people are equipped to address their own circumstances.

The purpose of leadership is to build people so they can build the organization. If leaders will spend time building up the people, grace and peace will be established in their hearts and the people will build the organization.

True leaders will always build other leaders. True leaders are not looking for followers. When we look for followers, we are looking for someone to control. That's not the purpose of true leadership.

### **Time and Temptation**

In Acts 6:3: we find how we are to choose deacons or leaders. The first thing we are to look for is a man or woman of **honest report**. The second thing we are to look for is a man or woman who is filled with the **Holy Ghost and wisdom**. Often when choosing leaders, we reverse these two. The difference between these two areas, is you can be filled in one minute, but it takes a long time to become a person of honest report.

There are two things every person will have to face: **time and temptation**. It's just a matter of time before you will face temptation. How you deal with temptation will determine your integrity. Your integrity or lack of integrity will always go before you. It's what people will remember about you.

### **Pouring Us Out**

In Malachi 3:10, we find the scripture talking about our money, or our tithes and offerings. Unless we look more deeply into this scripture, all we will see is a reference to our money. Although God is very interested in our money, He's more interested in us. Let's look at this scripture in another light. Could we be the focus?

**“Bring ye all the tithes into the storehouse, that there may be meat in my house, and prove me now herewith, saith the Lord of hosts, if I will not open you (,) the windows of heaven, and pour you out a blessing, that there shall not be room enough to receive it.”**

If you will notice, I added an extra comma (,) after you. This changes the whole emphasis from our money to us. Please understand, God is very interested in our provision. However, He's more interested in **us!!** God wants not only to prosper us but He wants to fill us up with Himself and pour us out as blessings. The only way we can be poured out as a blessing into another person's life is by knowing our identity.

## Jesus' Identity

In Matthew 3:16 – 17, the Word says that when Jesus was baptized by John, God spoke out from heaven and He said two important things:

1. You are my son.
2. I believe or have confidence in you.

Jesus' identity was based on His Father's approval of him **before he ever worked one miracle**. The Father believed in Jesus before He **did** anything. So God's approval had to be based on who Jesus was.

It's the same with us; we are God's sons and daughters and He believes in us for who we are, not for what we have done or are doing.

## If Thou Be

In Matthew 4: 1-9, we find these words in verses 3 and 6, **"if thou be the Son of God"** then do something to prove it. Some have thought this was a request from Satan to get Jesus to sin. It wasn't. It was a request for performance to prove that He was the Son of God. Satan was challenging Jesus' identity through performance. It's no different with us today. Satan still challenges us to try to prove who we are. Our identity is not in our performance but in our belief system.

An example would be something like this: "if you were a Christian, you wouldn't have done that or you would be praying more or giving more. We must remember, we didn't do something to become a Christian, we believed that Jesus died and was raised from the dead for us. Our identity is not based on what we do; it's based on what we believe.

Had Jesus turned the stones into bread to prove that He was the Son of God, we would have to do something to become the sons and daughters of God.

Satan told Jesus to bow down and worship him and he would give Him all of the kingdoms of the world. Jesus responded, "why would I want to do that since they are already mine."

Remember, what belongs to Jesus belongs to us because of our covenant. That means that we don't have to bow down either.

## Approval, Worth, and Confidence

A person's greatest need is self-worth. They will do anything to obtain worth. Worth comes by approval from an outside source. People base the approval they give us on:

1. What we do or
2. Who we are.

In 11 Timothy 2:15, Paul says that we are to study to show **ourselves** that the blood of Jesus has approved us. (Often, we study to show **others** that we've been approved.)

Then, Paul continues, when we know we have His approval; we have no need to be ashamed. Once we have studied to show **ourselves** that we have been approved, we can rightly divide the word of truth. Because grace and truth are the same, we could say that we can rightly divide the word of grace.

This verse is simply saying that when we know that we have received the Father's approval in the blood of Jesus, we can then rightly divide what we are hearing: a message of performance or a message of grace.

Approval comes from the outside into our lives creating our worth. From that worth flows our confidence. If our approval is based on what we do, our worth will be based on our production in life, thus creating a false sense of confidence that we demonstrate to others. If our production in life is the basis of our self-worth, once we can no longer produce we lose our self-worth. The frustration a lot of believers experience comes from their belief that their identity is in their works.

### **The Anchor of Our Soul**

The writer of Hebrews tells us in verses 18 and 19 of chapter 6, that our covenant is between God and Jesus and our soul should become anchored in this truth. Our soul is our contact with our natural lives. When it is renewed to the truth of the Word, we become unmovable, steadfast, and sure of our identity.

### **Words of Wisdom**

A wise man knows others better than they know themselves and he will know himself better than others know him.

It's not what you believe about someone that changes you, it's what you know they believe about you that changes you.

Believing in a person for who they are, instead of for what they do, changes the heart.

True leadership always builds other leaders, not followers.

Leaders who are hurt and/or rejected will always hurt and/or reject the people they are trying to lead.

When we lead out of a lack of worth, we try to convince others that they need us.

Only losers can talk you out of your dreams.

When we create a group of people who need us, they will be there only when they need us. The rest of the time they will be with the people they actually like.

When two people are not operating out of need, they can be completely honest.

True authority is never forced or demanded; it simply flows out of a person's worth.

Fulfilled people stay where they are being fulfilled.

Develop those that are with you and leave the rest alone.

Leaders, who are capable of relationships, will not legislate commitment; they will develop commitment.

**Institute of Self-Worth®**  
**Exam**

**Your Identity Produces Your Self-Worth**

1. What is man's greatest need?
2. In 11 Timothy 2:15, why are we to study?
3. What are the two ways you receive approval?
4. Which of the two ways you receive approval changes your heart?
5. \_\_\_\_\_ produces your \_\_\_\_\_ and your  
\_\_\_\_\_ produces your \_\_\_\_\_.
6. What was Satan trying to get Jesus to do in Matthew 4:1-9?
7. What changes your heart; having someone believe in you for what you do or for who you are?
8. Religion requires you to perform to become something you already are. True or False.
9. Were you raised in a home and/or church that believed in you for how you performed or for who you are?
10. If you were raised in a home and/or church that required you to perform to become accepted, do you believe that belief system contributed to where you find yourself today?

Name: \_\_\_\_\_

Date: \_\_\_\_\_

**Institute of Self-Worth®**  
**Answer Sheet**

**Your Identity Produces Your Self-Worth**

1. Self-worth
2. To show “our self” that we are approved
3. What you do  
Who you are
4. Who you are
5. Approval Self-worth  
Self-worth Confidence
6. Satan was trying to get Jesus to perform to prove His identity.
7. Having someone believe in you for who you are
8. True