

Day One: Psalm 8

- In this psalm, whom is David addressing (1)? What does David think of the Lord's reputation (1)? Describe God's glory and strength (2). Besides "a stronghold" of the Lord, what else do you think "the praise of children and infants" establishes?
- When David thinks about all of creation, how does he respond (4)? What sorts of observations cause you to marvel about being lovingly made in God's image and destined for greatness? What is a God-honoring way to respond to these revelations? This week, walk out such a response.
- Describe who the Lord created us to be and what he intends for humanity (5-8). Which of these characteristics speaks the most to your heart? Why? Spend a few more minutes meditating on what it means to be made in God's image. How can pursuing self-worth in this way – by looking upward – bless both you and the Lord?

Day Two: Psalm 100

- Who is the audience of today's psalm (1)? What is "all the earth" told to do (2)? Imagine literally everything – people, animals, plants and inanimate objects – praising the Lord. What do you see? What do you hear? How are you participating in the praise?
- What does it mean to "know that the Lord is God" (3)? In relation to the Lord, who are we (3)? How does this contrast with seeking self-worth from within, namely via expressive individualism? Ask the Holy Spirit to reveal ways you both obey and disobey this verse. Wait in silence for two minutes. Respond to whatever you sense him speaking, perhaps with repentance and prayer.
- Describe the way we are to "enter the Lord's gates" (4). Why (5)? How does your own life testify to God's goodness, enduring love and faithfulness? Take a moment now to express your gratitude.

Day Three: Matthew 3:13-17

- Set the scene of this text (13). What did John try to do (14)? What did Jesus say (15)? What did John ultimately do (15)? What do you think Jesus meant by "fulfill all righteousness"? In your mind's eye, focus on John during this exchange: what facial expressions and body language do you observe?
- Describe the immediate aftermath of Jesus' baptism (16-17). Instead of water, wind or fire, why do you think the Holy Spirit appeared as a dove on this occasion?
- What did the "voice from heaven" say (17)? Like the specific way the Holy Spirit chose to reveal himself, Father God chose these specific words for this moment. What do you make of this?
- Imagine the Lord speaking these same words to you: "You are my daughter. I love you. I am well pleased with you." Soak in his presence and his words for a few minutes, asking God to be your only source of self-worth.

Day Four: Mark 3:20-35

- Where did Jesus go and what was happening there (20)? How did his family respond (21)? Meanwhile, what did the teachers of the law think (22, 30)? Imagine if Jesus derived his self-worth from what others said about him. Perhaps you can relate to being labeled as he was: out of your mind, possessed by evil spirits, etc. Ask God to bring healing from these words spoken over you.

- In response to accusations of demon-possession, what parables did Jesus share (23-27). What do you think of his argument? What did he then insinuate about the leaders (28-29)? How do you think they reacted to Jesus' rebuttal?
- What happened next (31-32)? How did Jesus respond (33-35)? He likely reacted this way because he knew his family's thoughts. What do you think of his response? Re-read his words in verses 34-35. Do you feel as though you are among Jesus' "mothers and brothers"? If not, ask the Lord for more strength and obedience to do his will and make a plan to more regularly draw near to him.

Day Five: 1 John 3:1-3

- What has the father "lavished on us," and how does it change our identity (1)? Note the consecutive use of exclamation points in this first verse. Ask the Lord to plant this same excitement in your heart. May the thought, "I am a child of God!", be the very foundation of your self-worth.
- Why does the world "not know us" (1)? What are some ways that you feel unknown by the world? Invite the Lord into this reflection and ask for freedom from any negative feelings or desires related to this matter: discouragement, anger, temptation, arrogance, etc.
- What are the "already" and "not yet" aspects of our identity (2-3)? Take a moment to ask God for just a glimpse of our future greatness: "when Christ appears, we shall be like him, for we shall see him as he is." What is your response to this vision?
- Focus on verse three. What spiritual practices foster purity and greatness on this side of eternity? This coming week, make one such practice the focus of your time with the Lord.