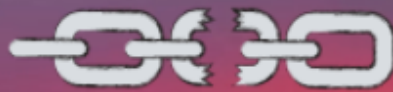


The "Set Free" Academy



**BREAK THE CHAINS THAT BIND YOU
AND TRANSFORM YOUR MIND**



Module 2

TRANSFORMING SELF-WORTH





Lesson One

What is Self Worth?

In your own words, explain the definition of self worth?

Where do you honestly believe YOU sit on a scale of Low to High self worth?

I do not like
who I am and
often think
negatively
about myself



I am confident
in who I am
and know my
identity in
Christ.

What are some characteristics of people with HIGH self worth?

What are some characteristics of people with LOW self worth?

Self Worth & Tough Times

How do you think having 'high self worth' can protect you in difficult times?

How can your 'CLIF' and 'OFF the CLIF' help you see if you are standing in the truth of Christ OR listening to the enemy's lies??

What can you adjust within you to live more from your Christ-Like Internal Foundation instead of the world's opinion of you?

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.



Lesson Two

Are you Good Enough for God?

Ephesians 2:8 says, "God saved you by his grace when you believed. And you can't take credit for this; it is a gift from God." If grace is the case, do you believe you're 'good enough' for God? Explain.

God Says You Are...

After each scripture, jot down a few notes to remind yourself who God says you are. This can do wonders for your self-worth!

God says you are...

God says you are...

God says you are...

God says you are...

God says you are...

God says you are...

God says you are...

God LOVES you SO MUCH!

You are worthy, chosen and created by Him!

**Our value to Him is priceless because of the price He paid to make us
worthy—the death of His Son on the cross.**

Who does God say you are? Write down a few of the main takeaways you got from the scriptures in this lesson.

What do you believe about your worth now that you know all this?

What is the most important place (or person) to derive your worth from?

Does understanding what God says about you adjust your mindset around where you derive your worth from? If so, How?

What to Do...

Fill in the blanks from the following statements from the video:

Base your worth on _____, not what the world says.

Embrace that you're _____ regardless of your past.

Every day that you embrace _____ of you, it's like carrying around a sac full of bricks - you don't know why you're hurting, but you're carrying around what God died for you to _____

This goes back to your _____!

You can believe in the identity the world has given you OR the identity that _____

When you step into _____ for you, your work is in Him and NOT in what you do or who the world tells you you are.

Know that you are always working for an audience of one (_____) and the world's opinion of you doesn't matter nearly as much as His does!

[illegible]



Lesson Three

Self Worth Programming

Where does a lot of your 'self worth' belief system originate from?

What belief do you have about yourself that has been around since childhood?

What is one story you have made up about your worth?

Fill in the blanks:

-As you build self-confidence and self-worth, the ego will want

-The Ego seeks _____ and thrives on

-Our Ego can _____ and _____ us in many ways.

-Just like a hammer, the ego is a _____ - it can be used to build a

What are some POSITIVE aspects of EGO?

What are some NEGATIVE aspects of EGO?

EGO can stand for: _____

**When we are consumed with power, accolades, success and beauty,
we are NOT focused on God.**

Mindset Roadblocks

What are the some of the lies you believe about who you are?

What are some comparisons you've made to others in the world?

What would God say about you (try this from memory ;)?

What would a worthy man/woman believe about themselves?

What or who are you making an idol in your life (putting above God)?

Why is that 'thing/person' more important to you than God?

Awareness is key to making changes in your mindset

Where is your Focus?

Notice when you're feeling not good enough, ugly, unworthy, etc. and discern whether you are experiencing a lie from the enemy or if God is the one telling you these things.

Watch what you are making an idol.

Become more aware of roadblocks (most people can't see beyond the fog because they're in the storm).

We can get stuck on how we feel instead of what we want, so **FOCUS** on what you **DO** want (freedom, confidence, joy). He wants to provide this!

God's Ways

In your own words, explain how the following verses reveal God's ways:

Isaiah 55:9: "For just as the heavens are higher than the earth, so my ways are higher than your ways and my thoughts are higher than your thoughts"

1 Corinthians 13:12 "Now we see things imperfectly, like puzzling reflections in a mirror, but then we will see everything with perfect clarity. All that I know now is partial and incomplete, but then I will know everything completely, just as God now knows me completely."

David's Mindset Shift

What is David saying in Psalm 13 that shows you that he is struggling with his mindset?

What reveals David's shift in mindset to God's ways/plan?

How did David's emotions and actions change when he shifted his mindset to God?

How does trusting God affect your mindset?

What do you think is POSSIBLE FOR YOU when it comes to your mindset?

Revisiting Childhood Exercise

EXERCISE NOTES

- Find a quiet place and either sit or lie down and close your eyes.
- Imagine the situation - what you are thinking and feeling.
- Notice what you needed in the moment that you did not receive.
- Script: "Do you know how worthy you are? Do you realize how much I value you? You are the most important person in my life, and you have the strength and ability to get through this situation. And I know that you did suffer, because I remember, but going forward, you can remember that each moment is a challenge that in some huge way benefits you. And you are not suffering for no reason, you are resilient, and will get through these tough times, bringing your power into your future and into who I am right now. You are me, and I am here to give you the exact tools, skills, and resources you need so that you know you are important, and loved."
- Continue to comfort, show love, reassure, explain to your younger self that you are safe, etc.
- Come back to the present

Anytime you revisit a moment in time, you change how you feel about it, even if only slightly.

It's like watching a movie twice - a different experience occurs because you are in different head-space.

We are all imperfect beings who have faults and weaknesses. When you can embrace all your faults, and see others as just as imperfect, you will be liberated from your own emotional prison."

Reflection

How you can create the inner confidence and worthiness in yourself so you can tackle the challenges in life?

Jesus promises challenges do come, and will continue to show up in life. How can you prepare yourself as much as possible to handle the challenges that come along?

What do inner strength and a strong sense of self do to help you when the storms come?

[illegible]



Lesson Four

Recognizing the Enemy's Lies

In your own words, explain what the enemy desires to do in your life?

Make some notes on the following scripture, focusing on how each one helps you see through the enemy's lies:

"Now the serpent was more crafty than any of the wild animals the LORD God had made. He said to the woman, "Did God really say, 'You must not eat from any tree in the garden'?" The woman said to the serpent, "We may eat fruit from the trees in the garden, but God did say, 'You must not eat fruit from the tree that is in the middle of the garden, and you must not touch it, or you will die.' " "You will not certainly die," the serpent said to the woman. "For God knows that when you eat from it your eyes will be opened, and you will be like God, knowing good and evil." (Genesis 3:1-5)

"We are at war with the devil - He is a liar and he deceives us and invests time to try and trick us." (Ephesians 6:12)

"The thief comes only to steal and kill and destroy; I have come that they may have life, and have it to the full." (John 10:10)

"Jesus turned and said to Peter, "Get behind me, Satan! You are a stumbling block to me; you do not have in mind the concerns of God, but merely human concerns." (Matthew 16:23)

"Be alert and of sober mind. Your enemy the devil prowls around like a roaring lion looking for someone to devour. Resist him, standing firm in the faith, because you know that the family of believers throughout the world is undergoing the same kind of sufferings." (1 Peter 5:8-9)

"Put on the full armour of God, so that you can take your stand against the devil's schemes. For our struggle is not against flesh and blood, but against the rulers, against the authorities, against the powers of this dark world and against the spiritual forces of evil in the heavenly realms. Therefore put on the full armour of God, so that when the day of evil comes, you may be able to stand your ground, and after you have done everything, to stand."

(Ephesians 6:11-14)

"Then Jesus was led by the Spirit into the wilderness to be tempted by the devil. After fasting forty days and forty nights, he was hungry. The tempter came to him and said, "If you are the Son of God, tell these stones to become bread." Jesus answered, "It is written: 'Man shall not live on bread alone, but on every word that comes from the mouth of God.'" Then the devil took him to the holy city and had him stand on the highest point of the temple. "If you are the Son of God," he said, "throw yourself down. For it is written: " 'He will command his angels concerning you, and they will lift you up in their hands, so that you will not strike your foot against a stone....Jesus answered him, "It is also written: 'Do not put the Lord your God to the test.'" Again, the devil took him to a very high mountain and showed him all the kingdoms of the world and their splendor. "All this I will give you," he said, "if you will bow down and worship me." Jesus said to him, "Away from me, Satan! For it is written: 'Worship the Lord your God, and serve him only.'" Then the devil left him, and angels came and attended him." (Matthew 4:1-11)

Reflection

What did Jesus say and do when He was tempted by the devil?

What are some characteristics of the devil?

What does he want to do to humans?

What can you do to protect yourself from the enemy's schemes?

What Can You Do?

We demolish arguments and every pretension that sets itself up against the knowledge of God, and we take captive every thought to make it obedient to Christ. (2 Corinthians 10:4-5)

Do not conform to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God's will is—his good, pleasing and perfect will. (Romans 12:2)

How do the above verses help you see that you CAN shift your mindset and fight against the enemy's schemes??

What "human weaknesses" are keeping you from doing these things?

How does Cognitive Dissonance impact your ability to be in true freedom of mind (including seeing your intrinsic self-worth)?

When You're Squeezed



Orange Juice comes out when an orange is squeezed because that is what's inside

What comes out of you most often when you're squeezed (think of your Off the CLIF)?

What would you like to shift so that you can show up better when the pressure is on?

The Remedy

-Spend time in _____.

_____ Him!

-Notice whether your _____ about your worth come from _____ OR lies from the _____.

-Notice what you're _____ on.

-Hold every _____ captive to _____.

-Allow God to transform your _____.

-Focus on _____ & _____ rather than fear & discouragement.

-Read the _____.

- _____ on His Word.

"Finally, brothers, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable--if anything is excellent or praiseworthy--think about such things." (Phil 4:8)

A Quality Driven Life

You will choose to take on a specific quality for a day!

Ensure the quality lines up with your CLIF and is aligned with who you want to be as Christ's ambassador here on earth

If you choose FUN, everything you do comes from a place of fun :)

Other possible qualities might be: joy, peace, faith, hope, excitement...

Keep track of how your day goes when you are focused on coming from that place inside

Before beginning this activity, brainstorm some qualities you might like to step into. Think about areas that you struggle in. For example, if you are usually calm, cool and collected and you want to show more fun and excitement you might choose one of those qualities. If you struggle with getting uptight and angry, you might choose peaceful, grounded or calm. It might serve you well to look back at your CLIF qualities and line up your choices with those :)

Possible Qualities to step into:

How do you believe choosing a quality to step into at the beginning of the day help you live into that quality in all your interactions?

Choosing Your Quality

DAY 1

The Quality I am choosing to step into today is:

The reason I am choosing this Quality is because it will help me...

An example of when I don't usually show up with this Quality normally is (ex: when I'm angry with my partner I usually get angry instead of being calm)...

When I show up with this Quality today I will be more...

This Quality will serve me well in the following situations/interactions today:

Reflection

DAY 1

What happened when you took on that quality?

Was there a moment when you chose to show up in that quality that altered the way you dealt with the situation?

Explain how you chose to live in your quality instead of basing your thoughts/feelings on your circumstance?

Is this exercise something you could choose more in the future? If so, how could you use this in your life going forward?

Choosing Your Quality

DAY 2

The Quality I am choosing to step into today is

The reason I am choosing this Quality is because it will help me...

An example of when I don't usually show up with this Quality normally is (ex: when I'm angry with my partner I usually get angry instead of being calm)...

When I show up with this Quality today I will be more...

This Quality will serve me well in the following situations/interactions today:

Reflection

DAY 2

What happened when you took on that quality?

Was there a moment when you chose to show up in that quality that altered the way you dealt with the situation?

Explain how you chose to live in your quality instead of basing your thoughts/feelings on your circumstance?

Is this exercise something you could choose more in the future? If so, how could you use this in your life going forward?

[illegible]



Lesson Five

Navigating Negative Thoughts

You are not your _____

You have a choice as to what you _____

You can hold your thoughts captive

Much of the 'worldly' things you have heard or believed about yourself are based NOT on FACT, but on many _____

What _____ says about you is based in _____ NOT the stories you hear from other people (or in your own head).

Please answer YES or NO to the following questions:

Have you believed that you're not good enough? _____

Have you believed others who said you couldn't do something? _____

Do you believe that you will never be as smart/pretty/thin/fun as 'that' person? _____

What are some of the negative stories you tell yourself about YOU?

Where do you believe these stories come from?

What special shapes do you see in the FedEx sign?

What is your Initial Determination of the disgruntled driver behind me?

“Judge not, that you be not judged. For with the judgment you pronounce you will be judged, and with the measure you use it will be measured to you. Why do you look at the speck of sawdust in your brother’s eye and pay no attention to the plank in your own eye? How can you say to your brother, ‘Let me take the speck out of your eye,’ when all the time there is a plank in your own eye? You hypocrite, first take the plank out of your own eye, and then you will see clearly to remove the speck from your brother’s eye.”

(Matthew 7:1-5)

What To Do

- Know that you have a _____ and can question your _____
- Internalize what the enemy says or _____ against the _____
- Don't make it about _____ - everything people do is about _____
- Know that stories you make up may be 100% _____
- Look for evidence to the _____ of your ID
- What STORY do you _____ to believe?
- Choose a STORY that honours _____, _____ & your _____

The STORY System

What does the STORY acronym stand for?

What does The STORY System help you do?

The STORY System helps you create new thoughts that align with God and allow you to be transformed by the renewing of your mind. You can change the way you think and believe a STORY that aligns with God!

Fill in 3-4 of your own examples of a Situation, Stance and New STORY!

Situation What happened	Stance ID (Initial Determination)	STORY <u>Strategic Thoughts</u> <u>On Renewing Yourself</u>
Event/Circumstance	Initial viewpoint/perspective	New viewpoint/perspective

Scripture

**"Our life has so much to do with how we think and what we focus on:
"As a man thinks in his heart, so is he" (Proverbs 23:7)**

"Set minds on things of the spirit - things that bring you joy-

**"Finally, brothers and sisters, whatever is true, whatever is noble,
whatever is right, whatever is pure, whatever is lovely, whatever is
admirable—if anything is excellent or praiseworthy—think about such
things." (Philippians 4:8)**

**"For those who are according to the flesh set their minds on the things of
the flesh, but those who are according to the Spirit, the things of the
Spirit." (Romans 8:5)**

**"Either make the tree good and its fruit good, or make the tree bad and its
fruit bad; for the tree is known by its fruit" (Matthew 12:33)**

**"But the fruit of the Spirit is love, joy, peace, forbearance, kindness,
goodness, faithfulness, gentleness and self-control. Against such things
there is no law." (Gal 5:22-23)**

Reflection

How does shifting your mindset to Christ-centred thoughts keep the enemy at bay?

Why is it important for you to shift your mindset and expel the lies of the enemy?

What are two verses from this lesson that you will commit to memorizing and reflecting on as you continue fighting against the negative thoughts that sometimes invade your mind?

What tool will you use most from this lesson to ensure you are 'thinking about your thinking'?

Reflection

How will you surrender to God FULLY and allow Him to transform your mind?

What can you do when you are feeling stuck in thought patterns or stories that are not serving you, God or others? (Go back through the slides if you need to and make detailed notes about your strategy around how you will get out of the pit when the enemy's lies are overwhelming you?)

[illegible]

[illegible]



Lesson Six

The Future Does NOT Equal the Past

Explain your thoughts and feelings after hearing this story and how it might relate to your life:

How are YOU like the elephant?

What does it mean to be a new creation in Christ? How can that help you break free of the past?

Break Free with Scripture

"But Jesus said to him, no one, having put his hand to the plow, and looking back, is fit for the kingdom of God." (Luke 9:62)

"Not that I have already obtained all this, or have already arrived at my goal, but I press on to take hold of that for which Christ Jesus took hold of me. Brothers and sisters, I do not consider myself yet to have taken hold of it. But one thing I do: Forgetting what is behind and straining toward what is ahead, I press on toward the goal to win the prize for which God has called me heavenward in Christ Jesus." (Philippians 3:12-14)

"Forget the former things; do not dwell on the past. See, I am doing a new thing! Now it springs up; do you not perceive it? I am making a way in the wilderness and streams in the wasteland." (Isaiah 43:18-19)

"Therefore, if anyone is in Christ, the new creation has come: The old has gone, the new is here! All this is from God, who reconciled us to himself through Christ and gave us the ministry of reconciliation." (2 Corinthians 5:17-18)

"I am the Lord who heals you." (Exodus 15:26)

"I will restore you to health and heal your wounds' declares the Lord..." (Jer. 30:17)

"As a mother comforts her child, so I will comfort you;..." (Isaiah 66:13)

"Jesus welcomed them and talked to them about the kingdom of God. Those who needed healing, he healed." (Luke 9:10-11)



Make some notes on the above scriptures - specifically on how they will allow YOU to BREAK FREE of the past:

Forgiveness

"Yes, I will bless the Lord and not forget the glorious things he does for me. He forgives my sins and heals me." (Psalm 103:2-3)

"Get rid of all bitterness, rage and anger, brawling and slander, along with every form of malice. Be kind to one another, tenderhearted, forgiving one another, as God in Christ forgave you." (Ephesians 4:31-32)

**"And whenever you stand praying, forgive, if you have anything against anyone, so that your Father also who is in heaven may forgive you your trespasses."
(Mark 11:25)**

"If possible, so far as it depends on you, live peaceably with all. Beloved, never avenge yourselves, but leave it to the wrath of God, for it is written, "Vengeance is mine, I will repay, says the Lord. To the contrary, if your enemy is hungry, feed him; if he is thirsty, give him something to drink; for by so doing you will heap burning coals on his head." Do not be overcome by evil, but overcome evil with good." (Romans 12:18-21)

"For I can do everything through Christ, who gives me strength." (Philippians 4:13)



Make some notes on the above scriptures - specifically on how Forgiveness can help YOU to BREAK FREE of the past:

Let Go & Move Into Freedom

- Once you are saved, you're a new creation in Christ
- Your slate is wiped clean and you've been given a new start
- In order to be the person God is refining you into you might have to deal with some things from your past first
- Surrender to Him and let Him to guide your steps
- Surrendering to Him allows you to take you back to your past so you can clean up any trauma or difficulties that occurred.
- If you are still in chains to your past, similar to the elephant, you can't live fully in your present
- To FULLY move forward with God, you will need to let your past go
- Jesus promises that you will have struggles in this world but he has overcome the world. If he has overcome the world then he can help you overcome your past
- God says that we will soar on wings like eagles yet it can be very difficult when chains are around you and you are not able to get off the ground
- One way to be set free is changing the way you think. Your thoughts can allow you to let go of your past and not look back (think about what happened to Lot's wife)
- Paul talks about "forgetting what is behind and straining toward what is ahead"
- It can be hard to let go yet you can use your freedom to do so much for His kingdom when you do!
- It is your choice to stay bound up in your past or allow God to heal you. There is no rush...continue to surrender to His healing
- He has been there the whole time and will show you that He has worked some seemingly 'bad' things together for good
- He may show you areas where you didn't follow him and ended up in a situation that was not helpful
- Let God show you the truth and seek to understand him more
- The truth will set you free so continue to believe that God can heal you and will break all of these chains around you!

The Freedom Prayer

God I pray that You would break the chains that bind me. I surrender to You God and I am open to having You show me truths that are hard to face. I trust You God and know You are with me, protecting me and giving me strength. Show me the exact areas You want to target and heal. I am open and surrendered to You moving in Your powerful way to free me of these specific areas in my life. I ask You to release any fear, lies, abuse, unforgiveness, resentment, adultery, financial disaster, crimes and anything else inside that is not serving me. I ask that You allow me to forgive myself for any of these things as well. I ask that You work in me fully, even when it hurts. My desire is for You to heal me by removing the chains from my past that are holding me back so I can fly like an eagle. God I ask that You renew my mind and allow me to take my thoughts captive to Christ. I desire Your will to be done in my life. I trust Your plan for my life and I know that You promise to bring good out of every situation when I look to You. I want to not only be called, but chosen to do all You have me here to do. I know You have a higher calling for my life and I know that I will be chosen to fully embrace the path You have for me when I am free and ready to do Your will. I ask You to prepare me for that time. I ask that Your word washes over me and works in and through me. God please develop right thinking aligned with You, and allow me to view things from Your perspective. I pray that You will allow me to fully let go of my past in Your timing. I know that my life has been this way for a reason and I trust Your greater plan for my future. I trust you completely and pray this all in the powerful and almighty name of Jesus Christ. Amen.

How might you adjust this prayer to have it come from your own heart? Make some notes here and/or use the Personal Notes page to re-write it so it's personal.

Powerful Music

This is a list of songs that have spoken to me and I pray they wash over you as well. You can click the links to play the song on YouTube. You can also search for them on Spotify.

The Blessing - Kari Jobe & Cody Carnes

Greater Than All My Regrets - Tenth Avenue North

Healing Rain - Michael W. Smith

Come as You Are - Crowder

What Love is This - Kari Jobe

Blessings - Laura Story

Raise a Hallelujah - Bethel

Victory is Yours - Bethel

It is Well - Kristene DeMarco

We Dance - Steffany Gretzinger

Praise Before My Breakthrough – Bryan and Katie Torwalt

Yes and Amen - Pat Barrett, Bethel and Housefires

Promises Never Fail - Bethel

List some powerful songs that will speak to you in difficult times. When the enemy is telling you lies, these are the songs that will encourage you to focus on God.

Create a Community

Choose people who:

Build you up
Point you to God
Pray for you
Hold you accountable
Have your best interests at heart

Our Deepest Fear

By Marianne Williamson

Our deepest fear is not that we are inadequate.
Our deepest fear is that we are powerful beyond measure.
It is our light, not our darkness
That most frightens us.
We ask ourselves
Who am I to be brilliant, gorgeous, talented, fabulous?
Actually, who are you not to be?
You are a child of God.
Your playing small does not serve the world.
There's nothing enlightened about shrinking
So that other people won't feel insecure around you.
We are all meant to shine,
As children do.
We were born to make manifest
The glory of God that is within us.
It's not just in some of us;
It's in everyone.
And as we let our own light shine,
We unconsciously give other people permission to do the same.
As we're liberated from our own fear,
Our presence automatically liberates others.

Unpack your feelings about this poem. How did it impact you and what did it show you?

This image shows a full page of white paper with horizontal ruling lines. The lines are evenly spaced and extend across the width of the page. There are no margins, text, or other markings on the paper.



*Congratulations
on Completing
Module 2*