

**first7**

# **KNOW YOUR WORTH**

A 7-Day Guide for  
Identity in Christ



**Walk with God, One day at the time**

This guide is a place to remember who you are.

Not what you feel.  
Not what others say.

But what God says.

You are not forgotten.  
You are not without value.

Come each day.

LET TRUTH SHAPE YOU AGAIN.

Your worth is not something you earn.  
It is something given.

God sees you.  
God knows you.

And He has not changed His mind about you.

Each day:

- Read the Scripture slowly
  - Reflect honestly
- Sit with what is true

Let it speak over you.  
Let it stay.

# Day 1 — You're Known \_\_\_\_\_

“O Lord, thou hast searched me, and known  
me.”  
— Psalm 139:1 (KJV)

You are fully known by God.  
Nothing about you is hidden.

And still—He stays.

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Personal prayer: \_\_\_\_\_

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# Reflect

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What parts of yourself do you try to hide?

What would it mean to be fully known and still loved?

## Prayer

*Lord, You know me completely.  
Help me to rest in that truth.*

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Personal prayer: \_\_\_\_\_

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# Day 2 — You're Created \_\_\_\_\_

"I will praise thee; for I am fearfully and wonderfully made: marvellous are thy works; and that my soul knoweth right well."

— Psalm 139:14 (KJV)

You are not an accident.  
You were made with care.

Your life has meaning.

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Personal prayer: \_\_\_\_\_

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# Reflect

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Where do you struggle to accept yourself?

What would it look like to see yourself as God's work?

## Prayer

*God, thank You for creating me.  
Help me to see what You have made.*

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Personal prayer: \_\_\_\_\_

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# Day 3 — You're Loved

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"But God commendeth his love toward us, in that, while we were yet sinners, Christ died for us."

— Romans 5:8 (KJV)

God's love is not based on your performance.  
It was given before you deserved it.

It remains.

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Personal prayer: \_\_\_\_\_

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# Day 4 — You're Chosen \_\_\_\_\_

"Ye have not chosen me, but I have chosen  
you..."  
— John 15:16 (KJV)

You are not overlooked.  
You are chosen.

Not by chance—but by God.

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Personal prayer: \_\_\_\_\_

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# Day 5 — You're Not Alone \_\_\_\_\_

“I will never leave thee, nor forsake thee.”  
— Hebrews 13:5 (KJV)

Even when you feel alone—  
you are not.

God is present.

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Personal prayer: \_\_\_\_\_  
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# Day 6 — You're His

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“Ye are bought with a price...”  
– 1 Corinthians 6:20 (KJV)

Your life is not without value.  
You were bought at a cost.

You belong to God.

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Personal prayer: \_\_\_\_\_  
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# Day 7 — You're complete \_\_\_\_\_

“And ye are complete in him, which is the head of all principality and power.”  
— Colossians 2:10 (KJV)

You are not lacking.  
You are not incomplete.

In Him—you are whole.

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Personal prayer: \_\_\_\_\_  
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YOU ARE KNOWN.  
YOU ARE LOVED.  
YOU ARE CHOSEN.

**JUST KEEP WALKING.**

One Day at a Time

**GOD IS WITH  
YOU.**

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**IF THIS GUIDE HAS HELPED YOU,  
YOU CAN SUPPORT THE MISSION  
SO OTHERS CAN EXPERIENCE THIS TOO.**

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