



Reclaim your Self-worth

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Author & Creator

Sarah Jacobs

Vice President & Director of Investigations, Sub Rosa Trace Inc.

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## Understanding Your Worth

You are more than the sum of your experiences, more than what you've been through. You are a child of God, created in His image (Genesis 1:27), with a value that is immeasurable. The world may have tried to tell you otherwise, but God sees you as His beloved creation—worthy of love, grace, and redemption. When you feel unworthy, remember that your value was sealed on the cross. Jesus died for you because He sees your worth, even when you struggle to see it yourself.

In moments of doubt, it can help to reflect on the truth that God made no mistakes when He created you. Every detail of your life, your personality, and your gifts was crafted by Him. Ephesians 2:10 says, "For we are God's handiwork, created in Christ Jesus to do good works, which God prepared in advance for us to do." You are not an accident or a mistake—you are part of God's divine plan, and His purpose for you is greater than anything that has happened to you.

## Key Points

- **God's View of You is Unchanging:**

Hebrews 13:8 tells us, "Jesus Christ is the same yesterday and today and forever." Your worth is not dependent on circumstances, and God's love for you remains constant through all the highs and lows of life.

- **You Have a Unique Purpose:**

Jeremiah 1:5 says, "Before I formed you in the womb, I knew you; before you were born, I set you apart." God has set you apart for a purpose that is uniquely yours. You are meant to shine in ways that only you can, and no one else can take that from you.

- **Redefining Worth Through Faith:**

In a world that tries to define our value through success, appearance, or status, God calls us to define our worth by His love. 1 Samuel 16:7 says, "The Lord does not look at the things people look at. People look at the outward appearance, but the Lord looks at the heart." You are valuable because of who you are in Christ, not because of what the world says.

## Action Steps

### Daily Affirmations:

Each day, speak words of life over yourself. Use scripture to affirm your worth: "I am fearfully and wonderfully made" (Psalm 139:14), "I am a new creation in Christ" (2 Corinthians 5:17), and "I am loved beyond measure" (Ephesians 3:16).

### Gratitude Journaling:

Start a journal where you write down the gifts and strengths God has given you. Reflect on how these strengths contribute to your unique identity and purpose.

### Reflection:

- What are some ways you have been defining your worth that do not align with God's view of you?
- How can you begin to see yourself through God's eyes, embracing your inherent value and purpose?

### Prayer

"Lord, help me to reject the lies that the world has told me about my worth. Open my eyes to see myself as You see me—valuable, loved, and filled with purpose. May I walk in the truth that my identity is found in You, not in the opinions or actions of others. Amen."

## Reclaim Your Future

Your past does not define your future. With God, all things are made new (2 Corinthians 5:17), and that includes your future. You are not bound by the mistakes of others or by the pain you have endured. God's promise to you is that He will restore what was lost, and He will give you a future filled with hope and purpose.

Reclaiming your future is not about erasing the past but about healing and moving forward with God's guidance. Isaiah 61:3 promises, "To all who mourn... He will give a crown of beauty for ashes, a joyous blessing instead of mourning, festive praise instead of despair." God specializes in taking the broken pieces of our lives and turning them into something beautiful.

# Key Points

## God's Plan for Restoration:

Joel 2:25 says, "I will repay you for the years the locusts have eaten." This powerful promise is God's assurance that even the time you feel was stolen by pain can be restored. God has a way of using even our hardest moments to bring about growth and blessing.

## Walking by Faith, Not by Sight:

2 Corinthians 5:7 encourages us to walk by faith, not by sight. Reclaiming your future means trusting that God is working behind the scenes, even when you can't see the results immediately. Faith allows you to move forward with hope, knowing that God is directing your steps.

## Embracing Your New Identity:

Colossians 3:10 says, "Put on the new self, which is being renewed in knowledge in the image of its Creator." As you heal, you are stepping into a new identity—one that is shaped not by your past but by God's love and grace.

# Action Steps

## Set Intentional Goals: T

Think about the areas of your life where you want to experience growth. Set small, intentional goals that align with the future you want to create. These could be related to your spiritual journey, relationships, career, or personal growth.

## Daily Surrender:

Each day, take time to surrender your plans and dreams to God. Pray for His guidance and trust that He is working in ways you cannot see. Write down any insights or direction you feel God is giving you.

## Reflection

- What does it mean to you to reclaim your future? How can you begin to walk by faith, trusting that God's plans for you are good?
- How can you use the experiences of your past to build a stronger, more resilient future?

## Prayer

"Lord, I place my future in Your hands. Help me to walk by faith, trusting that You have good plans for me. As I take steps forward, give me the courage to believe that my future is bright and filled with hope. Thank You for restoring what was lost and for turning my mourning into joy. Amen."



# Reflection Journal



## **My Feelings**

What emotions are you feeling most strongly today? How can you acknowledge these feelings without judgment?

## **Finding Strength**

Think of three strengths that have helped you through difficult times. How can these strengths help you in your healing process?

## **Embracing the Future**

what do you hope for your future? what steps can you take  
to move toward that vision?



**SUB ROSA TRACE INC. | [INFO@SUBROSATRACE.ORG](mailto:INFO@SUBROSATRACE.ORG)**  
**[WWW.SUBROSATRACE.ORG/RESOURCES/](http://WWW.SUBROSATRACE.ORG/RESOURCES/)**