

# Worth of Souls

A Deep Dive into Living the  
Gospel of Jesus Christ



# Worth of Souls

## Lesson 4



Thought Habit #2  
*Separating My  
Worth From My  
Performance*

# By the Spirit Ye are Justified



*“...for we know that if we can be worthy of the presence of the Holy Ghost, we can also be worthy to live in the presence of Heavenly Father and His Son, Jesus Christ.”* – Come Follow Me Manual 2019

*‘... justify means to pronounce free from guilt of blame or to absolve.’* – Harold B Lee

*“He that receiveth of God, let him account it of God; and let him rejoice that he is accounted of God worthy to receive.”* – D&C 50:34

# My Level Of Hope



Perfect Brightness of Hope

No Doubt

Holy Ghost

Much Hope

Some Hope

No Hope

How Long Do I Have to Qualify For Exaltation?

This Life + Spirit World + Millennium

Alma 34:32-36

*“I remember when I first REALLY understood that when I feel the witness of the Holy Ghost it is a pronouncement that I am clean, the feelings of guilt I almost always carried around melted away. I am an avid perfectionist, especially with myself, which makes me acutely aware of all my many mistakes. I now know that even though I’m not doing everything perfectly, I can perfectly feel HIS LOVE for me by the confirmations of the spirit. For the first time I can remember, I am not carrying a big bag of guilt around with me everywhere I go.” - Susan*

*“When I first heard that the Celestial Kingdom is the easiest to obtain, I was shocked. Could it be true? Why had I always believed it would be the most difficult?... Recently I was in sacrament meeting when I began pondering this belief. Something happened that had not happened before... I felt a rush of emotions and impressions that came vividly and clearly to my mind and heart... I became convinced in that moment of the truth of this principle. I gained a testimony for myself that for me, this principle is true. While I am still imperfect and I strive every day to improve, this knowledge has brought great hope and comfort to me.” - Peter Samona - Becoming Christ Centered Manual pg.34*

#WorthOfSoulsPodcast



# 12 Thought Habits Of Christ

1. Holy Ghost  
Confirming Daily I  
Am On The Path

2. Separating My  
Worth from My  
Performance

3. Using Daily  
Performance For  
Spiritual Growth

4. Viewing  
Everything in this  
World as a  
Stewardship

5. Using  
Enticements For  
Spiritual Growth

6. Being Truly  
Grateful During  
Adversity

7. I Have Power  
Over What I Think,  
Feel, & Do

8. I Have No Power  
Over What Others  
Think, Feel, & Do

9. Daily  
Repentance: Turn  
Back To God &  
Live

10. Choosing Godly  
Sorrow Keeps Me  
Spiritually Focused

11. Love God With  
All My Heart, Mind  
& Soul

12. Forgiving &  
Judging Righteously  
Help Me Progress



## Be Prepared To Meet Him!

# Developing Christ-Centered Feelings Of Self-Worth

## Create Negative Feelings of Self-Worth

Spiritual  
World

Inner  
World  
(Mind & Heart)

Temporal  
World

- Gain Weight
- Lose Job
- Divorce Spouse
- Child's Defiant/Negative Behavior
- Can't Pay Bills/Lose Home/Cars/Bankruptcy
- Struggling with Addiction
- Never Get Leadership Callings
- Using Comparisons to Put Yourself Down
- Not Receiving Honors of Men
- Faith Crisis/Unsure of Testimony

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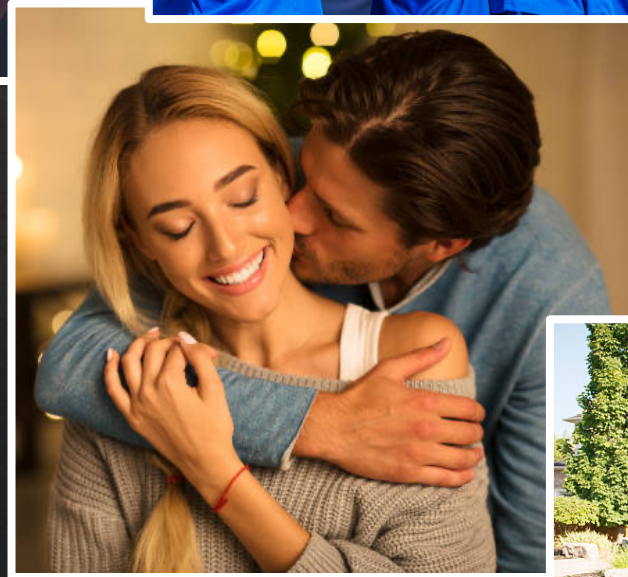
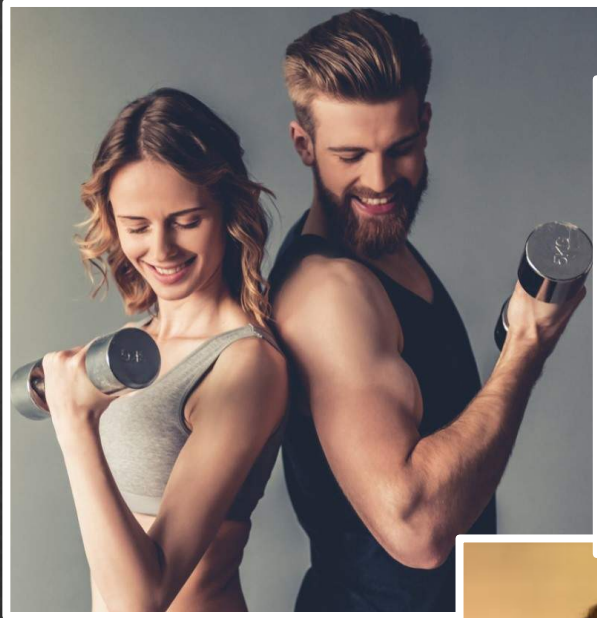
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- Not Receiving Honors of Men
- Faith Crisis/Unsure of Testimony
- Lose Weight
- Get a Better/New Job
- Good/Perfect Marriage
- Child's Good Behavior/Successes
- Always Enough Money/New Home/New Cars/Best Cloths
- Conquer Addiction
- Always in Leadership Callings
- Using Comparisons to Elevate Your Self-Worth
- Recognized For Education/Job/Position
- Full Church Activity/Completed Checklist

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# How Can You Create High Feelings of Self—Worth Regardless of What is Going on in the Temporal World Around You?

Step #1

Identify That  
You Are Not  
Here To Prove  
Your Worth

“God is your Father. He loves you. He and your Mother in heaven value you beyond any measure. ... You are unique. One of a kind, made of the eternal intelligence which gives you claim upon eternal life.

“Let there be no question in your mind about your value as an individual. The whole intent of the gospel plan is to provide an opportunity for each of you to reach your fulfillment, and your fullest potential, which is eternal progression and the possibility of godhood.” - Spencer W. Kimball- *“Privileges and Responsibilities of Sisters,”* Oct 1978



# How Can You Create High Feelings of Self—Worth Regardless of What is Going on in the Temporal World Around You?

Step #2

See Your  
Worth As  
Christ Sees It



“Have you ever thought of yourself as a junior angel crowned with glory and honor? Every one of our Father in Heaven’s children is great in His sight. If the

Lord sees greatness in you, how then should you see yourself?” - L. Tom Perry “*Youth of the Nobel Birthright*” Oct 1998

# How Can You Create High Feelings of Self—Worth Regardless of What is Going on in the Temporal World Around You?

Step #3

Learn To Separate  
Your Worth From  
Your Performance



“My dear sisters, your Heavenly Father loves you—each of you. That love never changes. It is not influenced by your appearance, by your possessions, or by the amount of money you have in your bank account. It is not changed by your talents and abilities. It is simply there. It is there for you when you are sad or happy, discouraged or hopeful. God’s love is there for you whether or not you feel you deserve love. It is simply always there.” – Monson *“We Never Walk Alone,” Oct 2013*

... he will consecrate thy performance unto thee, that thy performance may be for the welfare of thy soul – 2Ne 32:9

Spiritual  
World

- Gain Weight
- Lose Job
- Divorce Spouse
- Single and Can't Find Spouse
- Child's Defiant/Negative Behavior
- Can't Pay Bills/Lose Home/Cars/Bankruptcy
- Struggling with Addiction
- Never Get Leadership Callings
- Using Comparisons to Put Yourself Down
- Not Receiving Honors of Men
- Faith Crisis/Unsure of Testimony
- Lose Weight
- Get a Better/New Job
- Good/Perfect Marriage
- Single and Dating All The Time
- Child's Good Behavior/Successes
- Always Enough Money/New Home/New Cars/Best Cloths
- Conquer Addiction
- Always in Leadership Callings
- Using Comparisons to Elevate Your Self-Worth
- Recognized For Education/Job/Position
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Temporal  
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# Lesson 4 Review & Challenge

Awake and  
Arouse Your  
Faculties

“See”

- 2Ne. 32:9
- Review Your Patriarchal Blessing or D&C 86:9-11
- Review statements the living prophet has made about how God sees you

Exercise a  
Particle of  
Faith

“Think”

Many times each day talk to Heavenly Father about who you are, and the way He and Christ feel about you. (see sample prayer)

Desire to  
Believe &  
Let the  
Desire Work  
in You

“Feel”

Receive a witness by the Spirit that the worth of your soul is without measure, your Parents in Heaven value you no matter what you do or don't do

Give Place  
For a  
Portion of  
My Words

“Do”

Search  
~  
Ponder  
~  
Pray

Don't Cast  
it Out By  
Unbelief

Satan will attack you by trying to get you to hook your worth to your performance. Remember, if he's attacking you, you are on the right path

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