



WORTHY

Leaders Guide

## HOW TO RUN A WORTHY GROUP

**50 MINUTES** -Guided group discussion of the homework/workbook questions.

**EACH VIDEO TIME VARIES** -Watch the video for the next session.

**10-15 MINUTES** Wrap-up and prayer.

This workbook is broken into twelve weeks, with an optional thirteenth week for group celebration and reflection.

\*These are just suggestions. Each group is unique, follow the format the works best for your group.



# WEEK ONE

How I Got There

(Refer to Disc One, Chapter one)

## ANSWER SHEET:

1. The voice of worthlessness is in your **head/heart**.
2. Worthy is a **journey**.
3. **Worthless** affects the way you think, feel, or behave.
4. Worthless is a **lie**.
5. Worthless disagrees with the **heart** of God.
6. You are worthy because **He** said so.
7. This process is **work**.
8. You are worthy **regardless** of what has happened to you.

## SUGGESTED DISCUSSION QUESTIONS

### DAY ONE:

From page 10, share what your spirit say when you feel worthy?

From page 11, share your own story.

From page 11, what were the events that led you to generalize that you were worthless?

### DAY TWO:

From page 13, share what bad choices you've made.

From page 14, if you are married, share about your marriage and how its affect-  
ed you in believing you are worthless.

### DAY THREE:

On Page 16, share a few reasons of why you feel worthless

## DAY FOUR:

On page 18, you were asked the question: Do you believe you are worth the blood of Christ? What are your thoughts on this statement?

## DAY FIVE:

On Page 18, I talked about the strong importance for prayer: “Prayer is a way for you to behaviorally change yourself. For many who struggle with worthlessness, that accusing voice can start attacking you early in the day—not necessarily the first thing in the morning but maybe in the shower, on the way to work, or while driving. Prayer is preventative. It is a way of acknowledging you are worthy.”

Is this statement hard for you to believe?

# WEEK TWO

The Purpose of Worthless  
(Refer to Disc One, Chapter Two)

### ANSWER SHEET:

1. Worthless is **working** for you in some way.
2. Your purpose for worthy might be the **key** to your freedom.
3. I can't get rid of worthless until I am ready to exchange it for **something else**.
4. Worthless **serves** you.
5. When you find out how worthless is serving you, then you can **fire** worthless.
6. Worthless could be assigned to keep you **safe**.
7. When you have worthless as your core processing, your thinking has to be **irrational** at times.

### SUGGESTED DISCUSSION QUESTIONS

## DAY ONE:

From page 21, share a few ways worthless has fueled you to succeed.

From page 22, share if you have used worthless to keep you from making mistakes.

From page 22, share the traits of worthless that apply to you.

## DAY TWO:

From page 23, share your thoughts on the statement, “When you are not alone, you are accountable.”

## DAY FIVE:

From page 28, share your thoughts on the statement, “Maximized thinking plays a big part in the early stages of the journey toward worthy.”



# WEEK THREE

Worthless as a Friend  
(Refer to Disc One, Chapter Three)

### ANSWER SHEET:

1. You have spent **thousands** of hours with worthless.
2. You are **friends**.
3. You can **depend** on worthless.
4. This friend has been with you a **long** time.
5. Worthless would not be in your life if you were not in **agreement**. Amos 3:3
6. Maybe you needed worthless to **survive** but you have to get rid of worthless to **live**.
7. If you don't get rid of **worthless** it can become part of your family.

### SUGGESTED DISCUSSION QUESTIONS

## DAY ONE:

Would anyone like to share their Thank You or Goodbye Letters from page 30 and 31?

## DAY TWO:

From page 32, share your thoughts on whether or not you believe you are addicted to worthlessness.

## DAY THREE:

From page 33 and 34, share a few ways that worthless gave and took from you.

## DAY FOUR:

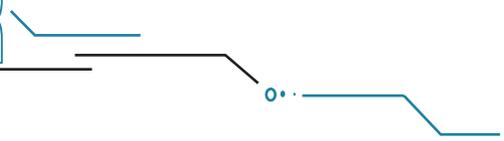
From page 36, share a few thoughts and feelings from your list.

## DAY FIVE:

From page 37, share a few names from your list and their reasons.

From page 28, share a few names from your list and your action plan.

# WEEK FOUR



## Worthless as an Enemy

(Refer to Disc One, Chapter Four)

### ANSWER SHEET:

1. Worthless is not from **God**.
2. We have to be in **agreement** for things to have an impact on our lives.
3. What you **love** is what you **protect**.
4. If you protect worthless, you **love** worthless.
5. Worthless is an enemy keeping you from who you are in **Christ**.
6. Worthless can affect your **intimacy** with the Father.
7. Worthless can keep you in your **comfort zone**.

## SUGGESTED DISCUSSION QUESTIONS

### DAY ONE:

Would anyone like to share their “Anger Letter” mentioned on page 40.  
Share your experience with the “Anger Work” mentioned on page 41.

### DAY TWO:

From page 43, share some ways worthless has robbed you.  
From page 43, what are some risks you have not taken due to worthless

### DAY THREE:

From page 45, share a few names from your list that disagree with worthless and their behaviours to support this.

From page 46, share a few names from your list and your action plan.

### DAY FOUR:

From page 48, share a few names and boundaries from the list you created.

### DAY FIVE:

From page 49, share a few examples from the boundaries and consequences list you created.

## WEEK FIVE

Is it an Addiction?

(Refer to Disc One, Chapter Five)

### ANSWER SHEET:

1. You can be **addicted** to worthless.
2. **Efforts** to stop?
3. Fail after **promising**?
4. Have you continued using **worthless**?

5. Have you had **consequences**?
6. Keep **using** after the consequences?
7. Kept you from other **activities**?
8. **Absorbed** more and more time?
9. **Used** worthless more and more?

### **SUGGESTED DISCUSSION QUESTIONS**

#### **DAY ONE:**

Share your results from the addiction assessment on pages 54 and 55.

#### **DAY TWO:**

From page 56, share a few characteristics that you checked from the less than position.

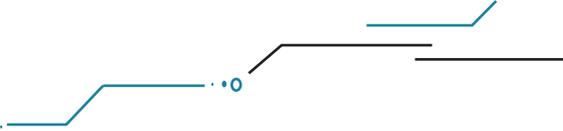
From page 57, share a few characteristics that you checked from the greater than position.

#### **DAY THREE:**

From page 58, share a few characteristics that you checked from the equally positioned soul.

#### **DAY FOUR:**

From page 60, share your results from the Intimacy Anorexia Test.



# WEEK SIX

## Worthlessness and God (Refer to Disc One, Chapter Six)

### ANSWER SHEET:

1. Worthless says **believe** me.
2. Worthless doesn't want you to believe in God but in **worthlessness**.
3. Worthlessness is not coming from **God**.
4. If I made **worthless**, then I can **dismantle** worthless.
5. Worthless and God both want to be **obeyed**.
6. As you improve becoming worthy you will improve obeying **God**.
7. Who He is **matters**.
8. Believe **your own** behavior.
9. Our theology is our **behavior**.
10. Take your **faith** to unquestionably believe your **worth**.
11. Faith in **God** will detract from your faith in worthless!

### SUGGESTED DISCUSSION QUESTIONS

#### DAY ONE:

From page 63, from your list share several ways you agreed with the voice of worthless.

Question one from page 64.

#### DAY TWO:

From page 69, share a few feelings from the list you created.

#### DAY THREE:

From page 73, share how your life in recovery will look five years from now.

## DAY FOUR:

On page 75, the statement “Worthlessness has probably been your best friend and seemingly only true friend. Quite possibly, it has been there faithfully since adolescence. It has accepted you no matter what hurts you had or what kind of mood you were in any particular day.”

Share your thoughts about this statement.

## DAY FIVE:

On page 78 and 79, share your family history.

# WEEK SEVEN

## Becoming Worthy

(Refer to Disc Two, Chapter One)

### ANSWER SHEET:

1. Being worthy is **inate**.
2. You can separate yourself from your **worth**.
3. The truth is that you are **worthy**.
4. You're worthy because He **said** so.
5. You're worth the **gift** He gave you.

### SUGGESTED DISCUSSION QUESTIONS

## DAY ONE:

Question 2 on page 81.

Share your results from the scale on page 81.

## DAY THREE:

On page 83, from your list of the people you dated, share your evaluation on their behavior toward you.

## DAY FOUR:

From page 85, share what you believe have been the impacts on your body of your believing and behaving worthless.



# WEEK EIGHT

Sense of Worth  
(Refer to Disc Two, Chapter Two)

### ANSWER SHEET:

1. Worthy is a gift **God** gave to you.
2. What two choices do you have with this gift?
  - a. **Irresponsibility**
  - b. **Responsibility**
3. When you are worthy you are **responsible** with the gifts God gives to you.
4. When you are responsible you have a sense of **increased** worth.
5. Doing nothing causes **depression**.
6. When you know you are worthy, you see your spouse as **worthy**.
7. Responsible is **responding well**.

### SUGGESTED DISCUSSION QUESTIONS

## DAY ONE:

From page 89, share some ways that you can be responsible with the things God has given you.

## DAY TWO:

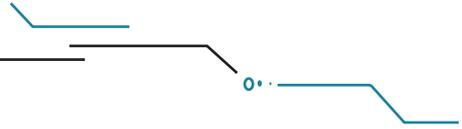
From page 92, share the areas of abuse and/or neglect you feel you have experienced.

## DAY THREE:

From page 93, would anyone like to share any names on this list.

# WEEK NINE

Breaking the Agreement  
(Refer to Disc Two, Chapter Three)



### ANSWER SHEET:

1. When I agree with something it can **walk** with me.

### SUGGESTED DISCUSSION QUESTIONS

Would anyone like to share what they experienced in this session?

## DAY ONE:

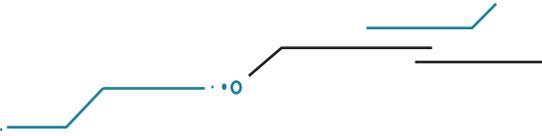
From pages 97 and 98, share one of the age ranges regrading your relationship with your dad.

## DAY TWO:

From pages 100 and 101, share one of the age ranges regrading your relationship with your mom.

## DAY THREE:

From page 93, would anyone like to share any names on this list.



# WEEK TEN

Stepping Into Your Worth  
(Refer to Disc Two, Chapter Four)

## ANSWER SHEET:

1. Take step in one **area** at a time.
2. Have **accountability**.
3. If we don't confess our faults we are guaranteed to stay **sick**.
4. Do your **affirmations**.
5. See your unworthy behaviors and beliefs as **sin**.
6. Take **responsibility** for your talents.
7. You were chosen to be **worthy**.

## SUGGESTED DISCUSSION QUESTIONS

### DAY ONE:

From page 106, share the areas that worthlessness has affected.  
From page 107, share the affirmations you will start with.

### DAY THREE:

From pages 108 and 109, share what you have learned about shame.

### DAY FOUR:

From page 110, would anyone like to share the list of secrets made.

# WEEK ELEVEN

## Dream

(Refer to Disc Two, Chapter Five)

### ANSWER SHEET:

1. People with worthlessness often give up on **dreaming**.
2. We tithe because **He** is worthy.
3. You **deserve** to dream.

### SUGGESTED DISCUSSION QUESTIONS

#### DAY ONE:

From page 114, share what your life would look like if you were worthy.

From page 115, share your action steps toward your dream.

#### DAY TWO:

From pages 115 and 116, would anyone like to share their experience with the forgiveness exercises.

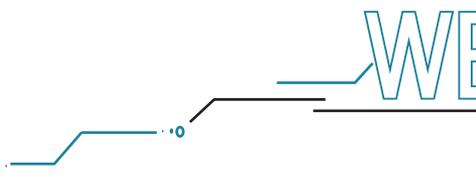
#### DAY THREE:

From page 117, what does it mean to you that obedience is a choice.

#### DAY FOUR:

From page 118, share a few reasons you *love* yourself.

From page 119, share a few reasons you are aware of that you have been in agreement with your being worthless.



# WEEK TWELVE

Legacy  
(Refer to Disc Two, Chapter Six)

## ANSWER SHEET:

1. Most of us are part of a legacy of **worthlessness**.
2. We are going to leave a **legacy**.
3. When you are worthy, it **affects** all of those around you.
4. God's chosen you to **fight**.
5. You want to hear, "Well done, good and **faithful** servant."

## SUGGESTED DISCUSSION QUESTIONS

### DAY ONE:

From page 122, share a few behaviors that you are seeing in yourself that support your new worthy lifestyle.

### DAY TWO:

From page 123, share what you hope your legacy will be.

From page 124, share what you experienced with the open heart exercise



# OPTIONAL WEEK THIRTEEN

Celebration and Reflection

1. Share a meal together
2. Create little cards with worthy statements that they can take home
3. Ask each person to write about what they learned through this group and share this during the meal.