

JOURNAL PROMPT SET

# Identity & Worth

*Prompts for the shame-worn soul*

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*"You are altogether beautiful, my darling; there is no flaw in you." -- Song of Songs  
4:7*

Shame tells us we are the problem. These prompts gently challenge that story and invite you back toward the identity Scripture says is already yours.

**1 What lie about yourself do you return to most often?**

*Where did it come from? How old were you when you first believed it?*

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**2 How do you define your worth -- and where did that definition come from?**

*Performance? Approval? Achievement? What would it mean to derive it from something else?*

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**3 What would it feel like to be fully known and fully loved at the same time?**

*Does that feel possible? What makes it hard to believe?*

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**4 What is one thing about yourself you have never fully accepted?**

*Not to force acceptance -- just to name it honestly and hold it with curiosity.*

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**What does it mean to be made in the image of God -- for you, specifically?***Not in general terms. Which of your traits, gifts, or ways of being reflect something of God?*

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**If shame is a distortion, what is the truer version of your story?***Write a one-paragraph description of yourself from the perspective of someone who loves you well.*

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