



Episode 12 Study Guide: *Who Am I? Building Self-Worth*

Exodus 1-6

"Come Follow Me" Old Testament Manual

00:00-09:34	"God does not forget His people. But do WE forget HIM?"
09:35-18:30	"We women are meant to 'lead,' share our 'wisdom, share our voices!'"
18:31-24:43	"The Lord knows you & who you will become"
24:44-35:14	"Who am I? Deal with insecurity by coming to the Lord"
35:15-37:41	"Weakness comes from God; He can make you strong"
37:42-42:15	"Self-worth cannot be separated from God"
42:16-47:15	"I AM—How are you using this name of Christ?"

Study Questions/Exercises

1. Do you believe that the more you are afflicted the more you can "multiply & grow?" Why or why not? How might you develop this belief? How might it help you in times of affliction?
2. "God does not forget His people." But do you forget Him? In what ways? How might you better "remember" the Lord this week?
3. How are you leading, sharing your wisdom, speaking up and sharing your voice, as President Nelson has pleaded? How might you better obey this "plea" from a prophet of the Lord?
4. Do you seek & hear the voice of the Lord? How? What helps you? In what ways does He speak to you?
5. Have you ever felt insecure? Inadequate? Not sure you can do all you're being asked to do? Do you ever wonder, "Who am I?" "Who am I to do great things?" "Who am I after afflictions & trials?" "Who am I in God's eyes?" How do you deal with these times? How might you turn to the Lord and ask Him to show you who you are, in His eyes?

6. **Exercise:** In times of insecurity, listen to segment 24:44-35:14. Use Exodus 3-4 and this segment to bring your doubts to the Lord, as Moses did, and seek to hear the assurances, comfort, and tutoring the Lord gives you, as He gave to Moses.
 - a. What do you hear, feel, experience?
 - b. How does God reassure you? How does He refute the doubts you bring to Him? How does He show you He hears you and is with you?
7. How do you let the Lord show you who He is? How might you improve this?
8. Work on building self-worth, using the "[Pyramid of Self-Worth](#)." Listen to segment 37:42-42:15 to get you started.
 - a. Use the following articles to help you:
 - i. "How to feel Self-Worth: The Pyramid of Self-Worth"
<https://www.drchristinahibbert.com/how-to-feel-self-worth-the-pyramid-of-self-worth-video/>
 - ii. "Self-Esteem vs. Self-Worth: Q & A with Dr. Christina Hibbert"
<https://www.drchristinahibbert.com/self-esteem-vs-self-worth/>

Resources

FB: [Like a Watered Garden Podcast Discussion Group](#)
[Like a Watered Garden Website](#)
[Come Follow Me, Old Testament, Manual](#)
[Dr. Christina Hibbert Website](#)
Instagram: [@likeawatered.garden](#)
[@drchristinahibbert](#)
Facebook: [Dr. Christina Hibbert](#)
["Grow With Scriptures" YouTube Channel](#)