

01 How Much Am I Worth? (Gospel)

DISCUSSION GUIDE

Opening Prayer (5 Mins)

Opening Discussion (10 Mins)

Has your child ever said something about their identity in a moment of pain? (For example, “I am the worst!” or “I can’t ever do anything right.”) How did you respond?

Watch Video [26 Minutes]

Follow-Up Discussion [40 minutes]

1. What stood out to you from the video?
2. We are created in the image of God and we are bought by the blood of Jesus. This is our unchangeable identity. How does knowing this affect the way you view the world?
3. Where have you seen different types of shame play out in the life of your kids? How do you help them work through these types of shame? How do you want to help them in the future?
4. Does your family do family devotions or a time of worship as a family? If so, what does that look like? If not, why not? How might you want to continue or change your current family pattern in the future?

Raising
Kids



5. Jay Stringer said, “One of the greatest gifts you can give your kids is to understand your sexual story, to move through your shame, and to engage it with so much kindness and curiosity.” How much have you worked through your own sexual story and shame, so that when you talk with your kids about sexuality, it is with a heart of gentleness and self-awareness?

Closing Prayer [10 minutes]