



Lord, untangle me so I can be content with  
who I am and how

*you created me.*

*Devotions to help you untangle...*

# *Worthlessness*

*By Carey Scott*

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*Day 1:*

## *How do you count your worth?*

In my book [Untangled](#), I share about the sexual abuse I experienced as a 4-year-old and how that one hour changed the direction of my life.

- It set me up with a life-long fear of *rejection*.
- It left me with deep feelings of *worthlessness*.
- It caused me to question the motives of others, *never fully trusting* their intentions.
- It made me hyper-vigilant to protect myself by *trying to control* the world around me.

And until recently, I wouldn't have pinpointed these struggles to be related to that abuse. I mean I knew I had *issues*, but who doesn't... *right?*

I'm learning that these beliefs and behaviors were birthed as a result of my abusive encounter. **It was my ground zero.**

It makes sense, though. I've been a mess most of my life. Easily triggered and offended. Slow to forgive and unwilling to forget.

*... and I'm learning why.*

And God is healing those wounds and untangling my self-esteem from the wrong places.

Interestingly, the physical part of my abuse has been much easier to work through than the deep emotional effects it left behind.

Because of the hateful words spoken over me by my abuser -- ***"This is your fault. If you tell anybody, you will be in trouble. You are bad. You are dirty. And you'll***

***never be worth... anything.***” -- I walked away from that apartment with a new belief system.

And then the Enemy went to work, anchoring the message of *worthlessness* to my self-esteem.

One of the tools he used was ... **NUMBERS**. *And news flash... numbers are everywhere!*

Truth is, numbers themselves are not evil. They help us make sense of our world because they define, differentiate, and describe the things around us.

Think about it.

We have social security numbers, employee ID numbers, and license plates numbers. When we fly, we're a row and seat number. At a restaurant, we are a table number. Our clothes have numbers. Our home address is a number. We can be reached by a phone number. Our health is determined by a series of numbers (height, weight, etc). We even celebrate numbers - birthdays, anniversaries, years sober, and years cancer-free.

*Numbers are not bad*, but the Enemy used them against me.

**I literally began to *count* my worth.** And no matter how hard I crunched the numbers, they just never added up to me being “*good enough.*”

Here's how that played out:

- When the number on the scale was higher than the day before... *I felt ugly.*
- When the size of my clothes didn't match the world's definition of attractive... *it meant I wasn't.*
- When my number of friends, followers or likes on social media dropped... *it told me I wasn't likable.*

The number of party invites ... the score of my tennis match ... the number of offenses ... the numbers on my paycheck ... the amount of wrinkles ... and number of times I messed up.

***I used numbers to measure my worth.***

Pretty whack-a-doo, eh?

But hold the phone. *Chances are you have a number, too.*

Which one makes you feel ugly? What number says you're not good enough? Or that you'll never be lovable? What number has the power to destroy how you feel about yourself?

*Yeah, I thought so.*

*And I am sorry.*

I don't know about you, but I'm so done with the kind of math that leaves me feeling worthless. Because honestly, I will never add up to the world's standard of acceptable.

Trying to measure up will always deplete my self-esteem - *our self-esteem* - because the world only offers performance-based love and acceptance. To them, the size of your jeans... the amount of money you have... the address of your neighborhood... the amount of Facebook friends or twitter followers you have... measures your value.

**But to God, we aren't measured. Instead, we're treasured.**

*"You only are a people holy to God, your God; God chose you out of all the people on Earth as his cherished personal treasure." (Deuteronomy 14:2)*

You are **holy**.

You are **chosen**.

You are **cherished**.

**YOU** are God's personal treasure.

Girl, let's stop calculating our worth using the world's measuring stick. We will never be good enough. Not ever.

**What if we decided to focus on the *only* number that accurately determines our value? The number... One. *The One. Jesus.***

*We all have a number. What's yours?*

## Day 2:

### *Alone in a crowd*

I sat in church last weekend... in a crowd of hundreds... and felt completely *alone*.

The heaviness of that feeling was oppressive. My heart ached. And I wanted to run out and hide in the comfort of my home.

But instead of giving into it, I fought the tears that so quickly tried to come. I continued to stand and immerse myself in the worship.

And with eyes closed off from the world, I cried out to God.

***“Lord, come fill that empty place right now. Be enough for me. Remind me that You are my friend. I need to feel necessary and important and valuable. Be as close as my breath.”***

For the entire worship time, I placed this request before the only One who can fill me the way I need to be filled. And a wonderful thing happened. *It worked.*

Jeremiah 29:13-14a tells us why. *“When you seek me in prayer and worship, you will find me available to you. If you seek me with all your heart and soul, I will make myself available to you,” says the LORD.*”

Oh what a glorious promise for you and me. When we cry out to our God... He is there. Every. Time.

*That means so much to me.*

Because sometimes there aren't enough people in the world to make us feel like we matter. And to be honest, it's not their job. **We were created with an empty space only God can fill.**

And He will.

So when we cry out in our *loneliness*... in our feelings of *worthlessness*... when we're certain we aren't *good enough*... when we feel *friendless*... God is there.

He gently reminds us that we hold great value. That we matter. That we are not alone. **And a sense of peace and belonging drips from Heaven and saturates our hearts.**

*Oh I felt that this weekend.*

I'm learning to be quicker to ask God for what I need. Because when I do...

~ *Relief is faster.*

~ *It's longer-lasting.*

~ *It pierces deeper.*

~ *It's pure.*

Can you relate to feeling worthless? Do you find yourself lonely in a crowd? Do you feel left-out? Are there times you struggle to feel valued?

**Cry out to God.**

It can be a guttural cry or a silent prayer. It can be at the grocery store or in your car. It can be eloquent words or a groan. *He knows your heart.*

And so when you seek Him... He is always available and ready to fill that empty space with *Him*.

There's nothing better.

*What do you need to cry to God about?*

## Day 3:

# You were created on purpose

**When God created YOU, He did so on purpose.**

- ~ He thought you up, from your hair color to your shoe size.
- ~ He determined the date of your entrance onto the stage of planet earth.
- ~ He placed you in your family because they had something you needed.
- ~ And He allowed *those* things to happen because they'd equip you for what is coming next.

**And no matter what you think, you're here for a reason.**

- ~ You aren't an accident (*even if that's what you've been told*).
- ~ You aren't a cosmic collision (*even if that's popular belief*).
- ~ You didn't evolve (*even if that's being taught*).

**And regardless of how inadequate you may feel, you have a call on your life.**

- ~ God wants you to say yes to that thing - the one that scares you because it's so out of your comfort zone.
- ~ God hopes you'll silence the not-good-enough messages that whisper, "*No, you can't.*"
- ~ Because God wants your life to point others to Him.

You see, there is something *only you* have to offer the world. Believe me, no one else has the same mix of awesome-sauce that *you* do.

**But if you choose to sit back...**

- ~ If you determine it's too risky.
- ~ If you decide it's too costly.
- ~ If you think you're ill-equipped.
- ~ If you say "no" because you're afraid or overwhelmed.

*... then we all miss out on what God gave you to share with the world. Big bummer, dude.*

**Or if you don't...**

- ~ move past your mess (*come on, it's time*).
- ~ break out of your pity-party ways.
- ~ stop playing the victim.
- ~ break the cycle of self-destruction.
- ~ and realize it's not all about you.

*... then your testimony won't encourage others to trust God in their circumstances. They may see Him as weak and powerless.*

**And if you're...**

- ~ waiting for the right time.
- ~ waiting for the right conditions.
- ~ waiting for the right opportunity.

*... then you'll be waiting forever. (Now that's truth right there.)*

But what if instead, you quit making excuses for your unbelief?

What if you stopped wondering if you heard God right and just take that next step?  
(*Geeze, if we err, let's at least err in favor of our faith.*)

What if you believed you are who God says you are instead of being a poster child for self-loathing?

Sweet one, God made you on purpose... with purpose... and for a purpose.

And. you. are. awesome.

*What is God asking you to believe about yourself?*

## Day 4:

# *I'll never be enough*

So often we think, *"I'll never be enough."*

- I will never be the right size
- I will never wear the right clothes
- My jewelry won't be the right carat
- I'll never have the right fitness level
- I will never have enough money
- My family will never have the right image
- I'll never cook or bake as well as others
- I won't drive the right car
- My hair style won't be the right one
- I'll never have the best ministry
- I will never do enough to help the poor

**That is, when you allow the world to evaluate you.**

You know what? I'm amazed at how easy it is to do just that. We let the world evaluate our worth by asking, "Am I good enough?" And if they say *yes*, it's fleeting because the world changes its standards all the time.

It's a lose-lose situation.

John tells us that we shouldn't want what the world has to offer because it's not from God. It's a dead-end street. And since we are refugees here on earth... since this is not our home... we shouldn't look for worldly approval.

*"For everything that is in the world - the desire for fleshly gratification, the desire for possessions, and worldly arrogance - is not from the Father but is from the world. And the world and its desires are fading away, but the person who does God's will remains forever."* (1 John 2:16-17)

When you desire the affections and approval of the world, you will *never* be good enough. You'll always fall short. And when their disapproval translates to rejection, we spiral down into condemnation and self-loathing.

We begin to believe the *lie* that we will never measure up.

But God tells us the exact opposite. He tells us we are accepted, significant and secure no matter...

- *Our accomplishments*
- *The style of our clothes*
- *How intelligent we sound*
- *How big our thighs are*
- *Who we're friends with*
- *How much our paycheck is*
- *The achievements of our kids*

The One who created you thinks you're da' bomb.

**And there is nothing you can do to make Him love you more... or less.**

You can't win His approval, or lose it.

There is no way to earn it, *or buy it*.

And you aren't loved based on your performance.

*Having a hard time believing it?* I totally get that. It's a glorious truth that is almost too good to be true... **but it is true**. And God confirms it in Romans 8:31-39 which reminds us that we're *free from* any condemnation brought against us, and *nothing* has the ability to separate us from the love of God.

So let's stop looking to the world for approval. You'll *never* get it.

But God says, "*Precious one, I love everything about you. And nothing can change my mind.*"

*Are you working for man's approval or resting in God's?*

## Day 5:

### *When you feel rejected*

Rejection is insidious because it chips away at your self-esteem - *little by little* - until you begin to doubt your value.

When someone rejects you, what you hear is...

- *I'm not worth their time.*
- *They don't want my friendship anymore.*
- *There's something wrong with me.*
- *I don't measure up.*
- *I'm not... good enough.*

Your mind takes you down paths that shouldn't be traveled. You begin to question what kind of person you are. Those painful times play over and over in your mind as you try to make sense of them.

And you're left feeling discarded... thrown-out... and unwanted.

**Rejection leaves you in such a vulnerable state because it says to your heart, "You don't matter." And that is exactly what the Enemy intended.**

He knows where you've been hurt, and his plan is to poke that wound as much as possible until you feel completely worthless.

*~ From those girls who didn't invite you to the party...*

*~ to the cheer-leading squad you didn't make...*

*~ to the college that rejected your application...*

*~ to the boyfriend who dumped you for another...*

*~ to the group of friends that moved on without you...*

*~ to the child who turned his back in defiance...*

*~ to the husband that walked out the door for another woman...*

**... there has been a strategic assignment to destroy your sense of worth.**

The moment you arrived on planet earth, the Enemy has been busy trying to discourage you. And for the most part, you've not only allowed those messages to land... *but you have adopted them as truth.*

You believe you're not important enough for others to take notice. You think there's something wrong with you. And you feel *less than*.

I'm so sorry.

**But friend, when you allow those life-draining truths to become your reality - when you believe them - you're actually *rejecting* God.**

*~ You're rejecting who He says you are.*

*~ You are refusing to rise up and be who He created you to be.*

*~ And you're telling Jesus that His work on the cross wasn't enough.*

Don't you realize that you didn't just happen? God took a great deal of time coming up with... **YOU.**

He chose the exact date of your birth and into which family you'd be born. God determined the exact color of your skin, hair and eyes. He decided how tall you'd be and what talents you'd have. God knew what life experiences you'd need to prepare for your calling, and crafted your strengths and challenges. He even planned the entrance of your friends and mentors to help you walk through hard times.

*And when He finished with YOU, He smiled.*

He was pleased with His creation, and has watched in excitement and anticipation as you've grown to who you are today.

**Girl, He totally digs you.**

God took the time to plan and create YOU. And because of that... you are ***fully accepted*** by Him.

Oh yes, you shaped me first inside, then out;  
you formed me in my mother's womb.  
I thank you, High God—you're breathtaking!  
Body and soul, I am marvelously made!  
I worship in adoration—what a creation!  
You know me inside and out,  
you know every bone in my body;  
You know exactly how I was made, bit by bit,  
how I was sculpted from nothing into something.  
Like an open book, you watched me grow from conception to birth;  
all the stages of my life were spread out before you,  
The days of my life all prepared  
before I'd even lived one day.

(Psalm 139:13-16)

God created you. He knows everything about you. And He loves it all.

So sisters, when the world rejects you...

~ *when others tell you you're not good enough*

~ *when you feel left out*

~ *when it seems no one cares*

~ *when friends move on without you*

... *remember that God never will.*

Like never.

In His eyes, you are **significant** to the Kingdom, **secure** in His family, and fully **accepted** - stumbles, fumbles and all.

Others will reject you... but God promises He never will.

*What is God saying to you right now?*

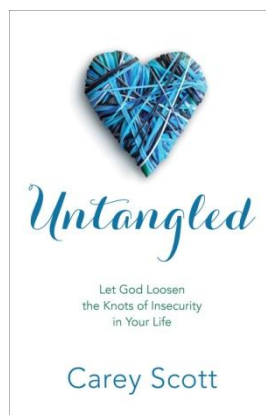


Carey Scott is a speaker, author, and life coach honest about her life and faith, stumbles, fumbles, and all. Her ministry focuses on helping women untangle their self-worth from the world and secure it in Jesus.

To connect with Carey, visit [CareyScottTalks.com](http://CareyScottTalks.com).

Or join the community at [UntangledWomen.com](http://UntangledWomen.com).

And to dig deeper into the topics discussed in these devotionals, order Carey's book - [\*Untangled: Let God Loosen the Knots of Insecurity in Your Life.\*](#)



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