

**Bible
Teachings
Series**

*A self-study
about what we
think about
ourselves*



Am I Worthy

Am I Worthy

A self-study course about
what we think about ourselves



Multi-Language Productions

Bringing the Word to the World

About the cover - God's prophet Nathan showed King David his sin. Nathan also forgives David his sin because God loves him.

The original text is produced by Multi-Language Productions of the Board for World Missions of the Wisconsin Evangelical Lutheran Synod.

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Printed in 2013

ISBN 978-1-931891-42-4

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Level 1, Book 25



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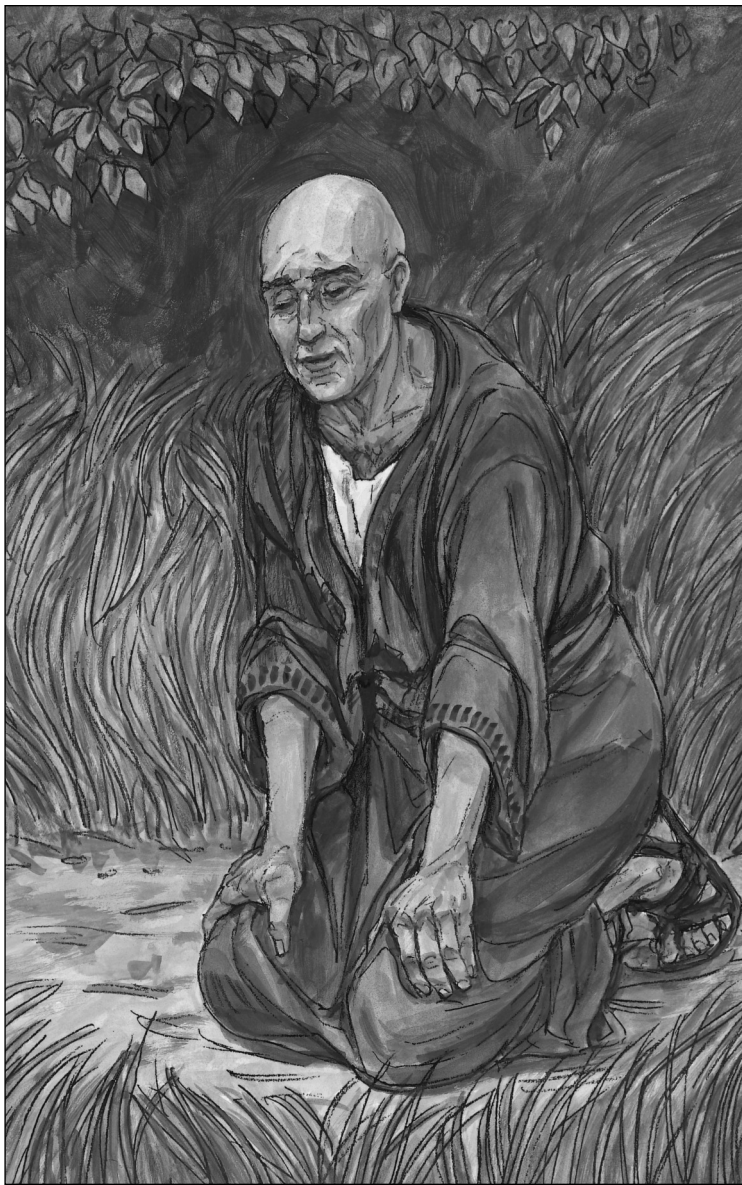
Getting Started

This book will help you better understand yourself. You will learn that God really knows you. You will see yourself as a sinner and also learn how much Jesus loves you and has forgiven you.

After each set of questions and after each chapter test, you will see a page number where you can find the correct answers to those questions. Check each of your answers and correct them if necessary.

At the end of the book is a final test. Before you take the test, go back and review the chapter tests. When you complete the final test, you can either return it to the person who gave you this book or mail it to the address found on the back cover of the book. Someone will check the test.

May God help you to learn more about yourself and how much you need Jesus. God knows you are a sinner, but he has found a way to love you anyway.



Job's friends thought Job was bad.



Chapter One

Do you feel good about yourself or not?

You are a pretty good person, are you not? If you are in trouble, you should not be, right? If people understood you better and if they knew how tough life has been for you, they would know that this trouble you have is not fair. Bad times are for bad people, not for you or other people like you. Right? You would tell them, "Give me a chance, and I'll show you what I am like." "I can make it on my own. I do not need anybody."

Do you know people who feel this way? Are you one of them? Maybe. Maybe not. You might feel good about yourself, and you might not.

The chances are, you do not feel that good about yourself. Maybe that is why you are studying this book. When you look at yourself in the mirror, you might not like what you see.

1. Some people feel _____ about themselves.
2. They may be _____ or they might be _____.
3. The problem with feelings is that they are not always _____.

(Check your answers on page 10)

A very important person in the Bible named Elijah did not feel good about himself. In fact he did not even think it mattered if he lived or died. He thought he was the only one of God's people left on earth. Why should he bother living any longer? Why would God care? He did not think he was doing anyone any good.

Elijah was one of God's prophets, a preacher. He told people what God wanted them to know. Some people listened, but many more people did not listen. That made Elijah think he was good for nothing. You can read about Elijah in 1 Kings 19 in the Old Testament. If you have a Bible, please read that chapter about Elijah.

4. One of God's people did not feel good about himself. His name was _____.
5. He was a _____ of God.
6. The Bible tells us about this man in
1 _____ chapter _____.

(Check your answers on page 10)

What did Elijah see looking in his mirror?

- He saw a man who was afraid of the future.
- He saw a man who was sad because his life seemed so worthless.
- He saw a man who was lonely because he thought no one could help him.
- He saw a man who was ready to die because he did not deserve to live.
- He saw a man who was ready to die because life was not worth living.
- He saw a man who could only see himself and no one else—not even God.
- He saw a man who was wrong about almost everything.

When you look in the mirror, see whether you see the same things Elijah saw.

- Would you say, I cannot do anything without being wrong?

- Would you say, I wish I could be like a lot of other people I know?
 - Would you say, life is not worth living?
 - Would you say, the people I care about would be better off without me?
 - Would you say, nobody cares about me anyway?
 - Would you say, I wish I could die?
 - Would you say, I think I might kill myself?
- Nobody would care anyway.

Think of some other thoughts that are not in this list.

Are you feeling the way Elijah felt?

As you look at your list, ask yourself, "Is this really true?" "Why do I feel this way?" "Who says I am worthless?" "Is someone saying it?" "Is a voice inside me saying it?" If a man of God like Elijah could feel the way he did, it can happen to you too. Maybe it already has. Satan wants you to believe lies and bad things about yourself.

7. Many of the bad thoughts I have about myself come from what _____.
_____.
8. Some of the bad thoughts come from what _____ say about me.
9. Any of these thoughts or ideas can be _____ or wrong.
10. Whether your thoughts are true or not, _____ always wants you to believe _____ about yourself so you think you are hopeless.

(Check your answers on page 10)

You think those bad thoughts because you know in your heart that you really have done something wrong and you really do deserve to be corrected. Maybe you think you deserve worse. Maybe you think that you have got some kind of bad seed in you that makes you worthless. The sad truth is that you do. Everybody does. It is called sin.

We need to find out where we can get true information about ourselves. That can only come from God, from the things he tells us in his Word. A lot of what the Bible tells us about ourselves is bad news. God's Word says, "Everyone has sinned. No one measures up to God's glory" (Romans 3:23).

That is true not only about you; it is true about everyone in the world. The things that we do wrong are proof that God is right—we are sinners. That is the reason for the bad things we do and the bad feelings we have.

11. Some of my _____ and what people _____ about me may be _____.

12. Only the _____ tells me the real truth about myself.

13. Some of the truth about me is _____ news.

(Check your answers on page 10)

As you study what God's Word says, you will learn the real truth. Elijah learned the truth, but he had to let God do the talking—no one else. God is the only one who always tells the truth. You can always depend on his Word. And it is not all bad news. God also has good news that is really true. God's Word tells you the bad news so you will understand how much you need his good news. "But here is how God has shown his love for us. While we were still sinners, Christ died for us" (Romans 5:8). This is GOD'S GOOD NEWS, and it is for YOU.

Please be sure to go on in your study so that you can see the wonderful news God has for us. It tells us about Jesus who paid for our sins. The Bible shows us how much we need him and the wonderful things he has done for us.

14. The only truth I can be sure of comes from _____.

15. God's Word gives me both _____ news and _____ news.

16. God's Word says that all people are _____.

17. For us to know how much we are worth, we need to listen to _____ tell us the _____ that is called the _____.

(Check your answers on page 10)

Review of Chapter One

Some people feel good about themselves, and some people do not. The feelings we have are not always right. They are not always true. Elijah believed things about himself that were not true. Only God's Word tells us the truth.

You may think some things about yourself that are very bad. You may believe those thoughts. Other people may say things about you that may be right or wrong. God's Word always tells the truth. God knows what is in your heart. God will tell you what is bad about you and your thoughts and words and actions. God also has good news for you. He tells you the bad news so that you will understand how much you need his good news about Jesus.

Are you bad or good? Are you worthless or worthy? Is your life worth anything to God or to anyone else? God will always tell you the truth. The most important thing to remember is that he tells you all this because he loves you—he REALLY loves you! You are valuable—you are REALLY valuable!

Answers to the questions in Chapter One:

1. good; 2. right, wrong; 3. true; 4. Elijah; 5. prophet; 6. Kings, 19;
7. I think about myself; 8. other people; 9. right; 10. Satan, lies;
11. thoughts, say, wrong; 12. Bible; 13. bad; 14. God's Word;
15. bad, good; 16. sinners; 17. God, good news, gospel.

Test on Chapter One

1. We all have _____ about ourselves.
Some of them are _____ and some of them are _____.
2. We can never be sure that feelings are really _____.
3. One person the Bible talks about was named _____, and he felt very _____ about himself.
4. Part of the story about this man is in the book of the Bible called _____ in chapter _____.
5. This book is in the _____ Testament of the Bible.
6. Romans 3:23 tells us that _____ has _____.
No one _____ up to God's _____.
7. The bad news about us in the Bible is called the _____. The good news is called the _____.
8. It is important to know the _____ of God so we understand how much we need the _____.
9. Whether God is telling us bad news or good news, he will always tell us the _____ about ourselves, and how much he _____ us, and how much we are _____ to him.

(Check your answers on page 73)



The Pharisee thought he was worthy of God's praise. The tax collector admitted his sin and asked for God's mercy.



Chapter Two

You do not get to decide what you are worth

How much are you worth? How much do you think you are worth? Did someone say how much he thought you are worth? Think about what you are worth. Now answer one simple question. Are you worth a lot? Are you worth very little? Figuring out what they are worth is a real problem for a lot of people. Is it a real problem for you?

Yes, some people think they are worth more than anyone else. Are they right? Is that true? Do you know people like that? Maybe you are one of those people. There are also people who think they are worthless. Are they right? Is that true? Do you

know people like that? Maybe you are one of those people.

One more question—no matter what you think you are worth, HOW DO YOU KNOW FOR SURE? We will answer that question together. God's Word will give you the answer, and it will be the right answer. What God says is always right. The Bible is God's Word, and it is always right.

1. Some people think they are _____
_____.
2. Some people feel _____.
3. It is very important to know the _____
answer.
4. The only way to find the right answer is to listen
to _____ by reading _____.

(Check your answers on page 22)

If you feel as if you are worthless, you might be surprised to know that many other people also feel the way you feel. But who says you are right or wrong? Listen to how a great king felt about himself. The man is King David, and his words are

in Psalm 32. Let us look at the first few verses. Ask yourself how David felt about himself.

Psalm 32:3–4

*³ When I kept silent about my sin, my body
became weak because I groaned all day long.
⁴ Day and night your heavy hand punished me.
I became weaker and weaker as I do in the
heat of summer.*

Did David feel good about himself? You can tell he did not. Was he right to feel the way he did? Yes! Why? Was it because the king is always right? No. He was right to say what he did because David knew he was a sinner. All people are sinners—even you. David was also thinking about some big sins on his heart. He committed adultery and murder. He slept with his neighbor's wife and then killed her husband. He knew God was right to tell him he was a sinner. But David did not want to admit that God was right. He tried to hide his sins from God and did not want to think about them himself. People do not like to admit that they are sinners and that they have sinned. David did not want to admit his sin. But keeping it hidden did not work.

5. King David committed terrible sins,
_____ and _____.
6. King David would not _____ that he
had sinned.
7. God wanted David to _____ he had
sinned and _____ that he had sinned.
8. _____ made the right judgment.
_____ did not.

(Check your answers on page 22)

Sin makes you think you are worthless whether you want to admit it or not. God already knows what kind of a person you are and what things you have done. And God always tells the truth. We need to listen to his Word. First you need to know that you are a sinner. Do you know that you are a sinner? Like David you might not want to think about that, but you know it is true. Be honest with yourself.

This is a good place for you to ask some more very important questions. You are the only one who can answer them.

- Do you know you are a sinner?
- Do you know you have sinned?
- Do you know that God knows you are a sinner?
- Do you know God is right?

If you answer all those questions with a “Yes,” then we can go on. If you have some doubts, you might want to read Psalm 32 again, especially verses 3 and 4.

9. Do you know you are a sinner? _____

10. Do you know you have sinned? _____

11. Does God know you are a sinner? _____

12. Is God right? _____

(Check your answers on page 22)

OK! You are ready to go on. Good! King David has more words from God to tell us.

Psalm 32:5–6

Then I admitted my sin to you. I did not cover up the wrong I had done. I said, “I will admit my lawless acts to the LORD.” And you forgave the guilt of my sin. ⁶ Let everyone who is godly

*pray to you while they can still look to you.
When troubles come like a flood, they certainly
will not reach those who are godly.*

What made the big change in the way David felt? It is right there in the first line. David ADMITTED that God was right. He confessed what he had done to anger God, and he waited for God to judge him. But he says that when he admitted his sin, he did not have to hide FROM God. He could hide IN God's care.

Everything changed for David because of the unexpected good news that God brought to him. God "forgave the guilt of my sin." God is speaking to you too. He forgives you. He protects you. He delivers you. From what? From sin. David was not a prisoner tied to his sins anymore. He confessed his sins to God. Look at the wonderful thing he found out. God already knows what you have done. Jesus already paid for those sins. Do not try to hide them. Confess them. See what it is like to hear God tell you that he forgave all your sins already. That is why Jesus lived, died, and rose again.

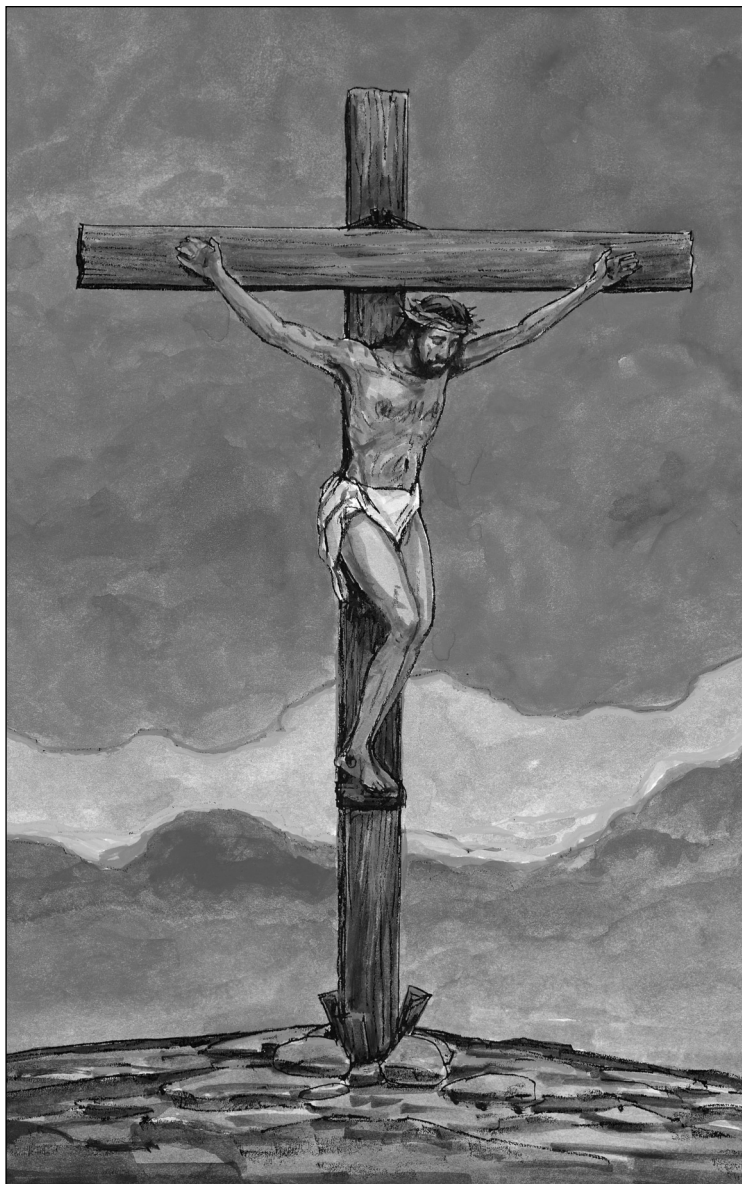
13. David _____ that he was a sinner.
14. David learned that God _____ his sins.
15. David learned to _____ God instead of trying to _____ from God.

(Check your answers on page 22)

There are five more verses in Psalm 32. Please read them along with the verses we have already talked about.

Psalm 32:7-11

⁷ You are my hiding place. You will keep me safe from trouble. You will surround me with songs sung by those who praise you because you save your people. ⁸ I will guide you and teach you the way you should go. I will give you good advice and watch over you. ⁹ Do not be like the horse or the mule. They cannot understand anything. They have to be controlled by bits and bridles. If they are not, they will not come to you. ¹⁰ Sinful people have all kinds of trouble. But the LORD's faithful love is all around those who trust in him. ¹¹ Be glad because of what the LORD has done for you.



God makes a plan to save us.

Be joyful, you who do what is right! Sing, all of you whose hearts are honest!

Now let us look at another passage from God that tells you how God has changed everything for you and has made you valuable in his sight. See whether you recognize it.

John 3:16

God loved the world so much that he gave his one and only Son. Anyone who believes in him will not die but will have eternal life.

Can you guess what you are worth from that passage? It says that God's love has made you valuable. God did this by sending Jesus to pay for all your sins. God says that he wants you to be with him in heaven now because Jesus died and rose again to pay for your sins. That is how important you are to him. That is something we need to talk about a lot more, so keep studying this book. That way we can keep studying God's Word too.

Review of Chapter Two

You may have the feeling that you are a very valuable person or that you are a worthless person. It is important to remember that these are feelings, not facts.

King David felt that he was a very bad person. That was because he sinned and did some very bad things. His guilt made him feel worthless and hopeless. David did not want to admit that he had sinned. His guilt was like a heavy load.

King David finally confessed his sin to God, and God forgave him. When he did, the load of guilt went away. Jesus was carrying David's guilt instead of him. Now David could be sure that God loved him, and God changed David into a new man. God's love and forgiveness made David's life precious and holy in his sight.

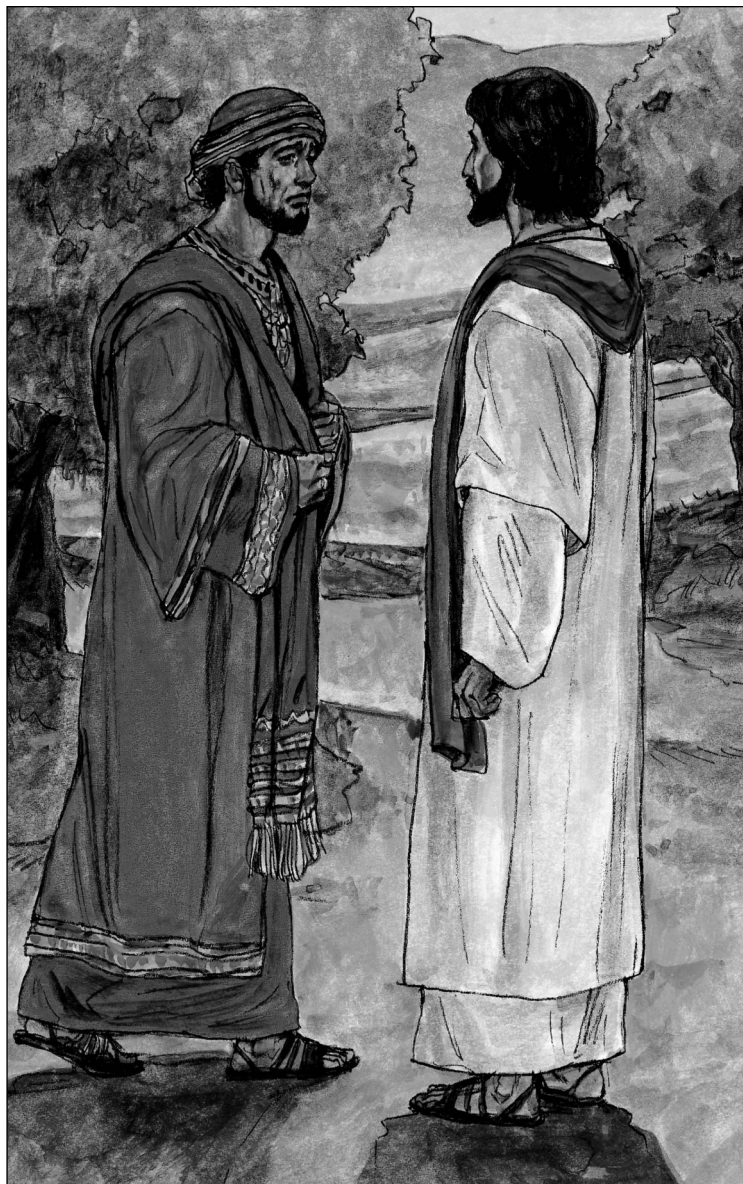
Answers to the questions in Chapter Two:

1. worth a lot; 2. worthless; 3. right; 4. God, God's Word;
5. adultery, murder; 6. admit; 7. know, admit; 8. God, David;
9. yes; 10. yes; 11. yes; 12. yes; 13. admitted; 14. forgave;
15. trust, hide.

Test on Chapter Two

1. People want to know how much they are _____.
2. Sometimes _____ think _____ know what we are worth.
3. We cannot really judge what other _____ are worth or even what _____ are worth.
4. King David was a _____ who did not _____ that he was a _____ for a long time.
5. King David could not be sure that his life had value until he _____ his sins and he learned that God _____ his sins.
6. The way we know what we are worth comes from understanding what God's _____ has done for us.
7. God proved his _____ when he sent Jesus to _____ our sins by _____ a perfect life for us, _____ to pay for our sins, and _____ again to show our sins are forgiven.

(Check your answers on page 73)



Jesus shows the rich young man that he is a sinner.



Chapter Three

God really knows you

Part 1

God's Law (bad news for sinners)

You are not studying this book to get bad news are you? You are probably looking for some good news because you have heard and keep hearing enough bad news already. But sometimes bad news has a good purpose. It has a good purpose when God uses it to show us the truth about ourselves. The bad news is that you are a sinner. You know that already, do you not? When you really understand the bad news, then the good news makes a huge difference in your life. That is my prayer for you. For now let us call the bad news THE LAW and the good news THE GOSPEL. That is for the next lesson. Be sure you do not miss it.

1. God's _____ is _____ news because it shows me that I am a _____.
2. God has a _____ purpose in showing me and telling me this bad news.
3. I need to know and understand the _____ news so I am ready to hear and understand the _____.
4. The bad news is called the _____. The good news is called the _____.

(Check your answers on page 32)

Let us look at part of another psalm in this lesson. Psalm 139 talks about how well God knows us. We will look at some of these same verses in the next lesson, and we will see them in a completely different way.

Psalm 139:1–5

LORD, you have seen what is in my heart. You know all about me. ² You know when I sit down and when I get up. You know what I'm thinking even though you are far away. ³ You know when I go out to work and when I come back home. You know exactly how I live. ⁴ LORD, even before I speak a word, you know all about

it. ⁵ You are all around me. You are behind me and in front of me. You hold me in your power.

Psalm 139 has 24 verses. Please read the whole psalm several times and see what it is telling you. Is it good news or bad news? One man who was supposed to know a lot about God and the Bible was frightened by these words. “No one can stand to be known that well,” he said. He thought of God as always looking over his shoulder and always being angry with him. Do you think of God that way? Is God your friend or your enemy?

Now think about these next verses. When Adam and Eve sinned, look at what they did.

Genesis 3:8–10

Then the man and his wife heard the LORD God walking in the garden. It was the coolest time of the day. They hid from the LORD God among the trees of the garden. ⁹ But the LORD God called out to the man. “Where are you?” he asked. ¹⁰ “I heard you in the garden,” the man answered. “I was afraid. I was naked, so I hid.”

It does not sound as if Adam and Eve wanted to see God after they sinned. They did not want him to see them either.

5. Psalm 139 tells us about how well God _____ us.
6. God knows us so well that he even knows all our _____.
7. Sinners very often try to _____ from God the way _____ and _____ did.
8. Psalm 139 shows us that we _____ hide from God.

(Check your answers on page 32)

God gave us his law to show us what is right and what is wrong. When you think of God's law, you may think of the Ten Commandments. In the back of this book you will find the Ten Commandments. Look at them and think about how you measure up to them. Martin Luther explains the commandments for you too. Be sure to read those explanations carefully. (Martin Luther lived from 1483 to 1546. He helped people read and understand the Bible. Luther learned that peace with God only comes when you know and trust what Jesus has done to forgive all sin).

God's commandments also are written in your heart. They are inside you. You know when you are doing something right and when you are doing something wrong. You have a conscience too. Your conscience is like a judge looking over your shoulder and watching what you do and listening to what you say and even what you think. At the same time your conscience is also looking at that law of God in your heart. It lets you know if you are doing something right or something wrong. Can you tell?

There is a problem, though. You can turn down the volume on your conscience. You do not pay attention to it. You can turn off the light so you cannot see the law written in your heart. You also can make mistakes if you are only looking at the law in your heart and listening to your conscience when it judges you. That is why God gave us the Ten Commandments so we can remember what he wants us to do and not do.

9. The law of God was first _____ in our _____.

10. We have a _____ that is like a _____ telling us when we are right or wrong.

11. Sometimes we do not _____
 _____ to the _____ inside us
 and to our _____.

12. God gave us the _____
 to show us our _____.

(Check your answers on page 32)

If all this bad news is not enough, there is still worse news.

In Romans 3:23 St. Paul says, "Everyone has sinned. No one measures up to God's glory." And then he says, "When you sin, the pay you get is death" (Romans 6:23). Paul is not merely saying that we all die. He is also talking about being separated from God forever in hell. That is what we deserve. But it is not what God wants. God wants everyone to be in heaven with him, not in hell without him. Jesus was crying this when he said in Matthew 23:37 "Jerusalem! Jerusalem! You kill the prophets and throw stones in order to kill those who are sent to you. Many times I have wanted to gather your people together. I have wanted to be like a hen who gathers her chicks under her wings. But you would not let me!" The problem is not that Jesus does not want people to be with him. The problem is that so many people do not want Jesus.

I hope you now know why we need the next lesson. I hope you cannot wait to study it.

The bad news in the law shows and warns us about our sin so we know how much WE NEED JESUS. I hope this shows you how much you need to look at the next lesson, the good news.

Review of Chapter Three

The Bible has two main teachings. They are the law and the gospel. The law tells us what God wants us to do and tells us that God punishes us if we do not do it. The law is bad news for sinful people. The gospel tells us what God has done for us by sending Jesus to save us. The gospel is God's good news. We can find God's good news about Jesus only in the Bible, God's Word.

The law gives us the bad news that we are sinners. Our sin and our guilt can make us feel worthless to God and everyone else. It is a truth that we need to admit to ourselves. Do not be afraid to tell God that you know you are a sinner because you can trust God to give you the good news you really want and need. God gave us the law so we could see that we need the gospel.

Answers to the questions in Chapter Three:

1. law, bad, sinner; 2. good; 3. bad, good news; 4. law, gospel; 5. knows; 6. sins; 7. hide, Adam, Eve; 8. cannot; 9. written, hearts; 10. conscience, judge; 11. pay attention, law, conscience; 12. Ten Commandments, sin; 13. 139, knows; 14. hide, see, sinners; 15. hide; 16. hearts, conscience, judge; 17. Ten Commandments; 18. die; 19. hell, separated; 20. Jesus, people, people, Jesus.

Test on Chapter Three

1. Psalm _____ tells us that God _____ us completely.
2. Some people think they can _____ from God because they do not want him to _____ that they are _____.
3. No one can _____ from God but many people try.
4. We have God's law written in our _____ and we have a _____ that is like a _____ telling us what is right and wrong.
5. God summarized his law in the _____.
6. Sin is serious. St. Paul says that because we are sinners we deserve to _____ in hell.
7. In _____ sinners are _____ from God forever.
8. The problem is not that _____ does not want _____, it is that so many _____ do not want _____.

(Check your answers on page 73)



Nathan confronts David. David admits his sin and receives forgiveness.



Chapter Four

God really knows you

Part 2

God's good news (good news for sinners)

It is time for good news. The good news is called the gospel. That is the teaching of the Bible that tells you what God did for you. The law is bad news because it tells you to do things that you should have done or things you cannot do and will not do because you are a sinner. No wonder people feel worthless and useless. The Bible tells you to admit the truth, "God, I cannot be the kind of person you want me to be." This is the sad truth. God's law only tells you something you already know. Your own conscience will tell you that you are not good enough for God. But you can only learn the good news from the Bible .

The gospel tells you what God did for you. It tells you about his amazing love. It tells you about God's very special gift meant for everyone. But right now we are talking about you. God tells you how he has saved you in order to make you a new person.

Jesus, God's own Son, came to live a perfect life for you, to die as the perfect payment for your sins, and to rise from the dead to show your sins are forgiven. He has made you precious in God's sight. Jesus and everything he did is the miracle of God's love that we call the gospel.

Only one person could do what Jesus did. There is no one else like him. Jesus is one of a kind. He is really a man. He lived and died. He got hungry and thirsty. Sometimes he was sad, and he even cried. But there is more. Jesus also is really God. He never sinned. He rose from the dead on Easter morning. Jesus is true God and true man at the same time. That is why he could do all the things that no one else could do. He lived the holy life that you could not live. He suffered hell and died so that the sins you committed could be marked "Paid in Full" in God's record book. He did all that because he loves you. You are important to him. Think about that for a little while.

1. God _____ all my sins. I can never _____ from him.
2. God shows me my _____ with the _____.
3. The _____ tells me what I am supposed to do to _____ God.
4. The gospel is _____ because it tells me what _____ has done for _____.
5. When I learn about _____ I am learning how much God _____ me and how much I am _____ to him because of Jesus' saving work.
6. To save me Jesus had to be a _____ and true _____ at the same time.
7. Jesus _____, _____, and _____ again to save me.

(Check your answers on page 44)

Jesus shows us what God is really like. What do you think about God now? Can you see how much he loves you? Can you see what he was willing to do to pay for your sins? Can you see how much you are worth because of Jesus? Nothing can change what God says and did to make you precious to him. After you think about it a while, please remember that the Bible is the only place you can get to know what God is really like. He is one of a kind.

Let us think about who Jesus was and what he did a little more. He was born. He got hungry and thirsty, and finally, he died. These are all things people do. Jesus was a man. He was just like we are. Except! The Bible also tells us that Jesus was tempted to sin, but he never sinned. He died on the cross, but not for the things he did wrong. He died for the things WE did wrong. Jesus did not stay dead. He rose from death. Only God could do that. That is part of God's miracle of love. Jesus is one person, but he is both God and man.

Read the following passage very carefully.

2 Corinthians 5:15–21

Christ died for everyone. He died so that those who live should not live for themselves anymore. They should live for Christ. He died

for them and was raised again. ¹⁶ So from now on we do not look at anyone the way the world does. At one time we looked at Christ in that way. But we do not anymore. ¹⁷ Anyone who believes in Christ is a new creation. The old is gone! The new has come! ¹⁸ It is all from God. He brought us back to himself through Christ's death on the cross. And he has given us the task of bringing others back to him through Christ. ¹⁹ God was bringing the world back to himself through Christ. He did not hold people's sins against them. God has trusted us with the message that people may be brought back to him. ²⁰ So we are Christ's official messengers. It is as if God were making his appeal through us. Here is what Christ wants us to beg you to do. Come back to God! ²¹ Christ did not have any sin. But God made him become sin for us. So we can be made right with God because of what Christ has done for us.

This is the heart and core of what God wants all people to know and believe. Can you see the love? Can you see how God has made you a new person so that now you are precious to him? God took all of your sins off of you and put them all on Jesus. God blamed Jesus for everything you ever did wrong, and Jesus willingly paid the penalty.

God gave your sin to Jesus, and Jesus gave you his goodness. God gave your failures to Jesus, and Jesus gave you his victory. You are as important to God as Jesus is. You may not feel worthwhile or important sometimes, but God says you are his dear child because of Jesus your Savior. That is true all the time no matter how you feel. That is God's truth. Whether you feel like a winner or not, God made you a winner.

8. The Bible shows us that Jesus is true _____: He could be _____ by Satan, and he could _____ to pay for our sins.

9. The Bible shows us that Jesus is true _____: He could be _____ but never sin, and he could _____ from the _____.

10. God took all our _____ off of us and put them all on _____.

11. God puts all of Jesus' _____ on _____.

12. God did all this for one reason, God _____ you.

13. What Jesus did for you changes you and shows how much you now are _____ to God and how _____ you are.

(Check your answers on page 44)

Let us look at those verses again from Psalm 139. This time listen to the words in a new way. We are not talking about God who looks over your shoulder to see what you are doing wrong. When you know what Jesus did, you do not have to be afraid of God. In fact when you know what Jesus did for you, it is a great comfort to know that God will not let you out of his sight. Let us see why.

Psalm 139:1–6

LORD, you have seen what is in my heart. You know all about me.

² You know when I sit down and when I get up. You know what I'm thinking even though you are far away.

³ You know when I go out to work and when I come back home. You know exactly how I live.

⁴ LORD, even before I speak a word, you know all about it.

⁵ You are all around me. You are behind me and in front of me. You hold me in your power.

⁶ I'm amazed at how well you know me. It's more than I can understand.

Please read the rest of the psalm again and think about it in this new way. Then listen again to what King David says about the way God knows him. He says it is too wonderful for him to be able to understand. It is good news, not bad news. It is good news because God knows all about your sins, every one of them. He took them away from you and put them all on Jesus.

14. When I read the words of King _____
in this psalm, I am reading what _____
wanted David to write.

15. Psalm 139 tells me that God _____
_____ about me.

16. King David says that it is _____ that
God knows me so well.

17. This knowledge is _____ because I
know that God _____ me.

18. _____ is the proof that God
_____ me.

19. _____ is both _____ and
_____.

20. Jesus _____, _____, and
_____ for me.

(Check your answers on page 44)

There is not one sin that Jesus could not forgive. There is not one sin that he forgot to forgive or that he did not know about. God knows all about you, and you are precious and valuable. God sent Jesus to bring you back to him. That is the proof that he loves you. Now we want to put it all together. We sometimes feel very worthless and hopeless and just plain good for nothing. We have God's truth. We do not have to believe Satan's lies. Do the next lesson and let us see.

Review of Chapter Four

God tells us that we must keep his law perfectly. But nobody can keep the law perfectly. That is, no one can keep it perfectly except Jesus. The Bible tells us that Jesus was a human being, but Jesus was not a sinner as we are. Jesus is really God and really a man, both at the same time. He could live a perfect life. He gave God his life on the cross as the payment for our sins. He rose from the dead on Easter morning.

When we know what Jesus did for us, we also know that God loves us. It is a comfort to know that God knows all about us but that he loves us anyway. He loved us enough to send Jesus to save us from our sins. Now we know we are valuable and precious to God even when we feel worthless and useless.

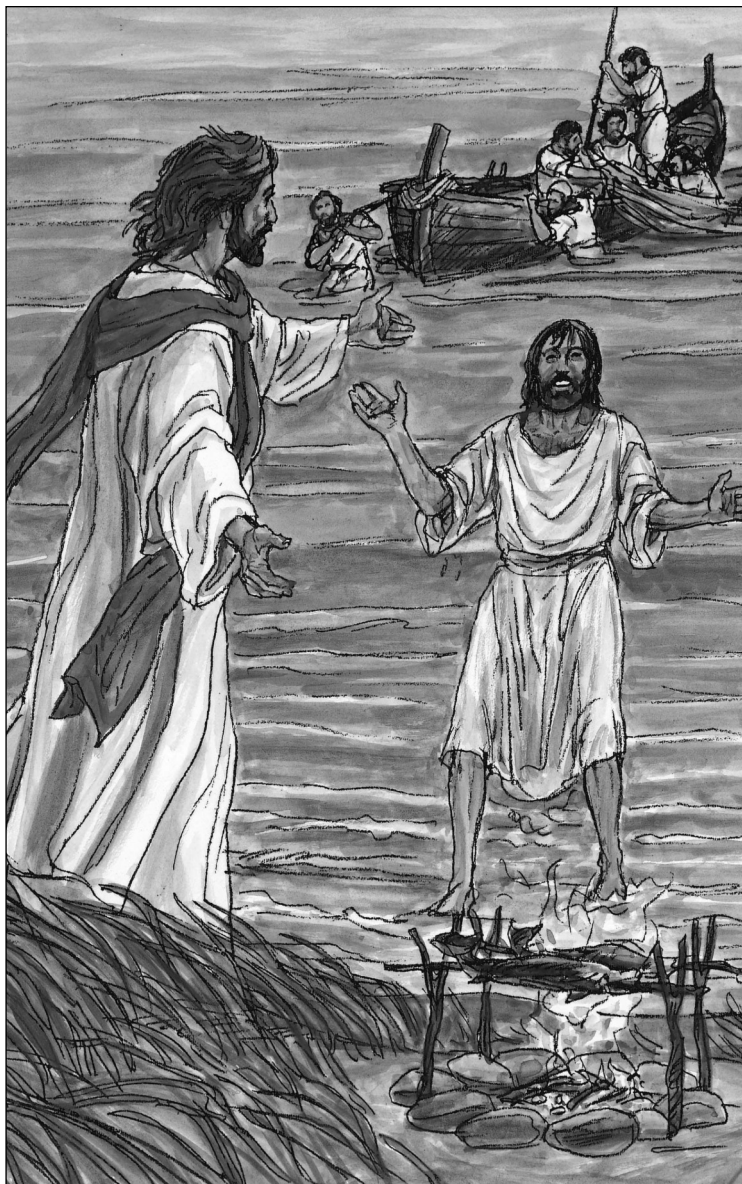
Answers to the questions in Chapter Four:

1. knows, hide; 2. sin, law; 3. law, please; 4. good news, God, me;
5. Jesus, loves, worth; 6. man, God; 7. lived, died, rose;
8. man, tempted, die; 9. God, tempted, rise, dead; 10. sins, Jesus;
11. goodness, us; 12. loves; 13. worth, valuable;
14. David, God; 15. knows everything; 16. wonderful;
17. wonderful, loves; 18. Jesus, loves; 19. Jesus, God, man;
20. lived, died, rose again.

Test on Chapter Four

1. God _____ all my sins. I can never _____ from him.
2. God shows me my _____ with the _____.
3. To save me Jesus had to be a _____ and true _____ at the same time.
4. Jesus _____, _____, and _____ again to save me.
5. God took all our _____ off of us and put them all on _____.
6. King David says that it is _____ that God knows me so well.
7. _____ is the proof that God _____ me.
8. Jesus _____, _____, and _____ for me.

(Check your answers on page 73)



*Jesus forgave Peter's denying him.
He sent Peter to tell others about his Savior.*



Chapter Five

God gets the last word

“You always have to have the last word.” That happens when a person thinks he knows more than another person does. Have you ever heard that or said it? There is a time to be quiet and listen. Are you learning that when you are in trouble? That is one reason for being quiet. Another reason is that you feel as if you are not worth talking to. No one wants to talk to you, and no one wants to listen. You feel you are not worth it.

As we conclude these lessons I would like you to think about what it is like to let God have the last word. You do not get to argue. You do not get to

pretend that you know more about yourself than God does. Here are the two things we have learned:

- 1) You know that you are a sinner and that God hates sin.
- 2) You know that God knows you are a sinner, but he has found a way to love you anyway.

Jesus makes those two things make sense. Listen to him give you the facts that tell you exactly what you are worth.

1. We all think we know what we are _____.
2. God knows your _____ but he has proved that he _____ you anyway.
3. _____ and everything he did _____ that God _____ you.
4. In his _____ God gives you the _____ about what we are worth.

(Check your answers on page 56)

Make a list of the things that you think make you a valuable person.

<i>I am a valuable person because:</i>

Make another list of the things that make you think that you are worthless.

<i>I am worthless because:</i>

Which list is longer? Which one is correct?

Look at your lists again tomorrow and see whether you still feel the same way that you do today. You may not think the lists are still the same. These are lists of feelings, not facts. Feelings change, facts do not. We need to look at the facts. The facts are all about you, and they are all about Jesus.

5. My list contains things that make me feel _____.
6. My list also contains things that make me feel _____.
7. My feelings can _____ from one day to the next.
8. I need to depend on _____ that tell me the _____ about what I am really worth.
9. What I am worth is something _____ decides, not _____.

(Check your answers on page 56)

Look carefully at these Bible verses and underline the words that tell you what God says you are worth.

Luke 12:7

In fact, he even counts every hair on your head! So do not be afraid. You are worth more than many sparrows.

1 Peter 2:9

But God chose you to be his people. You are royal priests. You are a holy nation. You are a people who belong to God. All of this is so that you can sing his praises. He brought you out of darkness into his wonderful light.

1 John 3:1–2

How great is the love the Father has given us so freely! Now we can be called children of God. And that's what we really are! The world does not know us because it did not know him.
² Dear friends, now we are children of God. He still has not let us know what we will be. But we know that when Christ appears, we will be like him. We will see him as he really is.

Luke 15:11–31

—especially Luke 15:18–20

¹¹ Jesus continued, “There was a man who had two sons. ¹² The younger son spoke to his father. He said, ‘Father, give me my share of the family property.’ So the father divided his

property between his two sons. ¹³ Not long after that, the younger son packed up all he had. Then he left for a country far away. There he wasted his money on wild living. ¹⁴ He spent everything he had. Then the whole country ran low on food. So the son did not have what he needed. ¹⁵ He went to work for someone who lived in that country, who sent him to the fields to feed the pigs. ¹⁶ The son wanted to fill his stomach with the food the pigs were eating. But no one gave him anything. ¹⁷ Then he began to think clearly again. He said, 'How many of my father's hired workers have more than enough food! But here I am dying from hunger! ¹⁸ I will get up and go back to my father. I will say to him, 'Father, I have sinned against heaven. And I have sinned against you. ¹⁹ I am no longer fit to be called your son. Make me like one of your hired workers.' ²⁰ So he got up and went to his father. While the son was still a long way off, his father saw him. He was filled with tender love for his son. He ran to him. He threw his arms around him and kissed him."

Philippians 3:4–10

I have many reasons to trust in my human nature. Others may think they have reasons to

trust in theirs. But I have even more. ⁵ I was circumcised on the eighth day. I am part of the people of Israel. I am from the tribe of Benjamin. I am a pure Hebrew. As far as the law is concerned, I am a Pharisee. ⁶ As far as being committed is concerned, I opposed and attacked the church. As far as keeping the Law is concerned, I kept it perfectly. ⁷ I thought things like that were for my benefit. But now I consider them to be nothing because of Christ. ⁸ Even more, I consider everything to be nothing compared to knowing Christ Jesus my Lord. To know him is the best thing of all. Because of him I have lost everything. But I consider all of it to be garbage so I can get to know Christ. ⁹ I want to be joined to him. For me, being right with God does not come from the law. It comes because I believe in Christ. It comes from God. It is received by faith. ¹⁰ I want to know Christ better. I want to know the power that raised him from the dead. I want to share in his sufferings. I want to become like him by sharing in his death.

Philippians 1:21

*For me, life finds all of its meaning in Christ.
Death also has its benefits.*

John 3:16

God loved the world so much that he gave his one and only Son. Anyone who believes in him will not die but will have eternal life.

Many more verses of Scripture tell us the facts of God's love for us. Jesus came to earth as true God and true man FOR YOU. Jesus went to the cross and died on the cross FOR YOU. The grave where Jesus was buried is empty, and it has been since Easter morning because Jesus rose from the dead FOR YOU. That good news is for you, and you can be sure of that because God's love is FOR EVERYBODY.

10. The Bible gives me the _____ about what God my _____ and my _____ did for me.
11. Because of what _____ did for me I can fight back when my _____ make me think I am _____.
12. I need to keep going back to _____ to find the _____ I need to face and beat those bad _____.

(Check your answers on page 56)

God knows all about you, the good things and the bad. No matter what you have done or how far

away from God you have been, God still wants you as his own forgiven child. Jesus is the one who shows you how God forgave your sin. Jesus paid for all of them when he lived, died, and rose again.

Jesus' disciple Peter promised to be faithful to Jesus, but he did not have the courage to admit that he knew who Jesus was. Peter also learned that Jesus forgave that sin and all his sins. Listen to what he says about how valuable you are, thanks to Jesus' forgiveness.

1 Peter 2:9–10

But God chose you to be his people. You are royal priests. You are a holy nation. You are a people who belong to God. All of this is so that you can sing his praises. He brought you out of darkness into his wonderful light. ¹⁰ Once you were not a people. But now you are the people of God. Once you had not received mercy. But now you have received mercy.

Peter knew that was true for him. It is also true for you. God bless your continuing study of God's Word that tells you the real truth about what you are worth. Jesus has made you precious to God by dying for you. He died and he lives. You live in him as a precious child of God.

Review of Chapter Five

Many times when we talk with other people we want to make sure that we get the last word. That means that we want to know that we are right, and we want other people to know it too.

When we learn what God has to say to us, we cannot argue with him. He always gets the last word. No matter what we think or feel, God gives us facts. The facts are this: we are important to God because he sent Jesus to live, die, and rise again so that we could be God's forgiven and loved people.

Many verses of the Bible tell us the good news about Jesus and how precious we are to him. We will want to keep learning more about what God has done for us by studying his Word. That is something we never want to stop doing.

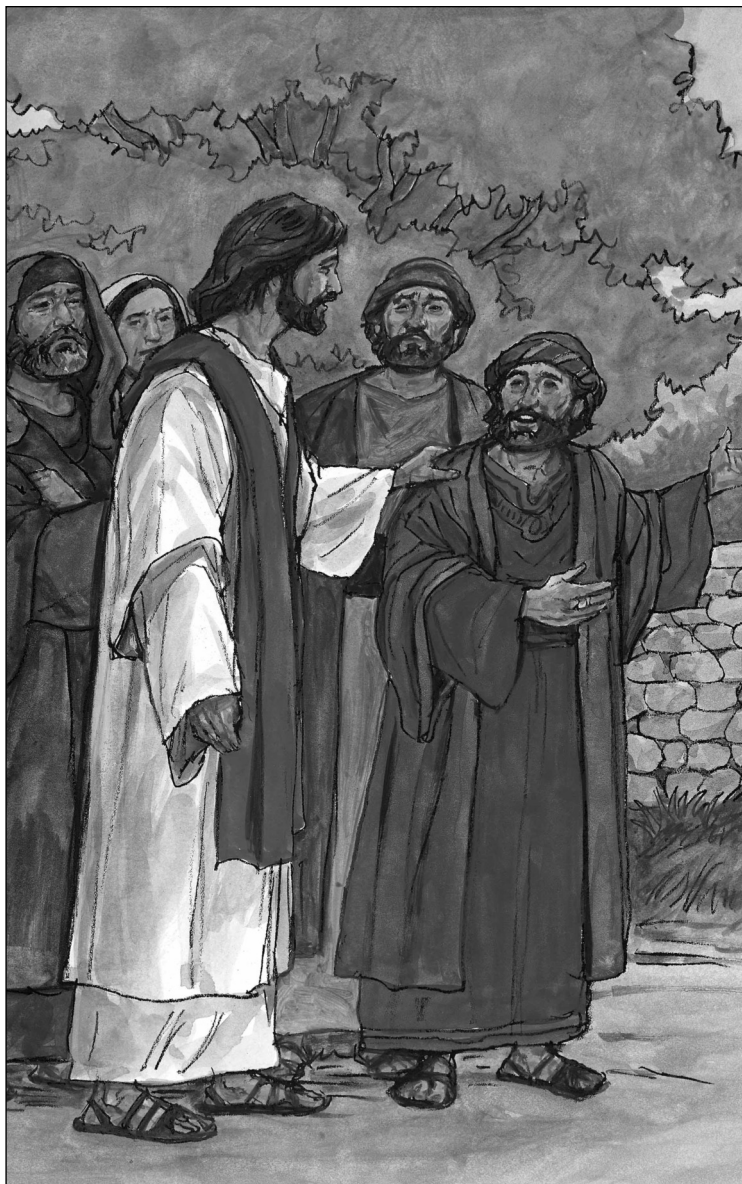
Answers to the questions in Chapter Five:

1. worth; 2. sin, loves; 3. Jesus, proves, loves; 4. Word, facts; 5. valuable; 6. worthless; 7. change; 8. facts, truth; 9. God, me; 10. facts, Maker, Savior; 11. God, feelings, worthless; 12. God's Word, strength, feelings.

Test on Chapter Five

1. You know that you are a _____ and that God _____ sin.
2. You know that God _____ you are a _____, but he has found a way to _____ you anyway.
3. My favorite passage that tells me how important I am to God is _____
(choose from the list of passages in this lesson).
4. I have found another verse that is special to me by studying the Bible. That verse is _____.
(Fill it in now or in your study later).

(Check your answers on page 73)



Zacchaeus repented, received forgiveness, and promised to help the people he had hurt.



Chapter Six

Review! Plan! Pray! Go forward!

Review!

How do you feel about yourself? Some people feel good about themselves, and some people do not. The feelings we have are not always right. They are not always true. Elijah believed things about himself that were not true.

Only God's Word tells us the truth. You may think things about yourself that are very bad. You may believe those thoughts. Other people may say things about you that may be right or wrong. God's Word always tells the truth. God knows what is in your heart. God will tell you what is bad about you and your thoughts, words, and actions. He tells you the bad news so that you know how much you need his good news about Jesus.

Are you bad or good? Are you worthless or worthy? Is your life worth anything to God or to anyone else? God will always tell you the truth. The most important thing to remember is that he tells you all this because he loves you—he REALLY loves you! You are valuable—you are REALLY valuable, thanks to Jesus!

You may have the feeling that you are a very valuable person or that you are a worthless person. It is important to remember that these are feelings and not facts. King David felt that he was a very bad person. That was because he sinned and did some very bad things. His guilt made him feel worthless and hopeless. David did not want to admit that he had sinned. His guilt was like a heavy load. King David finally confessed his sin to God and received God's forgiveness. When he did, the load of guilt went away. Jesus carried David's guilt instead of him.

The Bible has two main teachings. They are the law and the gospel. The law tells us what God wants us to do and tells us that God punishes us if we do not do it. The law is bad news for sinners. The gospel tells us what God has done for us by sending Jesus to save us. The gospel is God's good news. We can find God's good news about Jesus only in the Bible, God's Word. The law gives

us the bad news that we are sinners. Our sin and our guilt can make us feel worthless to God and everyone else. It is a truth that we need to admit to ourselves. You should not be afraid to tell God that you know you are a sinner because you can trust God to give you the good news you really want and need. God gave us the law so we could see that we need the gospel.

God tells us that we must keep his law perfectly. But nobody can keep the law perfectly. That is, no one can keep it perfectly except Jesus. The Bible tells us that Jesus was a human being like us. But Jesus was not a sinner as we are. Jesus died on the cross to pay for our sins. Jesus is really God and really a man, both at the same time. He could live a perfect life. He gave God his life as the payment for our sins. He rose from the dead on Easter morning. When we know what Jesus did for us, we also know that God loves us. It is a comfort to know that God knows all about us but that he loves us anyway. He loved us enough to send Jesus to save us from our sins. Because of what Jesus has done for us, we know we are valuable and precious to God even when we feel worthless and useless.

Many times when we talk with other people, we want to make sure that we get the last word. That

means we want to know that we are right, and we want other people to know it too. When we learn what God has to say to us, we cannot argue with him. He always gets the last word. No matter what we think or feel, God gives us facts. The facts are that we are important to God because he sent Jesus to live, die, and rise again so that we could be God's forgiven and loved people. Many verses of the Bible tell us the good news about Jesus and how precious we are to him. We will want to keep learning more about what God has done for us by studying his Word. That is something we never want to stop doing.

Questions for review:

1. You are _____ valuable to God.
2. Our sin and our guilt can make us feel _____ to God and everyone else.
3. God gave us the law so we could see that we need the _____.
4. It is a comfort to know that God knows all about us but that he _____ us anyway. He loved us enough to send _____ to save us from our sins.
5. The facts are that we are important to God because he sent Jesus to live, die, and rise again so we could be God's _____ and loved people.

(Check your answers on page 73)

Plan!

As a Christian, there are a number of practical matters you will want to take care of as you get on with your life. Pray that God will guide you and give you strength to do what will be best for living your life as a Christian. Always remember that the goal of your life is to live forever with Jesus in heaven. The following is a list of things that you will want to do.

1. Pray for and look for a church where you will hear the good news about Jesus. You can use the contact information on the back cover of the book to get help with finding a church.
2. Pray for and make Christian friends who will encourage you, will listen to your frustrations, and will offer you good advice. You will also want to avoid contact with any friends who help you to get into trouble. Guard your faith when you are with people who want to lead you away from Jesus and the eternal life he has prepared for you.
3. Ask God to help you avoid having sex with anyone but your husband or wife. Say “No!” to tempting invitations from old boyfriends or girlfriends. Sex is a gift Jesus gives husbands and wives in marriage. People who want you to have sex outside of marriage are trying to lead you away from Jesus.

4. Ask God to strengthen your faith. Spend time every day with Jesus. Read a portion of the Bible every day, especially in the morning. Talk to Jesus in prayer every day. Thank him for saving you from your sins. Thank him for all the blessings he gives you. Ask him for help in your life. Ask him for strength to remain faithful to him. Reading the Bible and learning about God's love for you will strengthen you so you can remain close to him. Jesus will give you the power to overcome any addiction that might be controlling you. Examples: alcohol, sex, gambling, drugs, money, pornography. He sometimes gives you help through recovery groups which give you ideas, warnings, and encouragement to overcome your addiction.

5. Pray for and look for a job where you can earn an honest living. It is better to have a humble job out of love for Jesus than to get lots of money dishonestly. Money soon disappears. Jesus is with you now and you want to be with him in heaven forever.

6. Ask God to help you show respect to police and other authorities. Jesus has given these people to you to help you and to hold you responsible if you break the law.

7. Ask God to help you stay calm in all situations. Uncontrolled anger is sinful and will get you into trouble. Remember that Jesus is always with you to take care of you and to help you stay calm. In all your dealings with people, tell the truth. Telling lies is sinful. If speaking the truth reveals some of your shortcomings, ask people to be understanding.

Pray!

As you plan for the future, you may want to pray the following prayer.

Dear Lord, I confess that I am a sinner. I have not done all you have told me to do. I have done what you told me not to do. I have not loved you above all else, and I have not loved others as I should. I have sinned against you in my thoughts, words, and actions. I deserve nothing but your judgment and condemnation. However, I believe that Jesus has paid for all my sins in full. He has carried out the commandments for me. He suffered the punishment I deserve for all of my sins. I believe Jesus is my Savior from sin. I believe that through faith in Jesus, I have this forgiveness as my very own and that, one day, I will live forever with you in heaven. Because of my sins, I deserve to be worthless in your sight. However, clothed in Jesus' righteousness through faith in him, I am precious in your sight. Thank you, Lord, for making me

precious in your sight. For this I will praise you here in time and forever in eternity. I pray in Jesus' name. Amen.

Go forward!

Remember that Jesus is with you wherever you go. You are precious in his sight. Maybe no one else cares about you, but Jesus does. He bought you for his very own. The price he paid was his own blood which he gave into death for you on Calvary. He gives you his assurance that he will never forsake you. He was forsaken on the cross so you would never be forsaken. Go forward with confidence, because Jesus who suffered the torments of hell to make you his own will be with you at all times and in all places. Through faith in him, you are assured that you will one day spend eternity with him in heaven.

Questions for review:

6. Maybe no one else cares about you, but _____ does. He bought you for his very own.
7. Jesus was forsaken on the cross so you would _____ be forsaken.
8. Go forward with confidence, because Jesus, who suffered the torments of hell to make you his own, will be with you at _____ times and in _____ places.

(Check your answers on page 73)



The Ten Commandments

The First Commandment

You shall have no other gods.

What does this mean?

We should fear, love, and trust in God above all things.

The Second Commandment

You shall not misuse the name of the Lord your God.

What does this mean?

We should fear and love God that we do not use his name to curse, swear, lie, or deceive, or use witchcraft, but call upon God's name in every trouble, pray, praise, and give thanks.

The Third Commandment

Remember the Sabbath day by keeping it holy.

What does this mean?

We should fear and love God that we do not despise preaching and his Word, but regard it as holy and gladly hear and learn it.

The Fourth Commandment

Honor your father and mother, that it may go well with you and that you may enjoy long life on the earth.

What does this mean?

We should fear and love God that we do not dishonor or anger our parents and others in authority, but honor, serve, and obey them, and give them love and respect.

The Fifth Commandment

You shall not murder.

What does this mean?

We should fear and love God that we do not hurt or harm our neighbor in his body, but help and befriend him in every bodily need.

The Sixth Commandment

You shall not commit adultery.

What does this mean?

We should fear and love God that we lead a pure and decent life in words and actions, and that husband and wife love and honor each other.

The Seventh Commandment

You shall not steal.

What does this mean?

We should fear and love God that we do not take our neighbor's money or property, or get it by dishonest dealing, but help him to improve and protect his property and means of income.

The Eighth Commandment

You shall not give false testimony against your neighbor.

What does this mean?

We should fear and love God that we do not tell lies about our neighbor, betray him, or give him a bad name, but defend him, speak well of him, and take his words and actions in the kindest possible way.

The Ninth Commandment

You shall not covet your neighbor's house.

What does this mean?

We should fear and love God that we do not scheme to get our neighbor's inheritance or house, or obtain it by a show of right, but do all we can to help him keep it.

The Tenth Commandment

You shall not covet your neighbor's wife, workers, animals, or anything that belongs to your neighbor.

What does this mean?

We should fear and love God that we do not force or entice away our neighbor's spouse, workers, or animals, but urge them to stay and do their duty.

The Conclusion

What does God say about these commandments?

He says, "I, the LORD your God, am a jealous God, punishing the children for the sin of the fathers to the third and fourth generation of those who hate me, but showing love to a thousand generations of those who love me and keep my commandments."

What does this mean?

God threatens to punish all who transgress these commandments. Therefore we should fear his anger and not disobey what he commands. But he promises grace and every blessing to all who keep these commandments. Therefore we should love and trust in him and gladly obey what he commands.



Word List

(A list of words you may not know or understand)

addiction	habit that is out of control
adultery	sex outside of marriage, affair
commit	do, carry out
confess	tell the truth, come out, say you are sorry
conscience	inner voice that judges what is wrong and what is right
despise	look down on, hate
entice	tempt, draw away
guilt	the weight of sin, bad feeling, to be at fault
judgment	decision
prophet	a person who brought God's message about the past, present, or future
psalm	song, a book of songs in the Old Testament of the Bible
Satan	the devil; an angel who, along with many others, fell away from God

scheme	use trickery
shortcoming	weakness, sin
transgress	sin against, break
valuable	important, good
witchcraft	superstition, the power of the devil
worth	value, importance, standing
worthless	not wanted, like dirt
worthy	okay, valuable, respected



Answers to Chapter Tests

Chapter One: (page 11)

1. thoughts, bad, good; 2. true; 3. Elijah, bad; 4. 1 Kings, 19;
5. Old; 6. everyone, sinned, measures, glory; 7. law, gospel;
8. law, gospel; 9. truth, loves, worth.

Chapter Two: (page 23)

1. worth; 2. we, we; 3. people, we; 4. sinner, admit, sinner;
5. admitted, forgave; 6. love; 7. love, pay for or forgive, living, dying, rising.

Chapter Three: (page 33)

1. 139, knows; 2. hide, see, sinners; 3. hide; 4. hearts, conscience, judge; 5. Ten Commandments; 6. die; 7. hell, separated; 8. Jesus, people, people, Jesus.

Chapter Four: (page 45)

1. knows, hide; 2. sin, law; 3. man, God; 4. lived, died, rose;
5. sins, Jesus; 6. wonderful; 7. Jesus, loves; 8. lived, died, rose again.

Chapter Five: (page 57)

1. sinner, hates; 2. knows, sinner, love; 3. answers will vary;
4. answers will vary.

Chapter Six: (pages 62 and 66)

1. really; 2. worthless; 3. Savior; 4. loves, Jesus; 5. forgiven;
6. Jesus; 7. never; 8. all, all.



Final Test

Congratulations! You have completed your study of Am I Worthy. Go back through the book and review the questions from each chapter. Also review any mistakes you made in the chapter tests. Then you may take the Final Test.

Complete the Final Test without looking at the book. When you are finished, give the test to the person who gave you this book, or mail it to the address on the back cover of the book. Someone will check it for you. You may also ask for more Bible study books.



Am I Worthy
Final Test

Complete the following:

1. We all have _____ about ourselves.
Some of them are _____ and some of them are _____.
2. One person the Bible talks about was named _____ and he felt very _____ about himself.
3. The bad news about us in the Bible is called the _____. The good news is called the _____.
4. Whether God is telling us bad news or good news he will always tell us the _____ about ourselves and how much he _____ us and how much we are _____ to him.
5. We cannot really judge what other _____ are worth or even what _____ are worth.

6. King David began to understand what he was worth when he _____ his sins and he learned that God _____ his sins.
7. God proved his _____ when he sent Jesus to _____ our sins by _____, _____, and _____ again.
8. We have God's law written in our _____ and we have a _____ that is like a _____ telling us what is right and wrong.
9. Sin is serious. St. Paul says that because we are sinners we deserve to _____.
10. When I read the words of King _____ in this psalm I am reading what _____ wanted David to write.
11. Psalm 139 tells me that God knows _____ about me.
12. _____ is the proof that God _____ me.

13. _____ is both _____ and _____.
14. Jesus _____, _____, and _____ for me.
15. You know that you are a _____ and that God _____ sin.
16. You know that God _____ you are a _____ but he has found a way to _____ you anyway.

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