

Remembering Our Worth to God

Choose one or both of the following options to help you better understand and appreciate your worth to God.

Option 1:

Study about the Atonement of Jesus Christ and ponder His love for you. You could read some of the following verses: Isaiah 53:3–5; Luke 22:41–44; John 3:16–17; 1 Corinthians 6:11, 19–20; Alma 7:7, 10–13. You could also find different verses to study.

Consider recording cross-references you want to remember. You could note them in your scriptures next to Doctrine and Covenants 18:10–11, write them in your study journal, or use your Gospel Library app to create tags or links.

Option 2:

Study what Church leaders have taught about our worth to God. Use Gospel Library or other resources to find relevant statements or talks. You could search for terms like “worth” or “God’s love” to help you find resources. The following statement by Sister Joy D. Jones, former Primary General President, is one example of what you might find.



Let me point out the need to differentiate between two critical words: *worth* and *worthiness*. They are not the same. Spiritual *worth* means to value ourselves the way Heavenly Father values us, not as the world values us. Our worth was determined before we ever came to this earth. “God’s love is infinite and it will endure forever.”

On the other hand, *worthiness* is achieved through obedience. If we sin, we are less worthy, but we are never worth less! We continue to repent and strive to be like Jesus with our worth intact. As President Brigham Young taught: “The least, the most inferior spirit now upon the earth . . . is worth worlds.” No matter what, we always have worth in the eyes of our Heavenly Father. (Joy D. Jones, “Value beyond Measure,” *Ensign* or *Liahona*, Nov. 2017, 14)