



Pause With Purpose

...to refresh

...to grow

Published monthly by
Free to Be
Life Coaching
and
John Rottschäfer PhD
Certified Life Coach
Volume 39 - Mar 2009

What Are You Worth?

There was a man who had one wife, six children, a modest income and a house he built with his brothers. He worked hard, took his family to church, helped his neighbors and fixed whatever needed fixing. He loved to fish, and each year took his family on vacation to a lake cottage. So what was he worth?

In his mid-fifties, he developed Parkinson's Syndrome. Medicine was only partially helpful, so he eventually had to retire from work, unable to fulfill his obligations. Simple tasks became difficult as weakness replaced strength. So what was he worth?

After surgery for his second broken hip, recovery stalled and he was unable to walk or control his bodily functions. Soon afterward he died. So what was he worth?

This man was my father. So what was he worth?

Each of us, at some time, faces the question of our own worth. We try to measure it, hoping in some way to find "enough", yet fearing we instead fall short. For many of us, the very idea of measuring our worth leaves us confused, unsure of how to proceed.

Society offers two ways to measure our worth. First, there is the measure of appearance and accomplishment.

According to this measure, our value is based on our attractiveness, wealth, social status, popularity, possessions, achievements, and career status. The poor, unattractive, disabled and disadvantaged are seen as having little value. The second measure bases our worth on how useful we are to other people. The more we fulfill a role in their life or meet their needs, the more we are seen as valuable.

Sadly, both of these approaches fail to give us an accurate, stable, consistent measure of our worth. We are left to wonder, "When have I done enough?" and "Do enough people approve of me yet?". They also burden us with the threat of losing our value if we fail to maintain the elusive standard.

Thankfully, there is a third way to determine our worth. This method is unique in that:

- it applies even if there is no other person on the earth
- it requires minimal effort on our part
- it involves receiving rather than achieving
- it is purely spiritual and relational in nature.

We first connect with this method in childhood, when we look to someone bigger than our self (eg. - our parents) to confer onto us a declaration of our worth. Some of us receive a positive

statement, some a negative statement, and some a confusing mixture of both. As adults, we attempt to prove our worth, forgetting that, at its core, our worth is given, not earned. But what "bigger" person is now available to bless us with worth? While other people might offer an opinion of our worth, the only authoritative, reliable source for this truth is our Creator God.

So what does our God have to say about our worth? His position is quite clear. He reveals himself to be a jealous lover, doing what it takes (even dying) to reclaim us and re-establish a love relationship with us, His treasured children.

Our worth, then, is established by divine declaration, not human effort. It is fully filled from the beginning of our life and remains undiminished until the moment of our death, and beyond. Our challenge is to believe this, receive this, claim it and live it.

So what was my father worth in the last weeks of his life? He was worth just as much as when his mother first held him and whispered, "How precious!" He was worth just as much as when he was in his prime, strong and productive. He was worth just as much as you and I are today.

How much are we worth? Well ... how big is God's love?



Pause with Purpose

Volume 39 - Mar 2009

NEW CONTACT INFO

Your thoughts and comments are warmly welcomed. I would also be happy to share with you more about life coaching and how it can assist you to be your best, personally and relationally, at home and at work..

You can contact me at:
John Rottschafer, PhD
Free to Be Life Coaching
12317 Verlin Dr
Gowen, MI 49326

phone - (616) 450-4615
e-mail -
john@freetobelife coaching.com
www.freetobelife coaching.com



If you do not wish to receive this letter, please share this request at the contacts above and your name will be removed from the mailing list.

Copyright 2009 by John Rottschafer Ph.D. and Free to Be Life Coaching. Reprint permitted with copyright information and web address included.

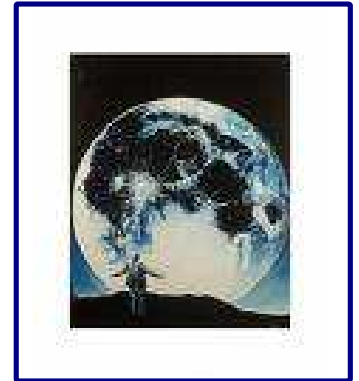
Getting Refocused

Our God demonstrates typical divine wisdom and insight when He gifts us with our value, rather than making us work for it. I suppose He knows that if He doesn't, we will probably waste our life chasing after it, only to experience frustration and disappointment.

By blessing us with significance, our God frees us to focus our attention and energy in other more productive directions. Rather than focusing on fulfilling our self and our needs, we can focus on loving our God and serving other people. We are free to explore and grow, not just continually prove our self. We are free to be thankful, rather than defensive and prideful. Fascination replaces fear, wonder steps in for worry, and sharing becomes more appealing than acquiring. Indeed, we become free to be a servant leader instead of a ruler, an encourager rather than a threat, and one who empowers rather than controls others.

You see, the whole tone of life changes for the better because we are free to be all that He declares us to be.

What a wise God!



"Divorce your ego from your output.

Be free!"

- John Ortberg