

UNWORTHY

Reflection worksheet

Listen, pause, and respond in your own words.

Write as much or as little as you like. Sharing is optional.

01 What stayed with you

What line, image, or feeling from the song stayed with you, and why?

02 When shame speaks

When you feel unworthy, what do you tell yourself? How does that affect the way you reach for support?

03 Making room for grace

What would it look like to take responsibility for your past while allowing yourself to receive forgiveness?

04 One next step

What is one honest, helpful step you can take this week? Who could support you?

05 Being sought in love

In Luke 15:3-7, Jesus describes a shepherd leaving the ninety-nine to seek one lost sheep. How does it feel to consider your Creator seeking you with that kind of care?

UNWORTHY / IMPOSTER SYNDROME

LISTEN ON



Spotify



Apple Music



YouTube Music



Amazon Music



Pandora



Deezer



iHeartRadio



TikTok

Lyrics reflect a personal Christian testimony. Vocals and music were created using AI.