

**Mary Margaret West**



# *Made Worthy*

Discover Your Significance  
through Stories of Faith

Mary Margaret West



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through Stories of Faith

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## DEDICATION:


For my Foundation Academy girls:  
you taught me way more than I ever  
taught you. May God light a fire in  
you that won't ever go out! For my  
prayer warriors: you have prayed for  
me through every word of this study,  
and I'm grateful for your support.  
Jonathan, I couldn't have done this  
without your encouragement and love.  
Sam and Harris, being your Mama  
is the greatest gift. Mom and Dad,  
thank you for watching Sam time and  
time again so I could write. God, you  
are good and faithful. You alone have  
made me worthy.

# About the Author

**MARY MARGARET WEST** is passionate about equipping women and girls to dive deeply into God's Word and live out their calling. She does this through consulting, speaking, and training at events and conferences with Lifeway Women. Mary Margaret loves brunch with friends, serving her local church, and freelance writing. She and her husband Jonathan live in Winter Garden, Florida, with their sons, Sam and Harris.

Mary Margaret has been serving as a leader in women's and girls' ministry for the last eighteen years and is the author of *Show Her the Way: Your Guide to Discipling Teen Girls*. She is a contributor to the Lifeway Women and Lifeway Girls blogs and the Lifeway Women's Bible, and she is author of the Lifeway Student devotionals *Agape*, *Cherished*, and *Called to This*.

Mary Margaret holds a Master of Arts in Christian Education from New Orleans Baptist Theological Seminary. She has served on staff at churches in Texas, Louisiana, and Florida, and as an Event Coordinator and Girls Ministry Specialist at Lifeway.

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## *Hey Friends!*

My name is Mary Margaret, and I can't wait to spend the next five weeks journeying with you through God's Word and discovering what it means to be made worthy. If I could go back and tell my teenage self one thing, it would be to see myself the way God sees me—not the way anyone else does.

We're going to anchor ourselves in Hebrews 11 as we look at some incredible stories of faith throughout the Bible, and it's going to require you to make some time a few days a week to dig in. It won't happen by accident, but I can tell you this—it will be well worth it, and you won't regret it. If you have one, use a physical Bible for reading and taking notes. It's so easy to read on an app, but it's also super easy to get distracted.

You won't ever regret spending time in God's Word. This study is designed to help you get into the Bible and to equip you to continue studying on your own. I have been praying for you (and so have a lot of other people), and I hope I get to hear some stories of what God does as you journey with me. God is good. He alone has made you worthy!

Love,  
*Mary Margaret*

# How to Use



## Welcome!

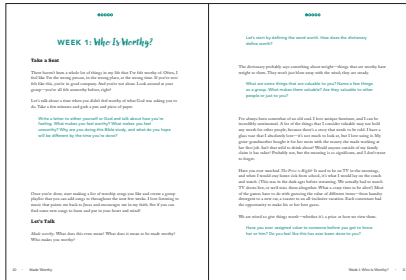
We're so glad you've chosen to do this study! *Made Worthy* is a five-session study in which Mary Margaret West helps define what being worthy is all about. To truly know our worth, we must first understand that Jesus is the only One who can make us worthy. As we study the lives of people in the Bible whom God called worthy, we'll see what it means to be made worthy.

## Getting Started

Because we believe discipleship happens best in community, we encourage you to do this study together in a group setting. Or, if you're doing this alone, consider enlisting a friend or two to go through it at the same time. This will give you friends to pray and connect with over coffee or through text so you can chat about what you're learning.

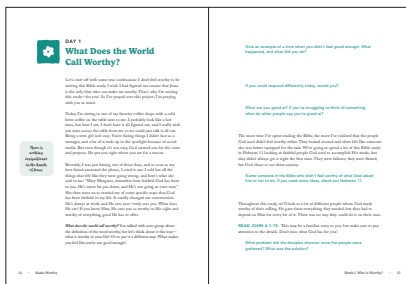


Here's a look at what you can expect to find in this study.



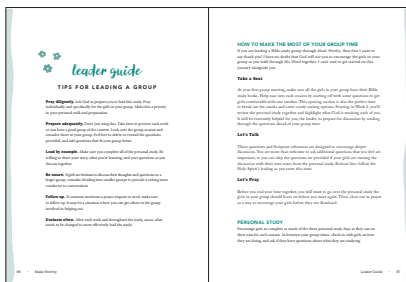
## Group Guide

Each session begins with a Group Guide that allows you to begin your week studying those who are called worthy in Hebrews 11. You can use the questions and prompts provided to help you internalize and apply what you've read. If you're doing this alone, maybe ask a friend or your mom to do this part alongside you!



## Personal Study

Each week features three days of personal study to help you trace the work of those in the Bible who have been called worthy. You'll find questions and activities to help you understand and apply the text.



## Leading a Group?

You can find a leader guide on page 86. The leader guide offers several tips and planning instructions for each week, including icebreaker activities to get you started. To find additional resources for leaders, visit [lifeway.com/madeworthy](http://lifeway.com/madeworthy).



WEEK 1:

# Who Is Worthy?



## WEEK 1: *Who Is Worthy?*

### Take a Seat

There haven't been a whole lot of things in my life that I've felt worthy of. Often, I feel like I'm the wrong person, in the wrong place, at the wrong time. If you've ever felt like this, you're in good company. And you're not alone. Look around at your group—you've all felt unworthy before, right?

Let's talk about a time when you didn't feel worthy of what God was asking you to do. Take a few minutes and grab a pen and piece of paper.

On a separate piece of paper, write a letter to either yourself or God and talk about how you're feeling. What makes you feel worthy? What makes you feel unworthy? Why are you doing this Bible study, and what do you hope will be different by the time you're done?

Once you're done, place your letter in an envelope with your name on the front and give it to your leader. (You'll see these again on Week 5.)

Now, let's start making a list of worship songs and create a group playlist that we can add songs to throughout the next few weeks. I love listening to music that points me back to Jesus and encourages me in my faith. See if you can find some new songs to learn and put in your heart and mind.

### Let's Talk

*Made worthy.* What does this even mean? What does it mean to be made worthy? Who or what makes you worthy?

Let's start by defining the word *worth*. How does the dictionary define *worth*?



The dictionary probably says something about weight—things that are worthy have weight to them. They won't just blow away with the wind; they are steady.

**What are some things that are valuable to you? Name a few things as a group. What makes them valuable? Are they valuable to other people or just to you?**

I've always been somewhat of an old soul. I love antique furniture, and I can be incredibly sentimental. A lot of the things that I consider valuable may not hold any worth for other people, because there's a story that needs to be told. I have a glass vase that I absolutely love—it's not much to look at, but I love using it. My great-grandmother bought it for her mom with the money she made working at her first job. Isn't that wild to think about? Would anyone outside of my family claim it has value? Probably not, but the meaning is so significant, and I don't want to forget.

Have you ever watched *The Price Is Right*? It used to be on TV in the mornings, and when I would stay home sick from school, it's what I would lay on the couch and watch. (This was in the dark ages before streaming. We actually had to watch TV shows live, or we'd miss them altogether. What a crazy time to be alive!) Most of the games on *The Price Is Right* have to do with guessing the value of different items—from laundry detergent to a new car, a toaster to an all-inclusive vacation. Each contestant has the opportunity to make his or her best guess.

We are wired to give things worth—whether it's a price or how we view them.

**Have you ever assigned worth or value to someone before you got to know her or him? Do you feel like this has ever been done to you?**

**What gives a person worth or value? How do you determine how much value he or she has? Have you ever been wrong when it comes to determining someone's worth?**



Let's take a look at Hebrews 11 together. This is such a powerful chapter in the New Testament, as it reflects back on the Old Testament. Read through the entire chapter as a group, and see if you recognize any names or stories.

Who are some of the people named in Hebrews 11? Share something you may know about their stories or a question you have about who they are or what they did.

What do the people mentioned in this chapter have in common? What do you think the author of Hebrews was trying to do by putting all of these stories together?

Read Hebrews 11:32-40 as a group. Gosh, these people sure had it easy, didn't they? Ha! No way. They had the worst of the worst happen to them, and that's part of what they have in common.

What connects all of these men and women, according to verse 38? (Hint: we've already looked up the definition in our group time today, and we're going to keep coming back to this word.)

Hmm . . . the world was not worthy of them? Nope. They acted as they did because God called them to do it, not because it would make them worthy in the eyes of the people around them. They were often treated terribly because of their faithfulness to God.



List the names of any people who you've heard have been treated badly because they love God. Do you personally know anyone who has experienced any kind of persecution or suffering because of his or her faith? Share a little bit about this person's story.

## **Let's Pray**

As a group, spend a few minutes praying for people around the world who are suffering because of their faith. You may never know them or their names and stories, but God knows exactly who they are.

Following Jesus isn't easy, but it's worth it. He is worth it, and only He can make you worthy of who He is and what He has called you to do. This is what we're going to talk about over the next few weeks. Jesus is the only One who can make you worthy. Nothing you can do is ever enough—so you can finally exhale and quit stressing. You may not feel it today, but my prayer is that you'll start to feel it as we journey together. The best thing you can do is be honest with yourself and with your group. God already knows everything about you, whether you realize it or not, so it's time we start being honest with ourselves. Know that I'm praying for you as you walk through the next few weeks.



DAY 1

## What Does the World Call Worthy?

Let's start off with some true confessions: I don't feel worthy to be writing this Bible study. I wish I had figured out sooner that Jesus is the only One who can make me worthy. That's why I'm writing this study—for you! As I've prayed over this project, I'm praying with you in mind.

Today, I'm sitting in one of my favorite coffee shops with a cold brew coffee on the table next to me. I probably look like a hot mess, but here I am. I don't have it all figured out, and I really wish you were across the table from me so we could just talk it all out. Being a teen girl isn't easy. You're facing things I didn't face as a teenager, and a lot of it ends up in the spotlight because of social media. But even though it's not easy, God created you for this time and purpose. He put you right where you are for a reason.

*There is nothing insignificant in the hands of Jesus.*

Recently, I was just having one of those days, and as soon as my best friend answered the phone, I cried it out. I told her all the things that felt like they were going wrong, and here's what she said to me: "Mary Margaret, remember how faithful God has been to you. He's never let you down, and He's not going to start now." She then went on to remind me of some specific ways that God has been faithful in my life. It totally changed our conversation. He's always at work, and He sees you—truly sees you. What does He see? If you know Him, He sees you as worthy in His sight and worthy of everything good He has to offer.

***What does the world call worthy?*** You talked with your group about the definition of the word worthy, but let's think about it this way—what is worthy in your life? Or to put it a different way: What makes you feel like you're not good enough?

Give an example of a time when you didn't feel good enough. What happened, and what did you do?

If you could respond differently today, would you?

What are you good at? If you're struggling to think of something, what do other people say you're good at?

The more time I've spent reading the Bible, the more I've realized that the people God used didn't feel worthy either. They looked around and often felt like someone else was better equipped for the task. We're going to spend a lot of this Bible study in Hebrews 11 looking at faithful people God used to accomplish His works, but they didn't always get it right the first time. They were failures; they were flawed; but God chose to use them anyway.

Name someone in the Bible who didn't feel worthy of what God asked him or her to do. If you need some ideas, check out Hebrews 11.

Throughout this study, we'll look at a lot of different people whom God made worthy of their calling. He gave them everything they needed, but they had to depend on Him for every bit of it. There was no way they could do it on their own.

**READ JOHN 6:1-15.** This may be a familiar story to you, but make sure to pay attention to the details. Don't miss what God has for you!

What problem did the disciples discover once the people were gathered? What was the solution?



What was Jesus given to provide food for all of the people? What would you have done in Jesus's situation?

Have you ever felt like you didn't have much to offer? What does this passage tell you about what Jesus can do with very little?

There is nothing insignificant in the hands of Jesus. He can take anything and make something greater—including you, my friend! Jesus is on your side and in your corner. He alone makes you worthy.

What did you notice happened after everyone had been fed (vv. 12-13)? How did the people who were there to hear Jesus speak respond to this miracle (v. 14)?

Jesus fed more than five thousand people that day. He knew that He had to meet their physical needs (their hunger) before He talked to them about their spiritual needs. He didn't just get them a kid's meal from Chick-Fil-A. He gave them the best meal on the menu—which I'm sure included a large waffle fry and a sweet tea. He probably threw in a milkshake, too! They had more than they needed or wanted from Him. This is just one small way that Jesus showed He truly cared about the people He encountered. He cares for you the same way today, my friend. Don't miss it!

When has God provided more than you needed? If you can't think of an answer today, that's okay! I'm praying that God will show you as you walk through this study over the next few weeks.





DAY 2

## No One Is Worthy

*You're not worthy.*

Yep, you read that right.

You're not worthy.

Neither am I.

It's only through Jesus that we are made worthy. Today, we're going to spend time in a weird space and let ourselves feel unworthy. It might be a little uncomfortable, but it's important to realize that on our own, we can't do anything to make ourselves worthy of what Jesus has done for us.

**In Romans, we see Paul fighting this same battle. Read Romans 3:10-12 and 7:15-23. What is Paul battling?**

**Can you relate to what he experienced? Provide a few examples of how this relates to your life.**

Romans 7:15-23 is a pretty crazy passage to try to make sense of. It initially feels like Paul is contradicting himself—but he's just being honest with us. We're seeing exactly what he was thinking in his head laid out on paper. (I'd be afraid for anyone to see inside my head like that. Wouldn't you?) Paul recognized that he is always fighting sin.

**Do you ever feel like fighting sin is a constant battle? Write down an example of a time when you knew something was wrong, but you did it anyway.**

Now, consider a time when you knew something was wrong but you did the right thing.

Have you ever heard someone say, “You are your own worst enemy?” So often, we’re the ones who let ourselves get into trouble. It really is only by God’s grace and the guidance of the Holy Spirit that we can do the right thing on a regular basis—it’s too difficult to do on our own! Left to ourselves, we would probably do the wrong thing way more often than we should.



Let’s try a little experiment. See that line graph? I want you to do a few things. First, draw an “X” where you feel like others would place you on a scale of worthiness. Next, draw a heart where you believe your worthiness lies based on what you believe about yourself. Then, draw a star where you want to be.

Psalm 16 has become a favorite passage of mine over the last few years, and it’s one that I’ve gone back to over and over—both when things are difficult and when things are good. I have one specific memory of waking up in the night, upset about a situation that was going on in my life. The Lord prompted me to get my Bible out, and I opened up to Psalm 16. That night, verse 6 jumped off the page at me: “The boundary lines have fallen for me in pleasant places; indeed, I have a beautiful inheritance.” That one verse brought me so much comfort when my heart was hurting because I remembered that the Lord was protecting me and had goodness in store for me.

**READ PSALM 16 ON THE NEXT PAGE.** Ask God to show you what He means in this passage. As you read, get out a fun pen or marker and begin to circle, underline, highlight, or doodle around the verses. What does God say He will do for His people? Make sure to highlight the names and descriptors of God where you see them.

While you've seen today that no one is worthy, you have to remember that we have hope because of Jesus.

**What verses from Psalm 16 (or another favorite passage) bring you comfort and hope today? Is there a particular situation you're walking through that you need God to bring hope into? If so, write it below.**

Let's end today's session by writing out a short prayer below, asking God to make the truth of Psalm 16 come alive in your heart and life.

## PSALM 16

<sup>1</sup> Protect me, God, for I take refuge in you. *safe place* *He is everything!*

<sup>2</sup> I said to the LORD, "You are my Lord;

I have nothing good besides you."

<sup>3</sup> As for the holy people who are in the land,  
they are the noble ones.

All my delight is in them.

<sup>4</sup> The sorrows of those who take another god  
for themselves will multiply;

I will not pour out their drink offerings of blood,  
and I will not speak their names with my lips.

<sup>5</sup> LORD, you are my portion  
and my cup of blessing;  
you hold my future.

<sup>6</sup> The boundary lines have fallen for me  
in pleasant places;  
indeed, I have a beautiful inheritance.

<sup>7</sup> I will bless the LORD who counsels me —  
even at night when my thoughts trouble me.

<sup>8</sup> I always let the LORD guide me.  
Because he is at my right hand,  
I will not be shaken.

<sup>9</sup> Therefore my heart is glad  
and my whole being rejoices;  
my body also rests securely.

<sup>10</sup> For you will not abandon me to Sheol;  
you will not allow your faithful one to see decay.

<sup>11</sup> You reveal the path of life to me;  
in your presence is abundant joy;  
at your right hand are eternal pleasures.



DAY 3

## Jesus Is the Only One Who Makes Us Worthy

Hope isn't always the first thing we see. Often, we have to be in a difficult place before we can see hope. Only then do we realize how important and significant it is.

Sister, you have hope! Jesus is the only One who can make you worthy, and He longs to do this for you. You don't have to do it on your own. Honestly, you can't. No matter how hard you try, you won't be worthy through your own efforts.

Jesus offers the free gift of salvation to those who choose to follow and know Him. His perfect life on earth and sacrificial death paid the penalty for my sin and yours. This is truly life-changing! He didn't have to work to be worthy—He was made worthy from the start. Because of His sacrifice on our behalf, we don't have to work for it either. We just have to choose to follow Him.

Let's take a look at a woman named Rahab in Joshua 2:1-21. Read the passage and answer the questions below.

What does Joshua 2:1-6 tell us about Rahab?

How is Rahab's story an example of God's ability to use anyone for His good works?

Why do you think God chose to use Rahab? What could He be teaching us in using her for His glory?

Rahab's story took place in the time before Jesus, so she didn't get to see the hope that He would bring. But God provided for her. He used Joshua and his people to share God's promises with her, and she was filled with hope.

How did Rahab protect herself and her family?

What does the scarlet cord symbolize in Joshua 2:17-19? Are there any other stories in the Bible that this brings to mind?

Open your Bible to Hebrews 11:31. There's our girl, Rahab! She's mentioned among the names of the faithful because of the risk she took. She was obedient to God, and He fulfilled His promises to her. God saw her right where she was—He didn't skip over her just because of her past. Both her life and the lives of her family members were spared and forever changed.

### READ MATTHEW 9:18-26.

In these verses, we see a woman and a girl whose lives were radically changed by Jesus. We don't know their names, but I love that we get a glimpse of their stories. Jesus was answering questions when He was interrupted by a man whose daughter had just died. Jesus followed the man but was stopped by a woman with a sickness that caused her to bleed constantly for twelve years. (Can you even imagine?)

What does she say in verse 21 that's significant?

How does Jesus respond to her in verse 22? Fill in the blanks below.

"Have \_\_\_\_\_ daughter," he said. "Your \_\_\_\_\_ has saved you."

This woman had two important things: *courage* and *faith*. She was bold enough to find Jesus, and she knew He was powerful enough to heal her.



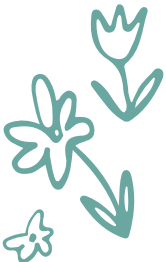
Jesus then continued on His way to see the young girl. He pointed out right away that she wasn't dead, just sleeping. Then He took her by the hand and walked her out for everyone to see. Her life was restored by Jesus and Jesus alone. There was nothing anyone else could have done.

**What was Jesus trying to show the people who were watching?**

**Would Jesus still have been faithful and powerful even if He didn't heal the woman of her disease or raise the girl from the dead? Why or why not?**

Yes, absolutely! He doesn't always answer our prayers the way we want Him to, even when we come to Him in faith. We don't get to determine the way He works, but He tells us over and over in the Bible that He works for His glory and our good. Jesus sees you right where you are. When things don't work out the way you want them to, it doesn't mean He isn't worthy of your worship and love. He is always good. He is always working. He sees you as worthy, and you have to trust Him more than you trust yourself.

Take a few minutes to flip back through everything you've worked on this week. Find some key words, phrases, verses, names, or whatever you choose and write down the things that make you feel worthy in the box at the top of page 25. See how much space you can fill up!



# Worthy

I hope you're beginning to see that you are worthy in Jesus. If you don't know Jesus, today is the perfect time to reach out to your group leader or another woman in your life who loves God. Tell her that you want to know more about what it means to know Jesus. She would be thrilled to tell you more! Send that text right now, friend. Don't miss the opportunity to ask some questions and get to know what it means to follow Jesus. If you've hit a rough or confusing part of this study, reach out to her! Don't keep pushing forward if you're having a hard time and need help.

If you already know Jesus, you have been made worthy! We'll spend the next few weeks studying the Bible and learning what it means to live it out. In the space below, journal a prayer sharing some of your fears and hopes for what God will do in your heart and life during this Bible study.