

“I don’t feel worthy to be loved by the Savior. How can I overcome this feeling and recognize my self-worth?”



“God’s love is there for you whether or not you feel you deserve love. It is simply always there.

“As we seek our Heavenly Father through fervent, sincere prayer and earnest, dedicated scripture study, our testimonies will become strong and deeply rooted. We will know of God’s love for us.”

President Thomas S. Monson (1927–2018), “We Never Walk Alone,” *Ensign* or *Liahona*, Nov. 2013, 124.



Pray to Feel His Love

We are all sons and daughters of our Heavenly Father. His love for us is infinite.

If we ever feel like we are unworthy of His love, we should pray to Him. Pray to feel His love. Pray that you will feel worthy of His love for you and that you can see yourself as He sees you. In His time and His way, He will always answer our prayers with an affirmation of His perfect love. Whenever I have felt down or lonely, praying for His love has always lifted me up.

Julia M., age 16, Virginia, USA



Draw Close to the Savior

Recently in a mission preparation class, we had a discussion about

how to open our eyes to God’s love for us. We discussed various things that we could do to feel more self-worth; some of these things are serving your neighbor, praying for help in things that matter to you, reading the scriptures, and being a missionary. All these things are meant to bring us closer to Jesus Christ and help us see our potential to become like Him.

Santiago Z., age 17, Arizona, USA



Keep the Commandments

Sometimes I do not feel worthy to be loved by the Savior because I am not totally obedient to the Lord's commandments. I can overcome these feelings

by repenting, sometimes with the help of my bishop, who teaches me that the Lord loves all of His children.

Jacques D., age 15, Abidjan, Ivory Coast

Repentance Is Key

We all commit sin, and because of that, we may feel unworthy of the Savior's love. But He gave His life for us—He sacrificed for us. That selfless act was done because of love. The only thing we need to do to feel worthy of His love is use the power of His Atonement by repenting of our sins. Repentance is the key in recognizing our self-worth and the love of the Savior.

Sister Custan, age 23, Philippines Cebu Mission

Love Others

One way to recognize our self-worth is to recognize the self-worth of those around us. Focusing on others helps us feel good about ourselves because we are building others up. It's a win-win! When I struggled with self-confidence, I decided I would serve someone around me who needed help. Every day for a month I gave a compliment to a friend who was struggling. Focusing on others helped me feel worthy and needed. When we strive to love others for who they are, it becomes easier to see how much God loves us. Helping others feel worthy of love will help us feel worthy of love ourselves.

Jayme W., age 15, Minnesota, USA

Responses are intended for help and perspective, not as official pronouncements of Church doctrine.

I've repented, but I still feel so much guilt. How can I have peace?

Because of Jesus Christ's infinite Atonement, your guilt can be swept away if you fully repent. But people sometimes still feel flashes of guilt over the memory of their sins even though they've repented.

Guilt, or "godly sorrow" (2 Corinthians 7:10), can be helpful. It can center our thoughts on Jesus Christ and lead us to real repentance and change. Shame, on the other hand, centers our thoughts on ourselves and hinders our progress.

The Book of Mormon gives us good examples of how we can repent and then enjoy peace in Jesus Christ:

- Remembering his past sins caused Ammon to praise the Savior and His mercy, bringing him joy instead of suffering (see Alma 26:17-20).¹
- After Alma's "mind caught hold upon [the] thought" of Jesus Christ and His Atonement, he "was harrowed up by the memory of [his] sins no more" (Alma 36:17-19). Though the memory was there, he was no longer tortured by it.²

NOTES

1. See Richard G. Scott, "Peace of Conscience and Peace of Mind," *Ensign or Liahona*, Nov. 2004, 18.
2. See Dieter F. Uchtdorf, "Point of Safe Return," *Ensign or Liahona*, May 2007, 101.

What Do You Think?

"How do I decide whether to serve a mission?"

Submit your answer and, if desired, a high-resolution photograph by January 15, 2019, at liahona.lds.org (click "Submit an Article or Feedback").

Responses may be edited for length or clarity.