

Self-esteem

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Love the Lord your God with all your heart and with all your soul and with all your mind and with all your strength. Love your neighbour as yourself. Mark 12:30,31

Do not think of yourself more highly than you ought, but rather think of yourself with sober judgement, in accordance with the faith God has given you. Romans 12:3.

Loving yourself (self esteem):

- means caring for yourself, valuing yourself, appreciating yourself, being kind and gracious towards yourself; recognising what's good in yourself and accepting what's still under construction
- requires you to know yourself and see yourself as you really are
- is about what gives you value, not about what you look like or have
- is based on what you believe about yourself

The Lord does not look at the things man looks at. Man looks at the outward appearance, but the Lord looks at the heart. 1 Samuel 16:7.

It's best to believe what God says about you! Know it, believe it, say it, live it because what God says about you is true!

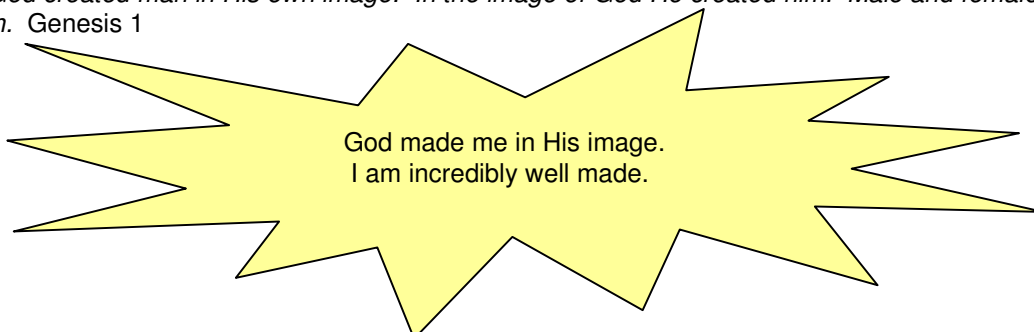
Here are some key principles for good self esteem:

- 1. Know that God designed and created you**
- 2. Accept the way you are**
- 3. See yourself as God sees you**
- 4. Fulfill God's purpose for your life**
 - live God's way
 - be creative
 - recognise your strengths and weaknesses
 - don't stop growing
 - make a difference

1. Know that God designed and created you

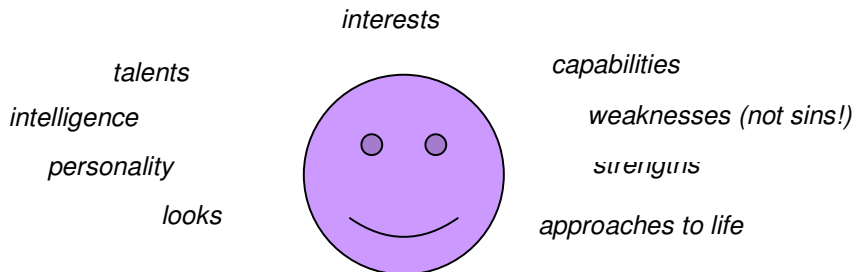
God designed you in His image. You are incredibly well made!
You have value because you are God's creation. God doesn't create rubbish!

So God created man in His own image. In the image of God He created him. Male and female He created them. Genesis 1



2. Accept the way you are

You are unique! If God had wanted you different He would have made you different!



You created my inmost being. You knit me together in my mother's womb. I praise you because I am fearfully and wonderfully made. Psalm 139:13,14

God chose to make you the way you are. Accepting this is essential for good self-esteem.

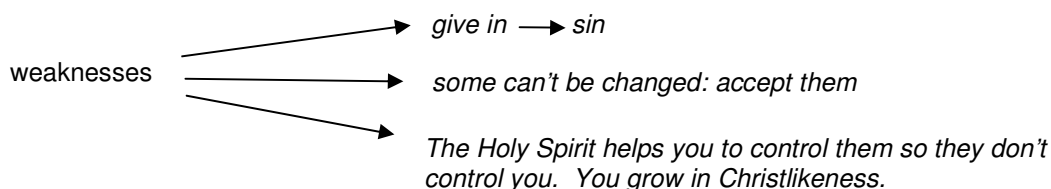
One of you will say to me: "Then why does God still blame us? For who is able to resist his will?" But who are you, a mere human being, to talk back to God? "Shall what is formed say to the one who formed it, 'Why did you make me like this?' " Does not the potter have the right to make out of the same lump of clay some pottery for noble purposes and some for disposal of refuse? Romans 9:19-21

If you don't accept that God made you the way you are (and loves you) you can easily fall into traps like:

I've got xxxxx wrong with me. God can't love me. He must hate me. God must love me less than the beautiful packages. I do xxxxx, so how can God love me? etc.

Often you focus on your weaknesses. Weaknesses are not sins, but they are areas where you are very open to temptation. Often they are good qualities that are out of balance. eg. hunger/eating disorder.

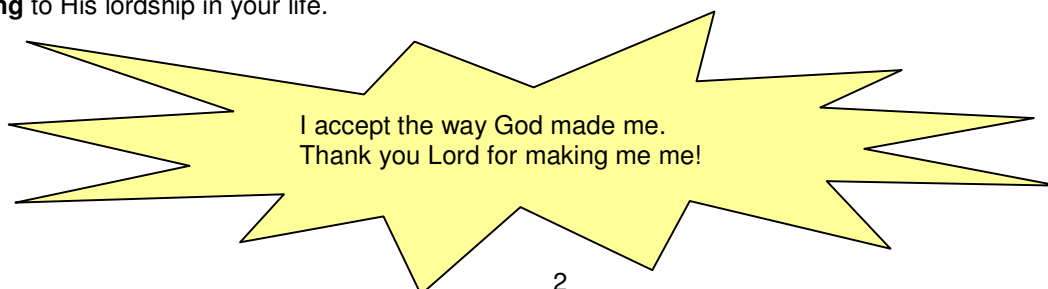
Some weaknesses, like physical attributes can't be changed. This can lead to a feeling that 'nothing about me can be changed. I'm useless'. This can then go beyond the mind to the heart and lead to great despair.



The key to loving yourself is accepting that God designed you, made you and loves you. Weaknesses (warts!) and all! He then works in your life by the Holy Spirit helping you transform the weaknesses or control them, so that you reflect more and more of Jesus.

We, who with unveiled faces reflect the Lord's glory, are being transformed into His likeness with ever increasing glory, which comes from the Lord who is the Spirit. 2 Corinthians 3:18

This doesn't happen by 'trying harder'. It happens by **believing** what God says about you; **accepting** it, and **yielding** to His lordship in your life.



3. See yourself as God sees you (in Christ)

Everything Jesus accomplished on the Cross is true for you. When God sees you He sees you “in Christ”, based on the finished work of the Cross.



God made Him who had no sin to be sin for us, so that in Him we might become the righteousness of God. 2 Corinthians 5:21

Therefore if anyone is in Christ he is a new creation. The old has gone, the new has come! 2 Corinthians 5:17.

How God sees you (based on the finished work of the Cross):

holy	righteous	hopeful
pure	loving	serving
at peace	joyful	powerful
victorious	free	whole
healthy	giving	kind
alive	caring	wise

Believe this! It's true!

If you were anything less than this (in Christ) the Cross would not have been a perfect work!

Read Romans 6:5-14.

Believing what God says about you is the basis of good self esteem.

- My old self was crucified with Christ.
- I am no longer a slave to sin.
- I am freed from sin.
- I am alive in Christ.
- Death no longer has mastery over me.
- I've been brought from death to life.
- Sin is not my master.

*How God sees
you In Christ!*

The wonderful thing is that God did all this for you!

You are so loved; so valuable to Him, that Jesus did all this for you. Because you are righteous in Christ you can now have unhindered fellowship with God: a wonderful daily love relationship!

Believe what God says about you! Don't hang onto the hurts, lies, self-pity Believe God. He made you, He loves you. He wants the best for you.

As you believe God, and accept that you are how He sees you (in Christ) you gradually change. The Holy Spirit works in your life to make you how you are! Like Jesus.

We, who with unveiled faces all reflect the Lord's glory, are being transformed into His likeness with ever-increasing glory, which comes from the Lord, who is the Spirit. 2 Corinthians 3:18



Jesus died on the Cross because He loves me.
 Everything that Jesus accomplished on the Cross is now true for me.
 God now sees me as righteous in Christ.
 I am unique, special, and valued by God.
 The Holy Spirit is gradually changing me to become like Jesus.

God loves me!

4. Fulfill God's purpose for your life

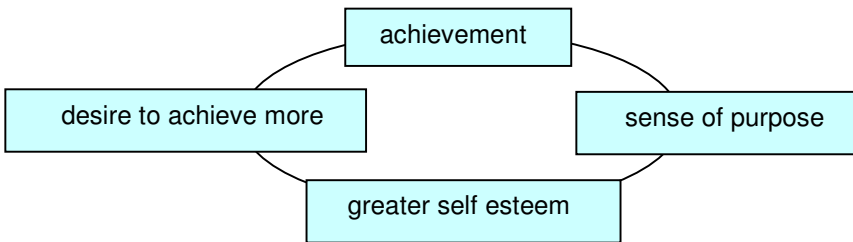
a. Live God's way

Live like you are!!! (in Christ). That's when life is exciting: being what God wants you to be and doing what God wants you to do. It's about significance, rather than success.

b. Be creative

You are unique! Use your talents creatively; do your thing your way, and do it with excellence.
 eg. The Parable of the talents Matthew 25:14-30

- Use your talents.
- Make the world a better place.
- Achieve something (and each time your self esteem jumps).
- You will be rewarded now, and in eternity.
- This sets up a positive self esteem cycle:



which makes sense of Matthew 25:29,30!

You have a unique opportunity to make a positive contribution to this world. You have only one go at life, so use it to give, share, create, bless, help and your sense of worth will grow.

This often includes some risk. But there's a real joy and sense of purpose in doing your thing to bless others.

Give and it will be given to you Luke 6:38

For whoever wants to save his life will lose it, but whoever loses his life for Me will find it. Matthew 16:25

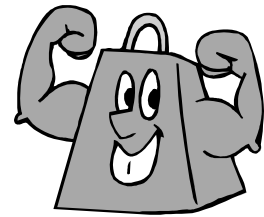
A man reaps what he sows. ... the one who sows to please the Spirit will from the Spirit reap eternal life. Galatians 6:7,8

c. Recognise your strengths and weaknesses

- Recognise and value your strengths but watch out for pride.

Pride goes before destruction; a haughty spirit before a fall. Proverbs 16:18

Let anyone who thinks that he stands take heed lest he fall.
1 Corinthians 10:12.



- Accept your weaknesses

This is part of accepting yourself. It doesn't mean giving in to your weaknesses or not trying to improve. You'll be tempted to give in, but temptation isn't sin. Everyone faces this battle every day! Only when you give in to temptation is it sin.

No temptation has seized you except what is common to man. God is faithful. He will not let you be tempted beyond what you can bear. But when you are tempted He will also provide a way out, so that you can stand up under it. 1 Corinthians 10:13.

d. Don't stop growing

And Jesus grew in wisdom, and in stature, and in favour with God and men. Luke 2: 52

Growth is a lifelong process: growing to be more like Jesus.

e. Make a difference

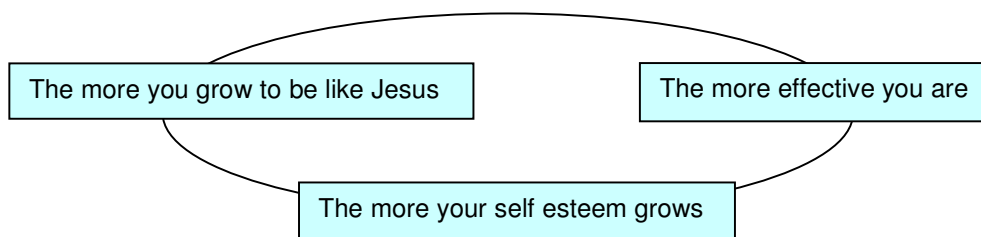
As you grow:

- your weaknesses can become strengths
- your strengths can become ministries
- you become more effective

You begin to find your place: in life, in relationships, in service, in ministry, within the Body of Christ etc. (Why God put you on the earth!). You can really make a difference for God, others and for this earth.

There are different kinds of gifts, but the same Spirit. There are different kinds of service, but the same Lord. There are different ways of working, but the same God works all of them in everyone.

1 Corinthians 12:4,5



And that's what fullness of life is all about!

I have come that they may have life, and have it to the full. John 10: 10

In other words: **being** what God wants you to be, and **doing** what God wants you to do.

So good self esteem is all about:

- Knowing yourself
- Accepting yourself
- Seeing yourself as God sees you
- Loving yourself
- Being creative
- Continually growing
- Making a difference
- Fulfilling God's purpose for your life

My confession

I am special. I am unique. I am created in the image of God, and God doesn't make junk. God made me for a purpose. I have a special contribution to make to this world, that no-one else can make. God loves me. God likes me. I love me. I like me. I have worth. Jesus showed that He loved me by dying for me. I have unique gifts, talents and abilities. I am proud to be me. I am unique. I am special. Thank you God for making me me!

My songs

I will change your name. You shall no longer be called: wounded, outcast, lonely or afraid.

I will change your name.

Your new name shall be: confident, joyfulness, overcoming one; faithfulness, friend of God; one who seeks my face.

I will change your name.

I am a promise, I am a possibility.

I am a promise with a capital P.

I am a great big bundle of potentiality.

And I am learning to hear God's voice and I am trying to make the right choices....

I'm a promise to be,

anything God wants me to be.



Love the Lord your God with all your heart and with all your soul and with all your mind and with all your strength. Love your neighbour as yourself. Mark 12:30, 31