

# Scriptural Self-Esteem

*“For as man thinks within himself, so he is.” Proverbs 23:7*

**One of the deepest desires of the human heart is to feel strong and secure about WHO WE ARE. Who we are is a reflection of inner SELF-ESTEEM.** *Self-esteem is a confidence and satisfaction in oneself, a sense of positive self-worth, self-respect, dignity, and value as a person.*

It is a fact of life that success occurs on the inside before it happens on the outside. PERFORMANCE FLOWS FROM PERSONHOOD. What we perceive and conceive about ourselves determines what we receive and achieve. That’s why Proverbs 23:7 tells us that we are what we think we are. **Putting it another way, what you see is what you be!**

So it makes sense that if we possess positive self-esteem, we will experience a healthy, productive life. The reverse is also true. If we possess negative self-esteem, we will experience an unhealthy, non-productive life. It is a sad fact that many people, Christians included, limp along in life with low self-esteem. Too few people soar through life on the wings of healthy self-esteem.

**One of the major issues in pastoral counseling that surfaces again and again in hurting people is low self-esteem.** It is tragic how many people don’t like themselves, constantly put themselves down, and continually beat themselves up emotionally. It is heart-wrenching to hear people trash talk themselves and tear themselves down when they could be building themselves up. Love self-esteem takes a terrible emotional toll on those who don’t like who they are.

**Low self-esteem also negatively affects relationships. How YOU VIEW YOU impacts how you view others.** Healthy relationships with others begin with a healthy relationship with ourselves. Matthew 22:39 declares *“You shall love your neighbor as yourself.”* Loving others begin with loving ourselves. This means that how we love ourselves is how we will love our neighbor. It is not possible to love people in a healthy manner unless we have a healthy love for ourselves. People who cannot love themselves with Christ’s love have trouble loving others.

**A healthy relationship with ourselves can only be built on the foundation of a healthy, personal relationship with God.** Matthew 22:37 declares that the first and greatest commandment is *“You shall love the Lord your God with all your heart, and with all your soul, and with all your mind.”* Loving God is the Bible’s prescription for Christian self-esteem.

Let's be honest. It is hard to feel good about God and people if you don't feel good about yourself. Until we make peace with who we are, we will never be content with what we have. Hence, the need for scriptural self-esteem

**Scriptural self-esteem is what the Bible says about what we should believe about ourselves. Scriptural self-esteem is based on WHO WE ARE IN CHRIST. What does God's Word say about who I am in Christ? How does my Heavenly Father feel about me? How should I feel about myself as a Christian? How has my relationship with Christ changed my life?**

So how do you feel about who you are? Do you like who you are? What do you like about yourself? What don't you like about yourself? Do you feel that you have value and worth and are important? Would others say that you are a person with healthy self-esteem?

There are three key elements to understanding and experiencing scriptural self-esteem.

### **First, LOVE YOURSELF THE WAY GOD LOVES YOU.**

God loves us completely and unconditionally (I John 4:7-21). He loved us so much that He sent His only Son Jesus Christ to the earth to live, suffer, and die for our sins (John 3:16). Then Jesus was gloriously resurrected to prove God's great love for us.

We need to love ourselves with God's love. We can confess love for ourselves because God loves us. Begin today to regularly tell yourself that YOU LOVE YOU BECAUSE GOD LOVES YOU!

### **Second, SEE YOURSELF THE WAY GOD SEES YOU.**

God sees you and me as very, very valuable. Psalm 139 declares that before we were born, God saw us and planned out every day we would live. We are "*fearfully and wonderfully made.*"

**We have tremendous value to God because He sacrificed His Son for us.** Do not minimize the worth and value God sees in you. Don't knock yourself down when God has raised you up. Rise up everyday and declare with your mouth: I belong to the Living God. I have value and am important to Him. So watch out world, here I come. Get ready to be blessed by my life as I serve you in the name of the Lord Jesus Christ!

### **Third, TREAT YOURSELF THE WAY GOD TREATS YOU.**

God treats His people graciously, mercifully, and with lovingkindness. All throughout scripture we find a heavenly Father who treats His children with highest regard because of how important they are to Him.

Treat yourself with graciousness. Give yourself the benefit of the doubt like God does. Forgive yourself of your mistakes and begin again. God gives us second chances and we should give them to ourselves. When you fall or fail, treat yourself with gentleness and kindness. Get up, shake the dust off your feet, and move forward by faith to do better next time. That's how God would treat you. So why not treat yourself that way?

## Self-Esteem and Christ-Confidence

**Scriptural self-esteem is not about self-confidence. It is about Christ-confidence.** The Apostle Paul wrote in II Corinthians 3:4-5 *“And such confidence we have through Christ toward God. Not that we are adequate in ourselves to consider anything as coming from ourselves, but our adequacy is from God.”* And in Philippians 4:13 he wrote *“I can do all things through Christ who strengthens me.”*

Paul possessed positive self-esteem and was confident in his life and ministry because of his confidence in Jesus Christ. Who Paul was in Christ made him an overcoming Christian. Jesus Christ living in and working through Paul made him the successful man of God he was.

**Scriptural self-esteem is not about you or me. It is about Christ in you and me.**

### SELF-ESTEEM SCRIPTURES

\_\_\_\_\_Psalm 139, John 10:1-11, John 14:1-6, Romans 8:1-2, Romans 8:14-18, Romans 8:31-39, Ephesians 2:1-10, Colossians 1:13-17, Colossians 3:1-4, II Timothy 1:12, Hebrews 10:19-25, Hebrews 13:5-8, I Peter 3:1-9, I Peter 1:13-19, I Peter 2:1-12, I Peter 2:21-25, II Peter 1:1-10, I John 2:25-29, Revelation 19:1-16

According to Ephesians 4:22-24, 29-32 and Colossians 3:8-15, we can lay aside or put off one way of life and take up another. With the Holy Spirit's help, we can renew our mind (see Romans 12:1-2) and change the way we think about ourselves.

**If you want to possess positive self-esteem, STOP beating up on yourself and START building yourself up.**

### **“Put off” These SELF-ESTEEM BASHERS**

1. Reject rejection. Refuse to compare and compete with others.
2. Abandon abandonment. Do not believe that you do not belong.
3. Leave failure behind, whether real or imagined.
4. Don't focus on lack of love, acceptance and approval from others.
5. Choose not to dwell on emotional, physical, verbal, or sexual abuse.
6. Resist influence of negative family members and friends.
7. No more NEGATIVE SELF-TALK. No more putting self down.

### **“Put on” these SELF-ESTEEM BOOSTERS**

1. Select self-respect. Reject self-pity and low self-esteem.
2. Stop thinking the worst about yourself and start thinking the best.
3. Rebuke the devil's lies and false accusations about your worth.
4. TUNE OUT NEGATIVE PEOPLE! Run from negative Neds and Nellies.
5. Build relationships with positive people who build you up.
6. Practice POSITIVE SELF-TALK.
7. Speak and stand on God's Word concerning you.

*“Finally, brethren, whatever is true, whatever is honorable, whatever is right, whatever is pure, whatever is lovely, whatever is of good repute, if there is any excellence and if anything worthy of praise, let your mind dwell on these things.”*                      *Philippians 4:8*

## **YOU Can Be Emotionally Secure!**

Emotional maturity is rooted in emotional security. People who are secure emotionally and feel good about themselves produce mature behavior and develop mutually-satisfying relationships. Here's how you can be emotionally secure.

- Surrender your emotional life to the Lordship of Jesus Christ.
- Immerse your heart in God's Word and His unconditional love for you.
- Seek God's healing for damaged emotions.
- Unpack unhealthy emotional baggage and lock your bags.
- Determine not to be a roller coaster Christian emotionally.
- Discipline unhealthy emotions and do not cave in to them.
- Refuse to be a dumping ground for emotionally insecure people.
- Develop and enjoy healthy relationships with emotionally secure people.

## Brighten Your Day And Lighten Your Load With These Liberating Scriptural Truths!

- ❖ There is nobody like you and never will be. Psalm 139
- ❖ God has given you a significant calling and assignment He has given to no one else. I Corinthians 15:10
- ❖ Your God-given gifts, personality, experiences, training and anointing fit your call perfectly. I Corinthians 12:4-11
- ❖ God Himself has prepared every step of the way for you to follow. Psalm 37:23
- ❖ God has promised in His Word to make your path prosperous and successful. I Thessalonians 5:24

*THEREFORE, see yourself as God sees you.* You are a winner! In Christ you are special, worthwhile and very valuable. Hold your head up high with Christ-confidence and healthy scriptural self-esteem. Walk by faith and live victoriously everyday in the anointing and power of the Holy Spirit. Be faithful to fulfill your place of significant service for God's Kingdom in this world in these last days!

**There will never be another NOW,  
So I will make the most of TODAY.  
There will never be another ME,  
So I will make the most of MYSELF.**

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