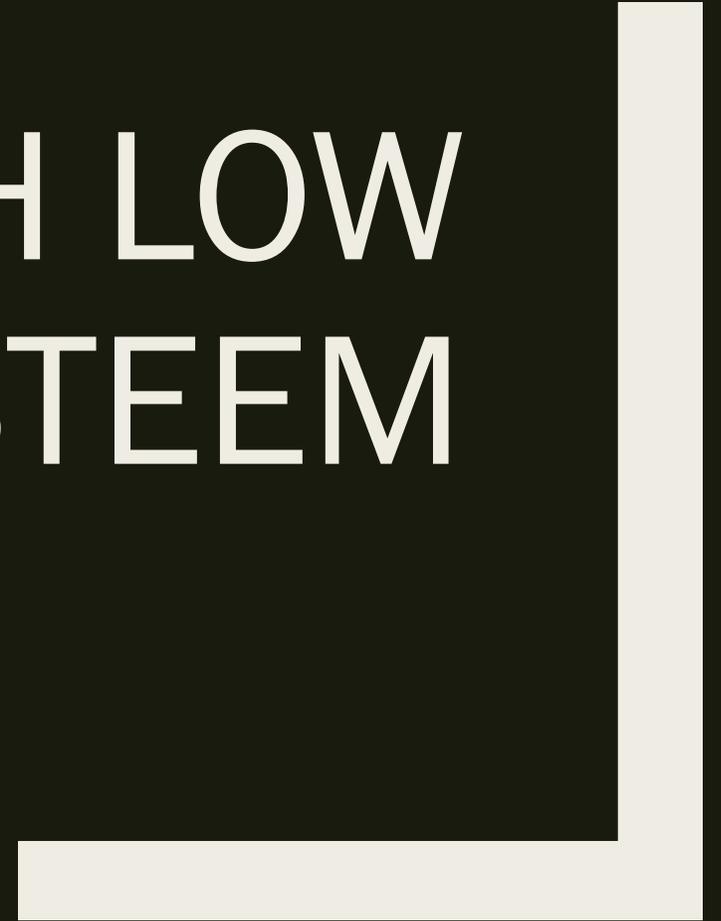


DEALING WITH LOW SELF-ESTEEM

Part 2



Outline

1

What is self-esteem?

- Is it synonymous with humility?

2

What leads us to developing low self-esteem?

3

What are some of the consequences of low self-esteem?

4

Developing healthy self-esteem

Consequences of Low Self-Esteem

- If I do not know my true value, then I may find value in things that cause me harm.
- Can cause problems with friendships and relationships
- Can seriously impair academic and job performance
- Increase vulnerability to drug and alcohol abuse

DEVELOPING A HEALTHY SELF-ESTEEM



1. Where does my value come from?



- “For when we were still without strength, in due time Christ died for the ungodly. 7 For scarcely for a righteous man will one die; yet perhaps for a good man someone would even dare to die.” (Rom. 5:6-7)
- “For God so loved the world that He gave His only begotten Son, that whoever believes in Him should not perish but have everlasting life.” (Jn. 3:16)

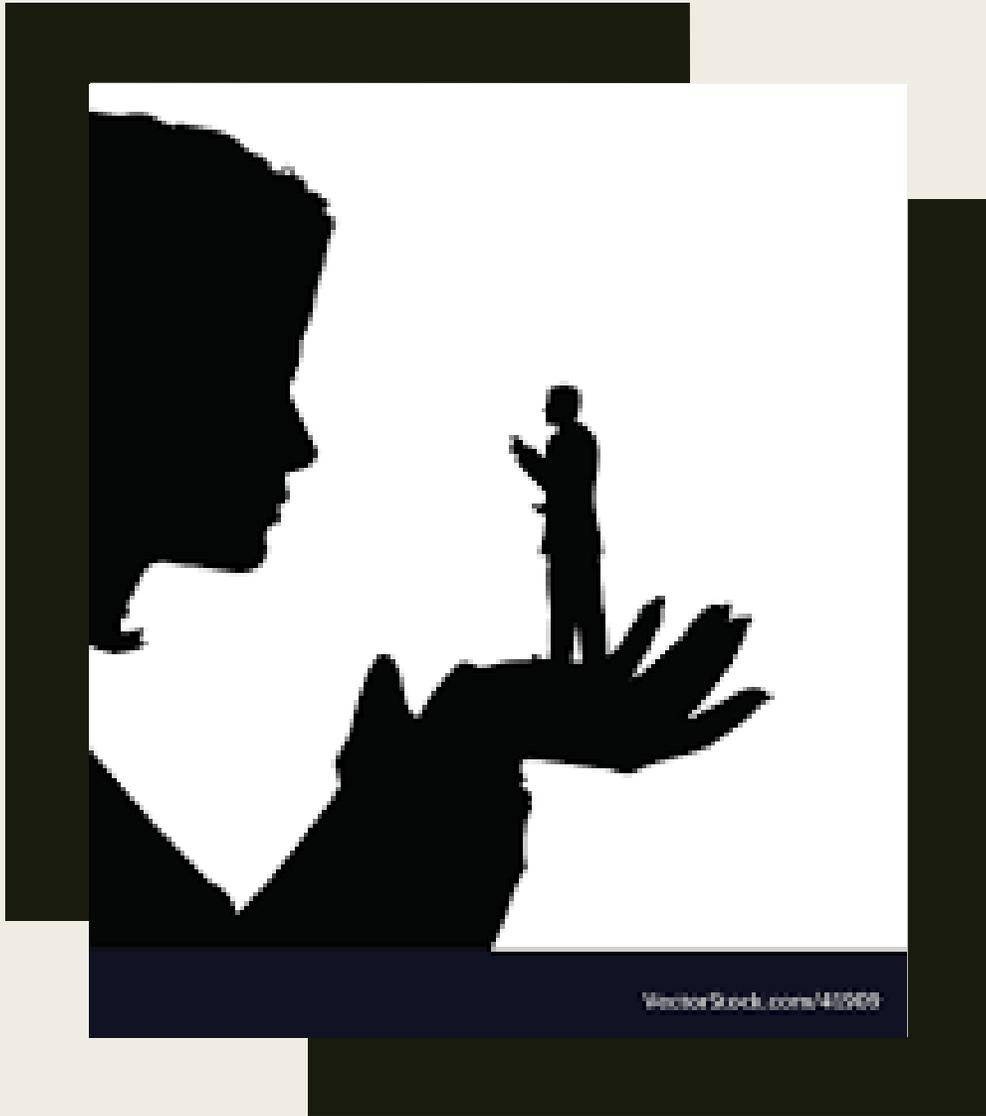
2. Consider how God honors humanity

- “To me, who am less than the least of all the saints, this grace was given, that I should preach among the Gentiles the unsearchable riches of Christ, 9 and to make all see what is the fellowship of the mystery, which from the beginning of the ages has been hidden in God who created all things through Jesus Christ; 10 to the intent that now the manifold wisdom of God might be made known by the church to the principalities and powers in the heavenly places...” (Eph. 3:8-10)
- “Do you not know that we shall judge angels? How much more, things that pertain to this life?” (1 Cor. 6:3)

3. Handle success and compliments with humility

- “But by the grace of God I am what I am...” (1 Cor. 15:10)
- “Imitate me, just as I also imitate Christ.” (1 Cor. 11:1)
- “This is a faithful saying and worthy of all acceptance, that Christ Jesus came into the world to save sinners, of whom I am chief.” (1 Tim. 1:15)





4. DO NOT
BELITTLE
YOURSELF

Positive elements to raise self- esteem in Children

Being praised

Being listened to

Being spoken to respectfully

Getting attention and hugs

Experiencing success in sports or school

Having trustworthy friends