

PROPER SELF-ESTEEM

Rom 12:3

INTRODUCTION:

- A. Man went to psychologist. Doc. asked purpose of visit, man said, "I'm suffering from inferiority complex." Doctor ran tests. Man waited for results. Finally, doctor calls man to clinic. "I have interesting news" "What's that?" Asked man. Doc says: "It's no complex, you are inferior."
- B. All jokes aside, let's study proper self-esteem.

DISCUSSION:

I. SELF-ESTEEM DEFINED.

- A. Many think its bad and associate with lack of humility, and think of as being egotistical or full of pride, not necessarily true. May be opposite. Those with low self-esteem may compensate by appearing to know everything and by acting in an arrogant way.
- B. Self-esteem simply how person feels about self. Proper self-evaluation can be much more difficult than one might think. 2Cor 13:5

II. TWO KINDS OF SELF-ESTEEM.

- A. Too high or too low, each with own symptoms.
 - 1. Think too highly of self. Over-inflated ego, think self something when nothing. Society teaches children they are special, unique, wonderful, don't teach responsibilities which make them such.
 - 2. Too low can't feel good about self; no self-confidence, worthless, inadequate; have trouble accepting compliments, accept or even apply derogatory labels to themselves: "Clumsy," or "Stupid." - feel inferior and become withdrawn, angry, or bitter.
- B. Sign on child's club house "No big-shots. No little-shots. Everyone is neutral."

III. CHRISTIANS SHOULD HAVE SELF-ESTEEM.

- A. God cares if we have healthy self-concept? He Created us in His image Gen 1:26 makes worth much
- B. Self-esteem affects feelings toward self and others.
 - 1. Drawing confidence from God, won't see self as perfect or great, but special in God's sight.
 - 2. Low esteem does not see self as God does - full of self-pity, fear criticism, and never use his talents.
- C. Our self-esteem affects our home.
 - 1. Christian builds proper esteem in family members.
 - 2. After describing the worthy woman and all her qualities, Prov 31 closes with these words Prov 31:28-31
- D. Our self-esteem affects our work in the Lord
 - 1. Low self-esteem: less likely to teach or take part in discussion – may have ability to teach or lead singing, but keeps from duty
 - 2. Our self-esteem affects our teaching to the lost.
 - a. Low esteem don't do personal work fear rejection
 - b. Low self-esteem may shy away from all religious discussions - fear unable to defend their beliefs.

- E. Improving self-esteem improves our ability to serve the Lord. (not "cocky" or "know-it-all", but a desire to serve according to ability)

IV. HOW CAN WE DEVELOP PROPER SELF-ESTEEM?

- A. Proper emphasis on physical appearance.
 - 1. World places great value on physical appearance.
 - 2. Low self-esteem from perceived lack of attractiveness.
 - 3. Physical change makes us feel better about self; but proper understanding of true beauty is more important. 1Sam 16:7
- B. Deal with guilt in the proper way. Rom 3:23
 - 1. All feel guilty for sins or responsibility we shirk; don't measure up
 - 2. Guilt can be healthy emotion if causes repentance; but becomes problem if allowed to stay
 - 3. Sins of which we haven't repented, or if we have repented but can't forget, cause low self-esteem.
 - 4. Overcoming Guilt: stop sinning; repent; confess specifically. Acknowledge God's forgiveness; Learn to forgive self and others; Don't dwell on past.
- C. Work to overcome worry and fear.
 - 1. Anxiety & fear can make physically sick and others sick of us.
 - 2. These are extreme, negative emotions; and reflect not only lack of faith in self, but also in God.
 - 3. Conquer fear and anxiety: by meditating on God's word. Psa 1:2-3; 119:97-105
 - 4. God's word gives comfort and strength; pray about anxieties and fears. Phil 4:6-7; 1Pet 5:7; count blessings 1Thess. 5:18; put kingdom of God first. Matt. 6:33
- D. Handle criticism properly. May have low self-esteem because we fear criticism.
 - 1. Is it just or helpful? Psa 141:5; Prov. 9:8-9; Eccl. 7:5
 - 2. Avoid reacting emotionally; consider the facts.
- E. Work at being happy rather than complaining.
 - 1. Society full of murmurers and complainers Phil. 2:14
 - 2. God wants us happy. "rejoice" 192 times in Scripture "mourn" 44 times. This ought to tell us something.
 - 3. Although sometimes mourning is better Eccl 7:2
 - 4. Happiness a choice. Can be happy or sad. To enjoy life is great gift from God. Eccl. 3:12-13; 5:18-20 (article on attitude)

CONCLUSION:

- A. What is the best way to have proper self-esteem?
- B. Only a life based on serving God provides a lasting, real sense of self-worth.
- C. The Scriptures will give us a true picture of who we are, who we ought to be, and with God's help, who we can become.
- D. Why not become a servant of God today

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ATTITUDE

The 92-year-old, petite, well-poised and proud lady, who is fully dressed each morning by eight o'clock, with her hair fashionably coifed and makeup perfectly applied, even though she is legally blind, moved to a nursing home today.

Her husband of 70 years recently passed away, making the move necessary. After many hours of waiting patiently in the lobby of the nursing home, she smiled sweetly when told her room was ready.

As she maneuvered her walker to the elevator, I provided a visual description of her tiny room, including the eyelet sheets that had been hung on her window.

"I love it," she stated with the enthusiasm of an eight-year-old having just been presented with a new puppy. "Mrs. Jones, you haven't seen the room just wait." "That doesn't have anything to do with it," she replied. "Happiness is something you decide on ahead of time. Whether I like my room or not doesn't depend on how the furniture is arranged... it's how I arrange my mind."

"I already decided to love it ... It's a decision I make every morning when I wake up. I have a choice; I can spend the day in bed recounting the difficulty I have with the parts of my body that no longer work, or get out of bed and be thankful for the ones that do."

"Each day is a gift, and as long as my eyes open I'll focus on the new day and all the happy memories I've stored away ... just for this time in my life. Old age is like a bank account ... you withdraw from what you've put in .. So, my advice to you would be to deposit a lot of happiness in the bank account of memories. Thank you for your part in filling my Memory bank. I am still depositing."