

**Biblical View of Self-Esteem**  
Pastor Ben Joseph • July 14, 2024

**1. What is self-image or self-esteem?**

- The way we look and feel about ourselves.
- It is the way we perceive ourselves and believe others perceive us.
- Personal judgment of worth an individual hold towards themselves.
- “It is the picture that hangs in the gallery of your mind.”

**2. What contributes to our self-esteem?**

**3. What are the symptoms of low self-esteem?**

- Feel unhappy and critical of themselves.
- Downplays their positive qualities.
- Judge themselves to be inferior to their peers.
- Uses negative words to describe themselves.
- Become too sensitive about everything.
- You become a people pleaser and you do things you don’t want to do to please others.

**4. What are some things people find their value in?**

- Jeremiah 9:23-24: “This is what the LORD says: “Let not the wise take confidence in their wisdom or the strong take confidence in their strength or the rich take confidence in their riches but let the one who takes confidence take confidence in this; that they have the understanding to know me.”
- It is only in the knowledge of God one finds a healthy self-esteem.
- God wants us to have a healthy self-image, not one that is inflated, nor an ego based on false humility: “Do not think of yourselves more highly than you ought to, but rather think of yourself with sober judgment, in accordance with the faith God has distributed to each of you.” (Romans 12:3)

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### 5. Why a healthy self-image is critical?

- It is the foundation of a productive life.
- It is key to our relationship with God.
- It is key to our relationship with others.

### 6. What is the Biblical recipe for a healthy self-image?

- A healthy self-image must begin with seeing ourselves NOT from a horizontal perspective RATHER from a vertical one—How does God sees me?

#### A. My God given IDENTITY defines my worth:

- Psalms 139:13-16
- You are fearfully and wonderfully made; a limited edition of God's amazing handiwork; you are one of a kind and therefore you don't need to be like anyone else to fit into this complex world.
- Through faith in Christ, I am loved beyond measures, totally forgiven and fully accepted by God—No guilt or shame!

#### B. My God given PURPOSE determines my worth:

#### C. My God given DESTINY declares my worth:

- 1 Peter 1:3-4: "Praise be to the God and Father of our Lord Jesus Christ! In His great mercy He has given us new birth into a living hope through the resurrection of Jesus Christ from the dead, and into an inheritance that can never perish, spoil or fade—kept in heaven for you."

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