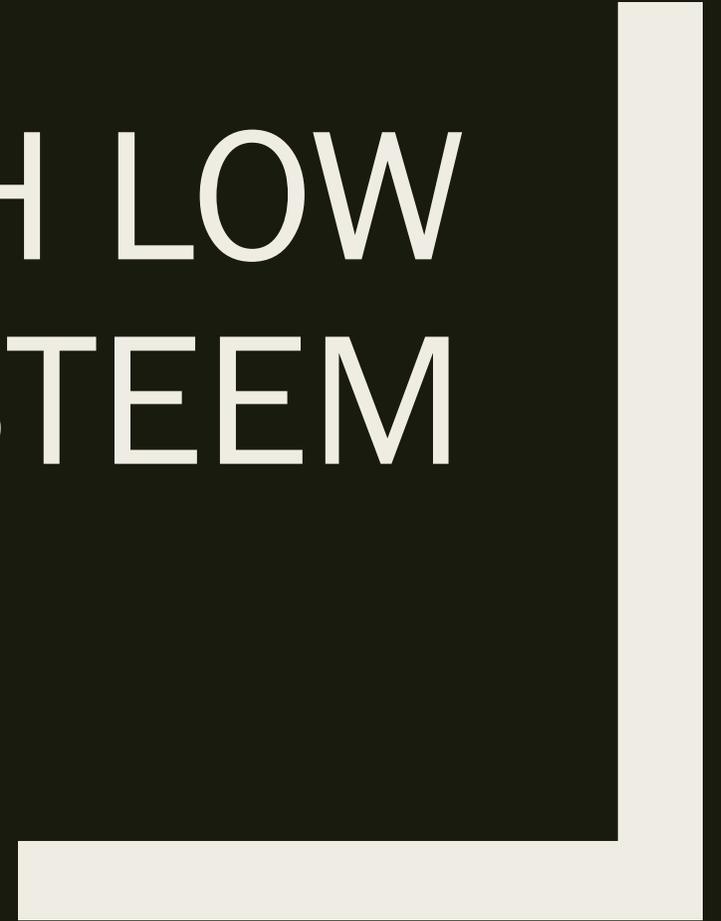




“There is a lad here who has five barley loaves and two small fish, but what are they among so many?” – John 6:9

DEALING WITH LOW SELF-ESTEEM



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

Outline



What is self-esteem?

- The way we perceive or value ourselves
- There are 3 types:
 - *Inflated self-esteem*
 - *High self-esteem*
 - *Low self-esteem*

What is self-esteem?

- How we see ourselves is the foundation by which we see everything else
- “Keep your heart with all diligence, for out of it spring the issues of life.”
(Prov. 4:23)





Is low self-esteem synonymous with humility?

Humility – lowering of oneself in relation to others; or having a clear perspective of their place in context

EX: Moses

But he said, “O my Lord, please send by the hand of whomever else You may send.” So the anger of the LORD was kindled against Moses...”

(Ex. 4:13-14)



Is low self-esteem synonymous with humility?

“For I am the least of the apostles, who am not worthy to be called an apostle, because I persecuted the church of God. **But by the grace of God I am what I am,** and His grace toward me was not in vain; but I labored more abundantly than they all, yet not I, but the grace of God which was with me. Therefore, whether it was I or they, so we preach and so you believed.” (1 Cor. 15:9-11)

What lead us
to develop
low self-
esteem?

Disapproval from authority figures
or parents

Emotionally distant parents

Physical or emotional abuse

Contentious divorce between
parents

Bullying with no parent protection

What lead us
to develop
low self-
esteem?

Academic difficulties

Guilt associated with faith

Social beauty standards

Unrealistic goal setting