

## Seven Truths about Self-Esteem

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**(Matthew 13:20)** But he who received the seed on stony places, this is he who hears the word and immediately receives it with joy;

**(Matthew 13:21)** yet he has no root in himself, but endures only for a while. For when tribulation or persecution arises because of the word, immediately he stumbles.

Your self-concept tends to be your destiny.

You need to have **strong confident** in life. That is **not** the same as arrogant and pride.

God wants us to be confident.

**(Acts 28:31)** preaching the kingdom of God and teaching the things which concern the Lord Jesus Christ with all confidence, no one forbidding him.

**(Hebrews 10:35)** Therefore do not cast away your confidence, which has great reward.

**(1 John 2:28)** And now, little children, abide in Him, that when He appears, we may have confidence and not be ashamed before Him at His coming.

**(1 John 5:14)** Now this is the confidence that we have in Him, that if we ask anything according to His will, He hears us.

Whatever you asked in His name, it will come to pass. The above Bible verse states it.

You need to build on your self-esteem!

### Seven truths about self-esteem.

#### 1. Humility is not same as humiliation.

The ability to recognize that we are created by God. That you and me are not perfect but we still God's children.

Humility is to accept your own strength and weakness.

Humiliation makes you feel bad and worthless.

You cannot confuse humility and humiliation.

#### 2. Putting off the sinful nature is not the same as putting yourself down.

(**Ephesians 4:22**) that you put off, concerning your former conduct, the old man which grows corrupt according to the deceitful lusts,

(**Ephesians 4:23**) and be renewed in the spirit of your mind,

(**Ephesians 4:24**) and that you put on the new man which was created according to God, in true righteousness and holiness.

Holiness is not a state but a **state of mind**.

Put off the old man and put on the new man.

“Putting off” is not the same as “Putting down”. *Why?*

Just because you stumble and fall doesn't mean you are condemn. Just because you are weak does not means you are a worm.

Putting yourself down will eventually destroy you.

### **3. Self-denial is not the same as self-degradation.**

Denial is the willingness to set aside the sinful and selfish desires in your life.

(**Galatians 2:20**) I have been crucified with Christ; it is no longer I who live, but Christ lives in me; and the life which I now live in the flesh I live by faith in the Son of God, who loved me and gave Himself for me.

When you trust God fully, your life will automatically build up.

If you want your career to do well, serve in church. Because when you learn in church will be the best tools to be use in the marketplace.

### **4. Unworthiness is not the same as worthlessness.**

You may be unworthy does not means you are worthless.

It is in God's eyes that you are worthy.

You are worth so much that Jesus sacrifice for you on the cross.

Do not fail to recognize the incredible value.

Why things prosper is because you place value on it.

### **5. Self-love is not the same selfishness.**

**(Philippians 2:4)** Let each of you look out not only for his own interests, but also for the interests of others.

**(Ephesians 5:28)** So husbands ought to love their own wives as their own bodies; he who loves his wife loves himself.

It is not wrong to love yourself. Notice that Bible took it for granted that if you cannot love yourself, you cannot love others.

So for goodness sake, stop saying you are not good enough!

Love yourself and you will start loving people.

#### **6. Self-affirmation is not the same as self-conceitedness.**

Self-conceitedness is excessive pride.

To say *"I can!"* is affirmation. To say *"I'm great!"* is conceitedness.

To down play and exercising your talents, you are basically robbing others.

#### **7. Self-awareness is not the same as self-absorption.**

You need to be aware of who and what. If not how do you be responsible and constructive?

Self-absorption is overly concern about nothing. Finding it difficult to relate and communicate with others.

Self-absorption will make you unable to relate to people and becomes immature

#### **Conclusion ...**

Tell yourself, *"From today onwards ..."*

*"I will not humiliate and shame myself."*

*"I will not put myself down."*

*"I will not think of myself as unworthy."*

*"I can love myself without being selfish."*

*"I can self-affirm myself."*

*"I can be aware of my own feelings."*

There must be at least one area about that involves you. Because you are not perfect!

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Sermon taken from <http://www.bryanchung.sg>

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