

Discovering Your Spirit

Developing a Healthy Self-Esteem

I. Self- Esteem?

- A) What is it ?- A feeling of acceptance, of having worth, of being approved of.
- B) How is it developed? – We develop our self worth from our perception of how others feel about us.
 - 1) 1 John 2:15
 - 2) “World”- The basis of acceptance which produces our values system.
 - 3) We must make a choice- either our self worth comes from God or the world. We will never really receive God’s unconditional love, unless we die to the world’s form of conditional acceptance.

II. Discovering Godly Self-Esteem

- A) Worldly self esteem
 - 1) Do I compare myself with others? (II Cor. 10:12)
 - 2) Do I feel accepted on the basis of possessions? (1 Chron. 21)
 - 3) Is what I do more important then who I am. (Math. 23: 1-7)
- B) Benefit of having Godly Self- Esteem
 - 1) Power instead of Fear (II Tim. 1:7)
 - 2) Freedom instead of Expectation (Gal. 2:20)
 - 3) Rest instead of Weariness (Matt. 11:28)
 - 4) Confidence instead of doubt (Rom. 8:38)

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