

“Spirituality and Self Esteem”

Matt. 11:28-30

Introduction

- I. Many, including myself, have problems in their lives due to low self esteem.
- II. The Bible shows us reasons that as we grow more spiritually, so should our self esteem.

Discussion

- I. Why should the Christian have good self esteem?
 - A. We are physically and spiritually offspring of God (Gen. 1:26-27; 1 John 3:1-2; “God didn't make no junk!”)
 - B. As a part of mankind, we have dominion over the animals of the world (Gen. 1:28).
 - C. What has God done for me (John 3:16; 1 John 4:10; Rom. 5:8; Titus 3:5)?
 - D. What is God still doing for me (1 John 1:9-2:2; Heb. 13:5-6)?
 - E. Help self and others (Phil. 4:11-13; 1:6; 2:12-13).
- II. How to develop better self esteem.
 - A. Focus on your strengths instead of your weaknesses [every one of us has weaknesses and strengths] (2 Cor. 12:9-10).
 - B. I can instead of I cannot (Phil. 4:13).
 - C. Have realistic goals (Phil. 3:11-15).
 - D. Desire to be more like faithful members (1 Cor. 11:1).
 - E. Do not always speak negatively about yourself (1 Tim. 1:12-14; it is said that it takes 20 positive statements about self to counteract 1 negative statement).

Conclusion

- I. God wants us to grow spiritually (2 Pet. 3:18).
- II. We must not allow low self esteem to keep us from being what God wants us to be!