

## Dealing with Our Self-Esteem

**I am my Beloved's, and His desire is toward me.**

**Song of Solomon 7:10**

It is impossible to love ourselves in a healthy way without knowing God's love for us through the word of God, because we have to fight through wrong thinking from our past in order to really believe God loves us.

Our biggest battle with building the right self-esteem is:

1) Fighting an invisible enemy called the devil. He seeks to tell us lies ALL DAY LONG, so we can reject how God really feels about us. His lies are against what God says about you. All to get you to make poor choices for your self worth. He told Eve *God hath not said you should not eat the tree of knowledge of good and evil*. God is trying to keep good things away from you. God doesn't want to see you happy.

The second biggest battle with building our self-esteem is 2) Fighting our self-centered sin nature. This is a selfish tendency to make choices about feeling good for our lives away from God's Word. Ultimately, we then seek unhealthy relationships that reinforce our low self-esteem.

THE STEPS TO BUILDING HEALTHY SELF ESTEEM:

1. Admit and be honest I need help. Sometimes it's hard to be honest with ourselves and really ask for help. Admit you cannot find real self-happiness on your own. This means getting so fed up and desperate enough you are willing to listen to what God's Word and Spirit says about you. This means making time to learn God's love and attitude towards you.
2. Accept by faith God's Word about you is the highest opinion above all others

**Romans 3:4** King James Version (KJV)

**4 God forbid: yea, let God be true, but every man a liar; as it is written.**

**Song of Solomon 1:15,**

**I am black, but comely, O ye daughters of Jerusalem, as the tents of Kedar, as the curtains of Solomon.**

This means even though this woman was dark and not looked upon as someone special God saw her as altogether lovely. She was the apple of his eye. God wants you to start saying this about yourself. I may have flaws and faults. I may have made poor choices with my life, but God sees me as His beloved.

**Jeremiah 29:11** King James Version (KJV)

**11 For I know the thoughts that I think toward you, saith the Lord, thoughts of peace, and not of evil, to give you an expected end.**

We must begin today to reject the core inner conversations we are having with ourselves and accept God's attitude

towards us. This improves our self-esteem. We receive the holy ghost and operate his love we will increase our self-esteem. But we must accept God's Word as the true opinion of ourselves before our parents and even spouse or children.

**John 6:37**

**All that the Father gives me will come to me, and whoever comes to me I will never cast out.**

**Jeremiah 31:3**

**the Lord appeared to him[a] from far away. I have loved you with an everlasting love; therefore I have continued my faithfulness to you.**

**Ezek. 16:2-14**

**And as for thy nativity, in the day thou wast born thy navel was not cut, neither wast thou washed in water to supple thee; thou wast not salted at all, nor swaddled at all. 5 None eye pitied thee, to do any of these unto thee, to have compassion upon thee; but thou wast cast out in the open field, to the lothing of thy person, in the day that thou wast born. 6 And when I passed by thee, and saw thee polluted in thine own blood, I said unto thee when thou wast in thy blood, Live; yea, I said unto thee when thou wast in thy blood, Live. 7 I have caused thee to multiply as the bud of the field, and thou hast increased and waxen great, and thou art come to excellent ornaments: thy breasts are fashioned, and thine hair is grown, whereas thou wast naked and bare. 8 Now when I passed by thee, and looked upon thee, behold, thy time was the time of love; and I spread my skirt over thee, and covered thy nakedness: yea, I swear unto thee, and entered into a covenant with thee, saith the Lord God, and thou becamest mine. 9 Then washed I thee with water; yea, I thoroughly washed away thy blood from thee, and I anointed thee with oil. 10 I clothed thee also with broidered work, and shod thee with badgers' skin, and I girded thee about with fine linen, and I covered thee with silk. 11 I decked thee also with ornaments, and I put bracelets upon thy hands, and a chain on thy neck. 12 And I put a jewel on thy forehead, and earrings in thine ears, and a beautiful crown upon thine head. Thus, wast thou decked with gold and silver; and thy raiment was of fine linen, and silk, and broidered work; thou didst eat fine flour, and honey, and oil: and thou wast exceeding beautiful, and thou didst prosper into a kingdom. 14 And thy renown went forth among the heathen for thy beauty: for it was perfect through my comeliness, which I had put upon thee, saith the Lord God.**

The third step to building self-esteem is to act on what God is saying about you. We do this with thanksgiving back to God. We do this by ignoring and giving no attention to the thoughts and feelings that attack us to behave a certain way. You ignore the devil. We do this by acting out God's self-esteem for us in our relationships with others and ourselves. Be willing to forgive yourself. Be willing to stop being self-critical. Be willing to stop being an enabler with people who seek to control you. Stop seeking affirmation from people you admire in order to feel good about yourself.

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