Christ Centered Self Esteem

What lies behind us and what lies before us are tiny matters compared to what lies within us.” Ralph Waldo Emerson

A workshop presented by Charles R. Gerber, MA

From the book Christ Centered Self Esteem by Charles Gerber

# Lesson 1: What is Self Esteem? What is Low Self-Esteem?

“Self Esteem cannot be sought as an end in itself, but must come as a by-product of meeting standard of excellence… taking pride in work, supporting a family, bringing up decent children, learning about life and imparting that wisdom.” – Aaron Wildavsky

Is this statement correct? Should it be?

## Our Value to God

John 10:17-18 1 Corinthians 6:19-20

What does the word esteem mean as used in the Bible?

Isaiah 66:2 Daniel 9:23; 10:11.

Esteem in the Hebrew here *hashab* is defined, “to think or account, value or regard”.

## Doctrine of the Devil

John 10:10 3 goals of the thief

1 Timothy 4:1 teaching of the devil

John 8:44 lair

Good self-esteem is not the same as:

1 conceit Romans 11:25 Romans 12:16

2 self-love 2 Timothy 3:1-4 Lev 19:18

3 pride Jer 49:16

4 arrogance 1 Sam 15:23

It is interesting to realize that the word personality comes from a Latin word meaning mask. This being true, can esteem also be masked? Proverbs 21:29

One of the masks, or facades or esteem is what? This emotion resides where? Jeremiah 49:16

Who fell because of this emotion?

Lucifer Isaiah 14:11-15

King Herod Acts 12:21-25

King David 2 Samuel 11:1-5

King Saul 1 Samuel 13:1-14; 15:1-9,17-21

The Bible speaks a lot about pride and arrogance. Proverbs 8:13; 16:18; 26:2; 28:25-26; Jeremiah 17:5-8; Isaiah 5:21; Job 48:12; Psalms 119:21; 2 Corinthians 10:17-18

“Self-concept” is defined as *perception of personal worth*

False self-esteem can be gained through what kinds of behaviors?

Psalm 66:18 Loving and doing sinful behavior

Isaiah 32:5 predicts an end of false self-esteem

Many define self-esteem as “feelings of worth based on their skills, accomplishments, status, financial resources, or appearance.” This kind of self-esteem can lead a person to feel independent and prideful and to indulge in self-worship, which dulls our desire for God. [James 4:6](http://biblia.com/bible/esv/James%204.6) tells us that “God opposes the proud but gives grace to the humble.” If we only trust in our earthly resources, we will inevitably be left with a sense of worth based on pride. Jesus told us, “You also, when you have done everything you were told to do, should say, ‘We are unworthy servants; we have only done our duty’” ([Luke 17:10](http://biblia.com/bible/esv/Luke%2017.10)).

Esteem often comes from the opinions of others. What does the bible say about reputation?

Proverbs 22:1 Ecclesiastes 7:1 Daniel 6:4

Acts 16:2 Luke 6:26 James 4:4

Accurate Biblical self-esteem is built on knowing:

Who you are

Whose you are

What you are worth to God?