# Lesson 2: In what ways do we build our self-esteem?

There appears to be four major ingredients that people build their self-esteem on. These four things are:

* How People Treat Us Matthew 10:22 Esther 2:7
* People Verbal Opinion I Samuel 17:7-9 Luke 6:26
* Comparison of Ourselves to the Media
* Our Opinions of Ourselves Proverbs 23:7

Esther 10:3; Nehemiah 2:16

Psalm 12:5-7

Romans 12:5

Compare the characters of Haman, Nehemiah, and Zacchaeus:

How People Treated Him I What God Told Him to Accomplish I Relationship with Christ

What is wrong with building your esteem on these four areas?

* Assuming people are correct in their assessment
* Esteem will never be stable
* Good self esteem will become equal to acceptance by others

Building self-esteem on wrong things leads to:

Being swayed by peer pressure Rom 16:18

 EX. King Saul I Sam 15:24-25

Valuing opinions, making criticism difficult Ps 22:6-7 Gal 1:10

 Ex. Jesus, King David

Missing the blessings of fellowship with Jesus

 Ex. Pharisees Matt 7:29

## What does the Bible teach about appearance?

Eccl 3:10

1 Samuel 16:7

1 Peter 3:3-4

2 Cor 4:18

Galatians 2:6 “But from those who seemed to be something—whatever they were, it makes no difference to me; God shows personal favoritism to no man—for those who seemed to be something added nothing to me” <http://versebyversecommentary.com/galatians/galatians-26/>

Who loves appearance esteem? Why?

Building self-esteem on accomplishments, abilities, appearance, and relations is dangerous because:

1 you will change

2 standards will change

3 it’s superficial

There are three "internal images” that people have about themselves. They are:

1. Ideal Self

2. Perceived Self

3. Actual Self

What happens when these two images don't match up?

Two types of “worldy” self-esteem

* Performance-Based Isaiah 28:9-10 Luke 12:15
* Possession-Based Matt 6:19-21 Hebrews 10:34, 11:16

God’s esteems does not come from performance Romans 5:6-8

There appears to be several levels of self assessment between the Ideal Self and the Actual Self. It is probably most pronounced when it comes to \_\_\_\_\_\_\_

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When people are asked to describe themselves they usually being with what aspect of their lives?

What does the Bible say about appearance-based self-esteem?

Warning John 7:24 Galatians 2:6

Pharisees Luke 11:44

Instructions 1 Samual 16:7 John 7:24

Origins 1 Peter 3:3-4 Romans 7:22