# Lesson 3: Why Satan likes Low Self-Esteem

The major reason Satan likes low self-esteem is because it becomes \_\_\_\_\_\_\_\_\_\_\_\_\_

In 1997, 1985, and 1979 Psychology today surveyed people about their body image. Thomas Cash and others made some interesting comparisons. The 1997 Psychology Today Body Image Survey shows there's more discontent with the shape of our bodies than ever before. Fifty-six percent of women say they are dissatisfied with their overall appearance. Men as a group are more satisfied with their appearance, although the number who are tormented about their weight and shape appears to be growing.

Source: <https://www.psychologytoday.com/articles/199702/survey-says-body-image-poll-results>

Why can a person look at the Grand Canyon and be amazed, look at the Rocky Mountains and be in awe, but look in the mirror and thing that what they see is disgusting?

What prompts a person to become self-abasing?

* Ezra 9:5
* Colossians 2:18, 23

There were many times Jesus could have put himself down, but he never did.

* John 6:25-71
* Luke 18:18-34
* Mark 8:22-26

Paul writes in Ephesians 5:1-2 “Therefore be imitators of God, as beloved children. 2 And walk in love, as Christ loved us and gave himself up for us, a fragrant offering and sacrifice to God.“ does this mean we should not criticize ourselves?

## What frequently happens to esteem?

Do you see yourself the same way today as you did five years ago? Bob George writes, “All of us carry the scars of past experiences. Just think of kids on the school playground, about how unkind they are to each other.” Source: <http://bobgeorge.net/>

What does I Corinthians 13:11 state about this?

In childhood there are four emotions people can experience that can lower self-esteem.

Isaiah 54:4 states what these four attacks are:

1

2

3

4

*Isaiah 54:4New International Version (NIV)*

*4 “Do not be afraid; you will not be put to shame.*

*Do not fear disgrace; you will not be humiliated.*

*You will forget the shame of your youth*

*and remember no more the reproach of your widowhood.*

In childhood people usually have had their esteem stepped on, or have experienced “step-on” esteem

* Proverbs 17:2
* Luke 14:7-11; 18:9-14
* 1 Samuel 1:3-7

William Arthur ward said, “The only time to look down on those is when you’re helping them up.” Do you agree with this statement?

Why are people “Jesus” to others, but not Jesus to themselves?

St. Francis De Sales said, “Be patient with everyone, but above all with yourself.” If we could follow this motto, we would have a better world. Why is it so difficult to follow this idea?

Did you ever recognize that people might be jealous of you and this is why they made fun of you?

What are two reasons for jealousy? Genesis 30:1 and 37:11

What about Joseph and his brothers? Acts 7:9

Why is it difficult to realize people are envious and jealous of us?

Envy: Greek work “Phthonos” Meaning a desire aroused to possess something we do not have but another person has. It does not have to be material possessions. It can be relationships, popularity, success, etc. The Bible speaks a lot about envy:

Galatians 5:26

Matthew 27:18

Mark 15:10

Romans 1:29

Galatians 5:21

Philippians 1:15

1 Timothy 6:4

Titus 3:3

I Peter

James 3:4, 16

Proverbs 3:31, 14-36, 23: 17-18, 24:1

Ecclesiastes 4:4

How do most people receive compliments?

Proverbs 17:11, 24:8

What happens when people hear you insult yourself?

Isaiah 43:21 states that God made man that he may declare His praise. How is insulting yourself doing the opposite of this command? Who are you insulting when you insult yourself?

How does 2 Corinthians 10:5 relate to “self-insulting” statements?

Why do people frequently insult themselves before others do?

If people saw you the same way that you see yourself what would happen?

Genesis 1:27 states that we were made in the image of God. What are some of the ways that we are like God?

Do you ever see yourself the way that God does? Isaiah 55:8-9

Why or why not? 2 Corinthians 4:4

What three questions must we be able to answer to build our esteem?

1 Samuel 17: 32-37

Psalm 100:3; 1 Corinthians 6:15, 19

Judges 6:16; Psalm 46:5, 7, 11; 118: 6-7; Isaiah 43: 2, 5; Zephaniah 3: 15

Is it irrational to believe that the way we see ourselves is the way that we really are?

2 Corinthians 4:4 state that the God of this age has blinded the mind of unbelievers. Can he blind believers’ minds as well? Can He blind their mind so they cannot see their worth?

Why do people believe a negative over a positive?

If we like ourselves what might that be called by the world?

Is a good Biblical self-esteem important in evangelism?

Is a good Biblical self-esteem important to God being able to use us for His purpose?

Six effects of low esteem that Satan really enjoys

1. paralyzes potential Numbers 13:31

2 . restricts future goals Proverbs 2 9 : 18 (KJV)

3. ruins relationships 1 John 4:18

4. sabotages service Deut 1:26; Numbers 13:33

5. become what you see Proverbs 23:7

6. can be generational Ezekiel 16:44, Exodus 20:4; Jer 13:23

6. ruins witness Acts 1:8; Isaiah 43:10-12

Three Frequent Signs of Low Self-Esteem Ecc 5:17

1. Great frustration
2. Affliction
3. Anger

### Eight other reasons for low esteem

1. Painful Past Isaiah 43:18; 43:18; Philippians 3:13

What kind of events lower one's esteem?

2. Fear of Others Being Better than us

Numbers 14:9; Job 13:3; 13:2

3. Childhood Events 1 Corinthians 13:11

4. Sin and Guilt Ezekiel 20:43; 6:9

Luke 15 Prodigal Son; Gen 3:7,10 Adam and Eve

5. Faulty Theology Romans 12:3; Matthew 5:5; Philippians 2:3-4;

Ezra 9:5; Isaiah 57:15; Leviticus 11:45; 19:2; Ephesians 5:1

6. Satan and His Lies John 8:44-45; 1 Tim 4:1; 1 Peter 5:8; 2 Cor 4:4; Dan 7:25

7. What we Watch Listen To and Read

Prov 4:23; Matt 6:22-23

8. People We are Around Prov 22:24-25 Deut 20:8; 1 Cor 15:33; Prov 12:26

High Esteem has been linked to strong disciplinary parents (Ezekiel 16:44) who are not harsh, and who have a strong love for their children. Consider Esau Genesis 27:34ff