

• *BUILDING SELF ESTEEM*

*How we see ourselves verse who GOD
really says we are*

Wednesday November 29, 2023



WHAT MATTERS MOST
IS HOW YOU SEE YOURSELF.




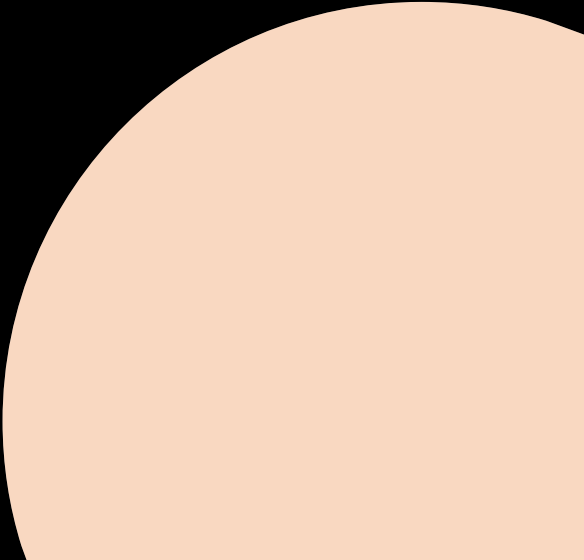



- *TONIGHT, WE WILL LOOK AT*
- *BUILDING SELF ESTEEM*
- *SELF ESTEEM DEFINED*
- *LOW SELF ESTEEM DEFINED*
- *LOW SELF ESTEEM CHART*
- *PSYCHOLOGY TOOLS – WHAT IT'S LIKE*
- *SCRIPTURES ON SELF ESTEEM*



Self Esteem *World's definition*

Self-esteem is how we value and perceive ourselves. It's based on our opinions and beliefs about ourselves, which can feel difficult to change. We might also think of this as self-confidence.





Low Self Esteem

Low self-esteem is when someone lacks confidence about who they are and what they can do. They often feel incompetent, unloved, or inadequate. People who struggle with low self-esteem are consistently afraid about making mistakes or letting other people down





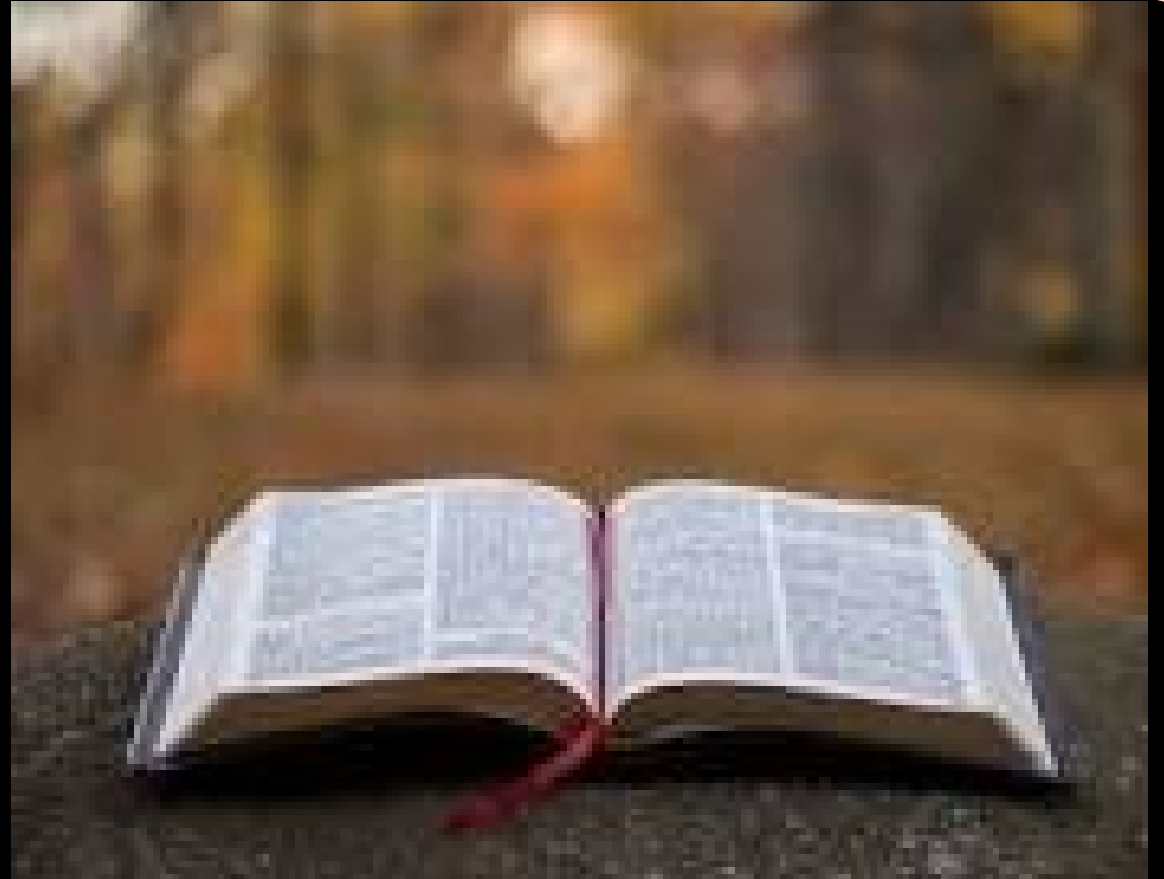




Self Esteem *Brother Murphy's* *definition*

Self-esteem is really having the belief that I am exactly who God says I am. And to also have the confidence to know that I am who God says that I am. I am no better or worse than another person in the site of God.

*what does
GOD's word
say about us*



We Were Created In The Image Of God

- *Genesis 1:26-27*
- *26 Then God said, "Let Us make man in Our image, according to Our likeness; let them have dominion over the fish of the sea, over the birds of the air, and over the cattle, over all the earth and over every creeping thing that creeps on the earth."*
- *27 So God created man in His own image; in the image of God He created him; male and female He created them.*

Exodus 4:10-11

“And Moses said unto the LORD, O my Lord, I am not eloquent, neither heretofore, nor since thou hast spoken unto thy servant: but I am slow of speech, and of a slow tongue.”

“And the LORD said unto him, Who hath made man's mouth? or who maketh the dumb, or deaf, or the seeing, or the blind? have not I the LORD?”

Joshua 1:9

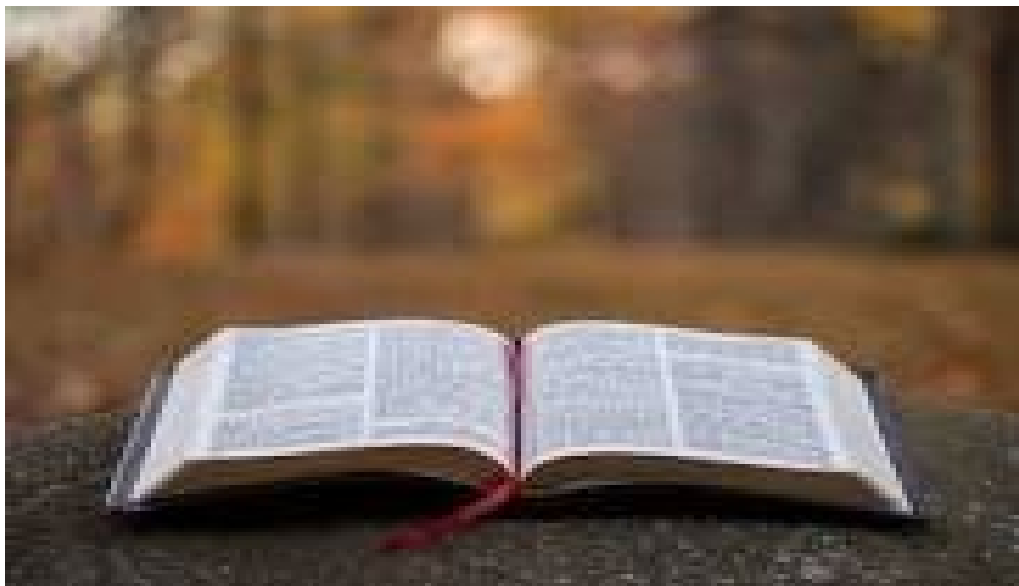
“Have not I commanded thee? Be strong and of a good courage; be not afraid, neither be thou dismayed: for the LORD thy God is with thee whithersoever thou goest.”



Psalms 18:29

*29. With your help I can advance against a
troop; with my God I can scale a wall.*

PSALMS 139:13-14 (NIV)-David's praying to God



- For you created my inmost being; you knit me together in my mother's womb.*
- “I will praise thee; for I am fearfully and wonderfully made: marvellous are thy works; and that my soul knoweth right well.”*

- *You Are Chosen, Royal, Holy, And Special*
- *I Peter 2:9*
- *But you are a chosen generation, a royal priesthood, a holy nation, His own special people, that you may proclaim the praises of Him who called you out of darkness into His marvelous light;*
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ISAIAH 41:10 KJV

• “Fear thou not; for I am with thee: be not dismayed; for I am thy God: I will strengthen thee; yea, I will help thee; yea, I will uphold thee with the right hand of my righteousness.”

*Before God Allowed us into this world, he
knew us*

Jeremiah 1:5

*“Before I formed thee in the belly I knew thee; and
before thou camest forth out of the womb I sanctified
thee, and I ordained thee a prophet unto the nations.”*



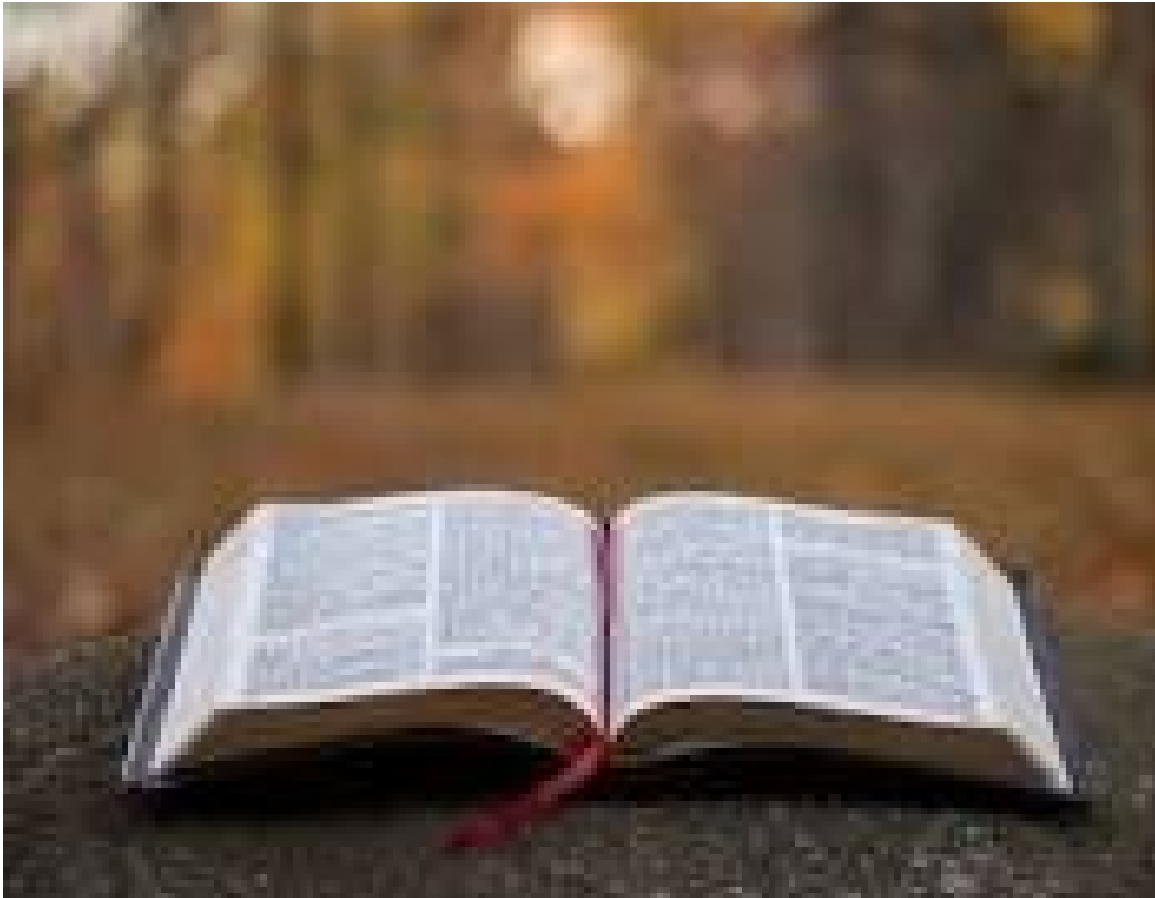
*Strong Confidence comes from Trusting
in the Lord*

Jeremiah 17:7

*“But blessed is the one who trusts in the LORD,
whose confidence is in him.*



1 Corinthians 2:3-5 (NIV)





I came to you in weakness with great fear and trembling.

My message and my preaching were not with wise and persuasive words, but with a demonstration of the Spirit's power,

so that your faith might not rest on human wisdom, but on God's power.



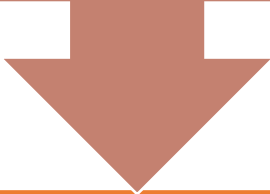
II Corinthians 10:10 (NIV)

- ***¹⁰ For some say, “His letters are weighty and forceful, but in person he is unimpressive and his speaking amounts to nothing.”***
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Ephesians 3:18-19



18 may be able to comprehend with all the saints what is the width and length and depth and height



19 to know the love of Christ which passes knowledge; that you may be filled with all the fullness of God.

***BE FILLED
WITH THE
RIGHT STUFF***

You Are Chosen, Royal, Holy, And Special

- *1 Peter 2:9*
- *But you are a chosen generation, a royal priesthood, a holy nation, His own special people, that you may proclaim the praises of Him who called you out of darkness into His marvelous light;*



You Were Bought At A Price

I Peter 1:18-19

- *18 knowing that you were not redeemed with corruptible things, like silver or gold, from your aimless conduct received by tradition from your fathers,*
- *19 but with the precious blood of Christ, as of a lamb without blemish and without spot.*