



2. Accurate Perceptions that Aren't Sinful

Key Biblical teaching: doctrine of justification.

Trust the wisdom of God in the weaknesses you have.

2 Corinthians 3:18

Resist the temptation to compare yourself with others.

2 Corinthians 10:12

Educate your conscience.

1 Corinthians 8:10

3. Accurate Perceptions that Are Sinful

Key Biblical teaching: doctrine of sanctification.

VI. Conclusion

Additional Resources:

Lou Priolo, *Self-Image*

Ed Welch, *When People Are Big and God Is Small*

Lou Priolo, *Pleasing People: How not to be an Approval Junkie*

C.J. Mahaney, *Humility*

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FEAR OF MAN

Class 5: The Bible's Answer to Self-Esteem

“Therefore, I will boast all the more gladly of my weakness, so that the power of Christ may rest upon me. For the sake of Christ, then, I am content with weaknesses, insults, hardships, persecutions, and calamities. For when I am weak, then I am strong.” (2 Corinthians 12:9b-10)

I. Introduction

What's the role of self-esteem in the life of a Christian?

II. The Self-Esteem “Solution”

If you want to be happy, to be well-adjusted, to be successful, you must begin by loving yourself.

The “Jesus version” of self-esteem.

III. Self-Esteem: A Losing Battle

1. It's not Biblical.
Romans 5:6, 8, 10
2. It doesn't work.
3. You know it's not true.

IV. Something Better Than Self-Esteem

You're valuable as a canvas on which God can display *his* abilities. Your worth is not intrinsic but derived.

The Bible's answer to the self-esteem movement is that your life's purpose is to make much of Christ, to show off his great worth and not your own.

Proverbs 29:25, "Fear of man will prove to be a snare, but whoever trusts in the Lord is kept safe."

2 Corinthians 12:7-10

"Perfect love casts out fear," 1 John 4:18

V. Three Types of Self-Image Struggles

	Inaccurate perceptions	Accurate and not sinful	Accurate and sinful
Areas where you have low self-image			
No one loves me I'm too short I'm lazy	X	X	X

1. Inaccurate Perceptions

Key Biblical teaching: doctrine of sin.

"He who trusts in his own heart is a fool, but he who walks wisely will be delivered." - Proverbs 28:26

Take captive your thoughts and dwell on what the Bible says is true.

Philippians 4:8
2 Corinthians 10:5

Preach to yourself, don't just listen to yourself.

Psalm 42
Psalm 15